

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

TRAFFIC PROBLEMS KILLING KUMEU

- Pet tips & advice
- Food & beverage
- Home & garden
- Property market report

LONG LIFE IN LOCAL COMMUNITY

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

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

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

June 2019

Intro

Sick of the traffic issues?

Most are who live, work and play out here.

It's bad enough in peak hours – but weekend traffic is ridiculous too.

You can sit in queues for ages, and its hopeless trying to turn right across State Highway 16 unless you're at lights or a roundabout.

On a recent Sunday morning the highway traffic through Kumeu-Huapai was building before 10am. It got so bad closer to lunch that even turning left onto SH16 out of Tapu Road was a mission.

Tales of similar frustration came from many of the 150 or more people at a recent Kumeu public meeting on transport issues.

Some told of being stuck in lines stretching way down the highway. That prompted yet more calls to bring back passenger trains – any trains, even diesel or railcars.

New bus services have been introduced, but they and a reducing likelihood of light rail (trams) reaching the area don't seem a long-term prospect.

Most speakers blamed the traffic problems on new housing developments, such as the Special Housing Area known as the "Huapai Triangle", and a lack of accompanying infrastructure – ie, decent roads, and a general lack of a "framework" plan or guidelines.

What got on people's goat is that solutions seem light years away. I felt a little sympathy for the Auckland Transport and NZ Transport Agency representatives trying to explain, especially where things were at (or not!).

Despite repeated warnings from meeting organisers to treat them kindly, a few there found it hard to restrain themselves.

We learnt a bit more – not much of it to our complete satisfaction.

I had a better understanding of what a "gyratory" is and what it does (other than the spinning in my head). It's kind of like a giant roundabout, planned for the highway's Station and Tapu roads intersection area. More on P5.

One piece of good news from the meeting is that an indicative bypass of SH16 from the northwestern motorway end to past Huapai should be known in July – it might just take another 14 years to build (if ever).

Geoff Dobson, editor



Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Kumeu Courier Limited.

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kumeu Courier

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Questions and feedback:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W kumeucourier.co.nz

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PEOPLE & PLACES

LONG LIFE IN LOCAL COMMUNITY

Talking, sharing interests and not holding a grudge are among the Attwoods' recipes for a long and happy life together.

Graham and Rona Attwood have seen huge changes in the Kumeu-Huapai area during a lifetime there, recently celebrating 60 years of marriage.

Increasing traffic outside their Main Road house, near Helensville MP Chris Penk's office, drove them to a quiet, nearby cul-de-sac nearly 19 years ago. The traffic outside their former home now is just incredible, both saying they try to avoid the congestion, with Rona adding that the traffic seems worse at weekends.

They grew up in a rural area, surrounded by orchards, vineyards and farms. Now it's all turning to housing.

The couple attended Huapai District School as pupils, both returning for its recent centennial along with their three children, Trevor, Alastair and Annette, who were also educated there.

Rona's four siblings also attended Huapai District School and three were at the reunion.

In fact, Graham and Rona's diamond wedding anniversary was celebrated at their daughter's nearby home, just after the centennial, while the family was gathered. The pair received congratulations from the Queen, Prime Minister, Governor-General, Auckland Mayor and more.

They met at Bible Class in 1957, marrying at the Kumeu Baptist

Church in 1959.

Graham and Rona both had a close involvement with the local timber industry.

Rona's dad owned a sawmill in Huapai and Graham worked for him before joining merchants Anderson and O'Leary, later known as Pinepac and then Western ITM. Graham was mill manager for 28 years with the Whenuapai-based company. Alastair has followed in his dad's footsteps, also working for Western ITM, while Trevor is involved in the timber industry as well.

Graham and Rona joined in celebrating Western ITM's 70th anniversary late last year.

Both have been – and still are – actively involved in the community.

Rona, 81, has been a member of the Kumeu Women's Institute for 62 years and its offshoot the Kumeu Blend Choir for 50 years. She was also a Girls' Brigade leader for 10 years.

Graham, 83, was chairman of the Nor-west Community Patrol Trust for 11 years until the end of last year, and served on the Huapai District School and Massey High School committees while their children were at both schools.

As an example of their shared interests, Rona and Graham have been fully involved in flower growing. Graham remains president of the Auckland Chrysanthemum and Dahlia Society after 21 years while Rona arranges the flowers for competitions country-wide.

Both are active in the Riverhead Family Church and are also members of Friendship New Zealand Incorporated (FNZI), previously Probus New Zealand.

With their children all living in West Auckland, Graham and Rona regularly keep contact with them, their five grandchildren and two great-grandchildren.

They still enjoy the area and have their own views on how its transport woes can be fixed, agreeing that turning right across State Highway 16 is difficult, especially in peak hours and weekends.



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"You have to plan where you are going," Rona says, adding that a rail service – even using railcars – would help avoid congestion issues.

Both are somewhat sceptical about when the various agencies and authorities involved will fix the transport problems, saying it's been all talk but little action so far.

Even planned safety improvements to SH16 are likely to contribute to traffic issues while work is in progress, they say.

But unlike some Auckland residents, they have no intention of the leaving the region to escape the traffic, or for any other reason. Graham and Rona intend to remain loyal to their community for as long as possible.

NEW RIVERHEAD BUS SERVICE JUST THE TICKET

A public bus service between Westgate and Albany via the Coatesville-Riverhead Highway has the thumbs up from local patrons.

The 126 bus, introduced in May, is ideal for those getting to work, school, the shops or sporting fixtures at Albany and Westgate, and further afield, running hourly seven days and connecting with services at Westgate and Albany, Auckland Transport says. Both Riverhead and Coatesville, where the bus stops, have not had public bus services, it adds.

This is the third transport initiative introduced by the Rodney Local Board, funded by the Rodney Transport Targeted Rate.

The first two bus services were introduced at the end of February – the 128 between Helensville and Hibiscus Coast Station via Kaukapakapa and Waitoki, and the 998 between Wellsford and Warkworth.

The Westgate-Albany 126 bus over the full 21km route covers two fare zone boundaries, with the border just to the east of Riverhead.

Pavlovich Coachlines runs the service, the buses featuring the standard AT Metro branding.

Passengers are appreciative of the 126 run which takes about 41 minutes to travel between Albany and Westgate.

"I dropped the car for servicing in Albany and when I asked my wife to pick me up she suggested I take the new bus," says Mike King of Riverhead. "It's great. I've been driving to Constellation to catch the NX to the city for my early morning shift at Air NZ, but the 126 feeder bus to Albany looks like it will get me there on time."

Pat Pothan of Riverhead was travelling to the Albany Mall. "How wonderful for Riverhead to finally have a bus service. The stop is at the end of our road and I'm looking forward to taking my grandson for a ride to Albany and showing him how public transport works."

Bridie Williams, visiting with husband Paul Milner from Brighton, UK, says she never had a bus when she was growing up in Coatesville.

"Neither of us drive and we use public transport all the time in the UK, so we're very pleased the 126 bus service has been introduced to help us get around while visiting family."

Russell Officer of Royal Heights says he still drives but likes to take the bus on some trips. "I thought I'd take the 126 from Westgate to the Albany mall to look at the shops."

Fares vary, with the adult fare for an entire trip costing \$5.50 – discounted to \$3.45 with an AT HOP Card. The child fare is \$3, or \$2.05 with an AT HOP card. Visit www.at.govt.nz/ for more information.

TRANSPORT – THE GOOD, BAD AND THE UGLY

The good news is that agencies involved are aware of the north-west's transport and roading issues.

The bad news is that it will take considerable time to do anything about it.

And the ugly side is that people may have to put up with an even worsening situation in the meantime.

Following on from the previous ratepayers' meeting on the transport topic, more than 150 people attended a public meeting about it at the Kumeu Showgrounds.

The general state was outlined by Helensville MP Chris Penk, Rodney councillor Greg Sayers and ratepayer association chairman Craig Walker.

Calls for action include development of a "viable and sustainable" framework plan to guide area development.

Representatives of Auckland Transport (AT), which is responsible for public transport and roads other than State Highway 16, and the NZ Transport Agency (NZTA) – responsible for the highway, explained the processes and what's happening so far. Discussion included whether improvements to the highway planned shortly under the Safer Roads project would add to the traffic congestion. The representatives say traffic flow is being taken into account during the work. The Huapai to Waimauku stretch of the project starts first, being less complicated, followed by the Kumeu to Brigham Creek section.

Hearing the latter work could knock 1.5 minutes off highway travel time brought laughter, one asking if that was by plane.

An NZTA rep later said the time saving wasn't fully explained and that traffic modelling predictions, even in 10-15 years' time when volumes are much higher and the bypass is underway, would still see reduced journey times in peak periods by 1.5 minutes – not what the travel time savings would be at completion around 2021.

Major aspects of the highway work include a roundabout at the Coatesville-Riverhead Road intersection, Access Road intersection tinkering (an exclusive left turn lane off the highway into Access Road, lane extensions and widening), and a "gyratory" giant roundabout at Station and Tapu roads.

All involve shared pathways for pedestrians and cyclists, and some signalised pedestrian crossings.



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The "gyratory" seeks to resolve challenges presented by the Station-Tapu intersection with the highway and the northern railway line.

KiwiRail wants the rail bridge to allow for three tracks and future electrification (two lines for passenger services and one for freight), the meeting heard.

But AT representatives said the "gyratory" project meant the railway bridge could initially be left as is. Extra traffic lanes and a one-way route around both sides of the giant roundabout are provided for. The NZTA is expected to approve a business case with the next steps engaging affected parties and land acquisition.

NZTA reps expect a highway bypass indicative route in July but wouldn't be drawn on which of the short-listed options to the south had been chosen, adding it might take another 14 years to build.

Resident Wayne McCullough was among those who left the meeting arguably more disgruntled than when they came. He's unhappy with the time taken resolving the issues, suggesting items like the bypass should be fast-tracked. Further public meetings are planned.

TRAFFIC PROBLEMS KILLING KUMEU

Transport issues dominated discussion at the Kumeu-Huapai Residents and Ratepayers Association AGM. Guest speaker Helensville MP Chris Penk and Rodney councillor Greg Sayers say it's the area's hot topic.

Congestion, particularly on State Highway 16 (SH16) and its side roads - even at weekends is a bugbear which the association heard will only worsen.

Transport is "the most significant issue the district faces", says Pete Sinton in his last report as association chairman to the meeting at Soljans Estate Winery in Kumeu.

Handing over to new chairman Craig Walker, Pete says transport solutions must be top of the priority list for the association heading into the future and that it has to take the lead in bringing forward a framework plan to help guide district development.

Pete says it's the lack of transport infrastructure to handle increasing population (forecast to rise by 10,000 within five years) brought about by natural growth and the special housing areas (SHAs) approved under the previous government that is contributing to transport problems.

"The projections are that it will be about 15 years before a bypass road releases Kumeu's traffic congestion," he says.

"In the meantime, the community must pay the price of delays in commuter time and a township with congested access."

About \$70 million being spent by the NZ Transport Agency on a SH16 safety programme won't fix traffic flows, Pete says.

Transport minister Phil Twyford has been asked to advise how he and the NZTA can solve the area's transport problems, in-

cluding the issue of rail to Huapai.

Penk says the area already has an underutilised railway line which could take the pressure off the area's roads, even if it's not double-tracked and electrified.

He believes part of the problem is the agencies involved cite a flawed 2008 passenger rail trial from Helensville as among reasons for not extending services further west from Swanson.

"I'm told the business case doesn't stack up, but we will have tens of thousands more residents."

Penk says there's talk about light rail reaching the northwest along with more buses and a bypass but that probably only one option will be available.

"Any transport solution which improves the outlook of people here is good, but it should be in a timely fashion.

"If we don't get light rail we should ask for heavy rail, even as an interim measure.

"At least make a decision." Penk says a framework plan would avoid ad hoc development and plan for growth with limits.

"We cannot have more development unless the infrastructure catches up."

Even the SH16 safety programme will impact on transport in the area while works are in progress, Penk says.

A public meeting to discuss transport is planned.

Many among the 40 or so people at the KHRRRA's annual meeting agree transport is the most pressing problem facing the area, some mentioning the difficulty in getting out of SH16 side roads and the lack of public transport.

Several others talked about the possible extension of cycleways and walkways in the area, resident Guy Wishart adding that many people now use electric bikes to commute. He also suggests busways could be extended into the area.

Rodney Local Board member Cameron Brewer told the meeting more pressure could be put on government to get transport solutions for the district.

Craig Walker says "people power" is the answer with a drive to boost KHRRRA membership starting to show success. "If we have that (people power) we will start to get our way," he says.

"We need to be more vocal in this area."

Craig praised Pete Sinton's contribution during his 10-year tenure, describing him as "a legend".

Pete added that the association needed to keep watch on what's happening to contributions taken from new development in the area. He says the association was advised that \$89 million in contributions (including Watercare's) had come from the Kumeu, Riverhead and Waimauku areas but could not be fully accounted for. He says the funds go into a council pool of projects for distribution to areas the council sees fit to spend in. "We have yet to see funds released to our area, although I've heard the 'roundabout' at Station Road may receive funding," Pete says. He and Craig thank those who have supported the association and district over the years. Visit www.khrra.org.nz for more information.



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Give the KiwiSpanNZ team a call on 09 412 8455 to request a quote for your building project or any council related queries you may have. Or just pop in to 329 Main Road Huapai.



As seen in the Kumeu Courier June 2019

A CHILD'S PLACE

The name A Child's Place sums up the philosophy behind the centre at 1A Tapu Road in Huapai.

Established by experienced, qualified early childhood teachers and co-owners Lisette Sheehan and Megan Browne, pictured, the New Zealand owned and operated centre puts the child and family at the heart of everything it does.

"We wanted to establish something different from other childcare centres, having a close and valued relationship with the children and their families as a heart-led centre where parent's aspirations and needs for their child become our aspirations and needs," Megan says.

The centre prides itself on establishing a "home away from home" environment with a one in three teacher to child ratio in its infant room and a one to five ratio in its toddler room. They see rituals as an important part of a child's life and offer warm lavender footbaths as part of the infants' sleep ritual, and all the children participate in a birthday tray ritual.

"We have committed and experienced staff – more than 90% fully qualified in our childcare centre," Megan says.

Lisette says: "Nature and play are important simple pleasures for children which enhance their development, and we have created an aesthetically pleasing environment that is full of loose parts, natural resources and open-ended materials.

"In the eyes of a child you will see the world as it should be."

Healthy and nutritious meals are provided by a chef, including morning and afternoon teas and a hot cooked lunch. A variety of locally sourced fresh food is offered, the centre working closely with the Healthy Heart programme.

A Child's Place is open from 7.30am-6pm Monday to Friday offering a variety of session options, including half day and school day sessions, to meet the needs of the community.

Visit www.achildsplace.co.nz to see testimonials and get more information or contact Megan or Lisette on 09 412 8117 or 027 567 7144.



As seen in the Kumeu Courier June 2019

SAFER COMMUNITIES

On 18 May 2019 Fire fighters from New Zealand and international competitors from Australia, USA, Chile and Germany fundraised and competed in the amazing stair climb of Auckland's Sky Tower.

This year was the fifteenth year of the Firefighter Sky Tower Stair Challenge which is an annual fundraiser for Leukaemia & Blood Cancer New Zealand. Six Kiwis are diagnosed with a blood cancer every day, so this is a great event to support.

- At 328 metres the Sky Tower is the tallest building in the southern hemisphere
- 1,000 firefighters raced up the Sky Tower in 2019
- The quickest time was 8 minutes 34 seconds
- 1,103 individual steps
- 51 flights of stairs
- Raised \$1,304,027
- Firefighters wear up to 25kg of gear

The Waitakere Volunteer Brigade organised a combined training fire exercise at a property in Taupaki with our neighbouring brigades of Bethells and Kumeu. The exercise was based around a real fire on a property with crews establishing water from a creek and then practising using barriers and fire hose settings to work around the fire. A great opportunity to work as a big team with a live fire

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COMMUNITY NEWS

KAUKAPAKAPA LIBRARY HOSTS PHOTO COMPETITION



Come along to the Kaukapakapa Village Market on Sunday 16th June and view the entries for 'A Week in the Life of Kaukapakapa', the annual photo competition. Hosted by the Kaukapakapa Library, photos must be taken and entered between Sunday 2nd June and Sunday 9th June. Prizes for best Under 12, Over 12 and People's Choice will be awarded at midday. More details on the Kaukapakapa Library's Facebook page or contact Megan Paterson 021 959 017, threehorses@xtra.co.nz. Photo is one of the winners from 2017 taken by Ian Golder.

SENIORNET KUMEU

In today's world we are surrounded by an array of digital devices, whether its smartphones, social media, tablets, laptops or "Smart Homes". There's no way to avoid it, and nor should we, because as Seniors it's important to understand the tremendous benefits technology can bring to us in our golden years. SeniorNet Kumeu Inc. is dedicated to helping people who want to keep up

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

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

If you would like to join our friendly and informal club, just come along to our next meeting on June 5th at 10am at St Chad's Church, Huapai, or contact: Brian Lacey on 022 183 1811 brian@lacey.nz.

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KUMEU ARTS



Kumeu Arts will display a huge range of art this June. In the main gallery 'Kumeu in Focus' (part of the Auckland Festival of Photography) will showcase the work of many talented photographers within our community. Following this is an exhibition by a gifted, emerging artist Gavin Chai, who has been receiving much acclaim. Gavin will reveal unseen new paintings in his exhibition 'Light of Experience: People to Objects'. While over in the POD Gallery is a themed show for NZ Music Month in which twelve artists have recreated their favourite album cover. 'Art on Record' celebrates the connection between art and music through sleeve design. After that, come down for 'A Big Adventure' with Holly Manning. Holly will display her unique style of drawings, zines and embroidery. She invites you "to celebrate the big moments and the small ... and the slightly exaggerated truths, that come together and make life fun!"

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KAUKAPAKAPA VILLAGE MARKET



Sunday 16 June 8.30am to 1pm. This lively village market located in the heart of Kaukapakapa is held on the 3rd Sunday of the month all year round. The market hosts a variety of quality stalls - fresh locally grown produce, artisan food, handmade crafts plus secondhand goods and collectibles and plenty of tasty treats to enjoy with a freshly made coffee. Have a chat to the clever craft ladies who are always keen to share their knowledge or enjoy a rummage through the second hand treasures and find yourself a bargain. Plus free face painting, kids craft ta-

ble and live music from duo Mike and Gillian. The relaxed atmosphere and friendly people make it an excellent choice for a Sunday morning excursion.

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

KUMEU BLEND CHOIR

Singers wanted - rehearsals Monday evenings 7:30pm - 9pm.

We are back at our 'home' - St Chad's Church, Huapai and getting to grips with the new music for our next concerts as follows:

Our first concert will be at Selwyn Village, Point Chevalier on Sunday 9 June at 1:30. Next, with Auckland Youth Symphonic Band and Waitakere Voices in concerts at St Chads, Kumeu on 29 of June and St Luke's Church, Remuera on 30 June. Then we will sing in a French Night at the Clef Music Club in the Fickling Centre, Three Kings, Auckland on Tuesday 16 July at 7:30.

We are a friendly group that welcomes new members and enjoys a wide variety of music. Previous choral experience and ability to read music is helpful but not essential.

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

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Keas Scouts is the youngest age group in Scouting and open to boys and girls aged 5 to 8.

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grow. We don't just have activities at the hall, Keas take part in camps, hikes and many outdoor events. They also learn via discovery, by visiting places such as Fire Stations, Police Stations, vet clinics, supermarkets, plant nurseries, and many more local places of interest. Want to know more about Kea's or the other Scout sections? Then head to www.scouts.org.nz, or email me: zl.waitoru@zone.scouts.nz. Craig Paltridge. Waitoru Zone Leader.

CHRIS PENK MP – HELENSVILLE

Widespread power outages following a major storm event in April 2018 left many West Aucklanders facing days without essential household needs. This is distressing, stressful and can be lonely and frightening for vulnerable or isolated households. Since the storm I have held meetings with many groups, including ratepayer groups, police, power companies, welfare groups, church groups and local board representatives. The purpose of these meetings has been aimed at using the knowledge gained from last year's storm and discussing ways to avoid or mitigate similar problems in the future.

I am excited to announce that we are working with Vector on a pilot to develop a response plan in the Helensville Township for future extremes. This will detail key contacts in the community to enable information to be delivered to the wider population in the event of another weather extreme such as the one we experienced last year.

In addition to the joint Vector pilot for Helensville Township, my office has been hard at work compiling information and key contacts in all areas of the Electorate along with local heroes, in readiness for just such another storm.

It was heart-warming last year to witness just how many local people/local businesses were quick to respond and make offers of hot tea, hot showers, phone charging and even hot meals to their neighbours. This year I can advise that I will be one of these responders! I now have a 'mobile office' which you will soon see out and about around the electorate and it is equipped with its very own generator.

In the meantime, as winter fast approaches and the shortest day is now not far away it's a good time to check that you have a standby plan. This can be as simple as checking that you have working torches and spare batteries, along with ample supplies of fresh water but it can be a lot more complex and cover many other eventualities. A good place to familiarise yourself with can be found on the Auckland Emergency Management site – www.aucklandemergencymanagement.org.nz. This site gives information on formulating a 'home' plan as well as a 'community plan'.

NATURES EXPLORERS EXPLORING THE FOREST

We are so lucky to have the Riverhead Forest on our doorstep. Every Tuesday a group of our Natures Explorers children get to visit the forest. Come rain or shine, we put on our gum boots and rain coats and walk to one of nature's best playgrounds. We love to encourage our child to explore the wider world and get back to nature. We find children do what children do best in nature, and that's play. Through this play comes valuable learning, about colours, textures, sounds, patterns, numbers, cooperation, balancing, the list is endless. Our children love to work together, to problem solve and to let their imaginations run wild. We often bring some of the forest back with us to our centre as we love to use natural resources in our learning. But we also teach our children "mo te taiao" how to respect our environment. We have a few spaces available to attend our centre on Tuesdays so if you are interested in joining us please call Nerys on 09 412 8800.



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Try this test next time you wash your car...Once clean, run your fingers gently over the paint surfaces. Does it feel gritty? Can you feel small



bumps that are attached to the clear coat? Most likely – YES. What does this mean? Your car's clear coat has contaminants that have lodged and etched themselves to it. Airborne contaminants like metal filings, paint overspray, acid rain & hard water spotting. With all the road and building construction going on around Auckland it's not surprising these paint damaging pollutants are being found on almost every car.

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rust and break down the integrity of your clear coat, leaving your vehicle's paint in a big mess that only a full (expensive) re-spray will rectify. Our contaminant removal service dislodges these invaders leaving your car's paint smooth to the touch, while drastically minimising the long-term risk of paint failure. Prices range from \$100 - \$150 +gst depending on the size of vehicle. Our other services include: Dent removal – small to large, Yellow / foggy headlight restoration, Deep clear coat scratch removal, Ceramic coating paint protection, Signwriting removal, High quality paint correction / cut and polish. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

CELEBRATE YOUR FRIENDSHIP

Do you have a dear friend that you just don't get to see as much as you'd like, a friend who always seems to be there to help when you need it most, or a friend whose birthday is coming up?

International Friendship Day is coming (Sunday 30th July) and what better way to show your friend you care than with a piece of jewellery made especially for them?

Choose from our range, or design your own piece that represents your connection. A popular Friendship item from our 'Messages' range is our hand sawn Sterling Silver Star pendant, boxed with a message card with the quote "Good friends are like stars, you don't always see them but you know they are always there".

Pendant styles and quote cards can be personalised to your needs. So feel free to email me at jo@preciousimprints.co.nz to discuss your requirements today.



PROPELLERS DRIVE BOAT PERFORMANCE

Finding the right propeller for your outboard can significantly impact your boat's performance and your boating enjoyment. If your propeller is too big or too small (in pitch and diameter) you'll be frustrated by either sluggish acceleration or low top-end speed. The wrong size propeller can also cause wear and tear on your engine.

Firstly, it's best to look at your outboard manufacturer's recommendation, as they'll recommend a propeller that keeps your boat in the optimal RPM range. You can check this by running your engine at wide open throttle and recording the RPM on your tachometer. If the RPM is lower or higher than the manufacturer's specifications, it's likely your propeller isn't right.

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Another consideration is how you use your boat the majority of the time. Whether you mostly island hop and sea-biscuit vs. loading your boat up for fishing and diving missions, you'll have different needs in terms of speed and acceleration.

Contact GT Marine on 09 412 8348 for advice or go to gtmarine.co.nz for more information.

NEED A COSY RUSTIC SPACE FOR AN INTIMATE WINTER PARTY?

We are Three Sisters working together at the Kumeu Flower Farm and we are always coming up with new ideas and fun activities to do on the Farm. It's not only roses we grow here, we can also host some fun events for small gatherings of up to 30 people in the Barn or Green House. Winter is the perfect time to have parties as the Greenhouse is cooler and under cover for when it rains. It's perfect for taking photos as the strong sunlight is diffused through the plastic. We can adorn the Barn with our roses or you can bring your own cottage garden mix if you prefer. We love whatever you love, and we can mix 'n match too! So what are you waiting for? Come along and visit us (bookings essential), so we can show you around. Don't forget we are bee-friendly and don't spray with nasty chemicals, so our bouquets are much better for you and your family. Call us now on 09 412 7606 or have a look on our website www.flowerfarm.co.nz.



CEILIDH SATURDAY 03 AUGUST 2019

Waimauku Scouts Jamboree Fundraiser - 7pm at the Muriwai Golf Club.

Dance with Tamlin & Noel Armstrong (caller).

Tickets \$ 25 including supper and \$35 includes return local shuttle transfers.

Cash bar, raffles & games, wear your dancing shoes.

Tickets from: waimauku.scout.committee@gmail.com.

KUMEU CREATIVE WRITERS

Join us at Kumeu Arts Centre to critique and discuss your works of poetry and prose; participate in writing exercises.

Bring along: Five copies of your work for critique, paper and pen.

When: Last Saturday of the month, 10.30am - 12.30pm

Cost: \$5 per person, per session.

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IN BRIEF

UPDATES:EVENTS

LEARN FRENCH AND SPANISH



ABC Language Tuition offers adult French and Spanish Language classes during the day or evening. All classes are at the Kumeu Arts Centre. Beginner and Intermediate level are offered. All classes are taught by native speakers. Small classes and a fun learning environment. Book your spot now www.abclanguage.co.nz. You can also travel to France with us. We organise tours for max 8 people to Provence and Normandy/Brittany. Check our website for the 2020 dates. www.boutiquetoursfrance.co.nz.

KIP MCGRATH EDUCATION CENTRES

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and is now a global institution with over 40,000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with school programmes.

This reputation lies not only in the professionalism and compassion of the

teachers that tutor at our centres, but also the quality, curriculum-based learning programmes we create to meet each child's specific needs. At Kip McGrath you will see your child; enjoy learning, develop confidence in his/her natural ability, make real progress and achieve better results at school, finally 'get it' and smile, NZ relevant assessments and teaching methods. To ensure your child gets the right help with learning, we will assess him or her against the National Curriculum and use teaching resources and activities best suited to your child's learning style. A positive learning environment.

Your child will also love the friendly, kind, positive reinforcement of our carefully selected teachers whose goals are to see that every child gets results, loves learning and grows in confidence.

Testimonial: "We cannot thank you enough for all the time and effort you have put into our son. He is now a confident young man and knows he can put his mind to anything - and succeed! His latest school report is the best he's ever had." Mrs M.

Call today for a free assessment. Phone 09 831 0272 or email westgate@kipmcgrath.co.nz.

KUMEU LIBRARY

Now that winter is upon us, we are all looking for indoor entertainment again, and Kumeu Library can help you find exactly what you need to while away those cold winter evenings. We have a wide range of DVDs and BluRays available – the latest movies, foreign language films, TV series for binge-watching, and

documentaries covering just about any subject you can think of. We have fiction to suit everyone's tastes, and a wide selection of non-fiction so you can learn how to do something new, or plan your garden, or your next holiday. And don't forget our eBooks and eMagazines. Our popular Winter Craft Series returns again, with two Saturday afternoons of crafting fun each month from June to August 2019 (first and third Saturdays of each month). The series begins on Saturday 1 June with a crocheting session, creating granny squares to contribute to a blanket for "Give a Kid a Blanket". These sessions run from 2.00pm to 4.30pm, and you are also welcome to bring your own project to work on at any session. Full dates for our Winter Craft Series are: Saturday 1 June and Saturday 15 June – crochet a granny square to contribute to a blanket for "Give a Kid a Blanket". This is a free event – you can bring your own DK wool and 4mm hook, or buy a yarn and hook kit from us for \$4.00. Saturday 6 July and Saturday 20 July – decorate your own paper and then use it to create greeting cards (gold coin donation). Saturday 3 August and Saturday 17 August – stitch a fabric book mark (gold coin donation). Follow Kumeu Library on Facebook (www.facebook.com/kumeulibrary) to keep up with all our news and events.

GOODBYE SUMMER, WELCOME WINTER!



The first frosts are appearing for the early risers and if reports from the weather men are to be believed winter time is once more almost upon us. So, the question is are you prepared? Keep warm with

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MURIWAI ARTISTS OFFER FREE COMMUNITY WORKSHOPS



As part of their outreach to the community, the Muriwai Arts Open Studios (MAOS) group of 15 artists are launching the MAOS workshop series. The collective of artists hope this new initiative will inspire and help others evolve their creativity. Each month one or more of the artists will happily share their skills and expertise with members of the local community. To kick this off, during the month of June, tying in with the Auckland Festival of Photography - Judy Stokes is offering 5 free, one on one, workshops of 1 hour each. In these workshops Judy is excited to share her skills with her camera or to work on post processing skills using Photoshop. To book a workshop (first come first served) please contact

Judy on 021 048 8469 to arrange a time. Local artists Judy Stokes and Nat van Halle, both members of the MAOS collective are also exhibiting in Auckland as part of the Auckland Festival of Photography. Judy's 'Above and Below' exhibition is open from Thursday 23rd May to Tuesday 11th June at Railway Street Studios in Newmarket. Nat Van Halle, 'Digital Screens' exhibition will be from the Monday 10th to Sunday 16th June at Studio One Toi Tu, 1 Ponsonby Rd, Grey Lynn. 'Towards the Light' taken at Muriwai by Judy Stokes.

DOCUMENTARY GAINS GREAT NATIONAL RESPONSE



Locally produced feature documentary 'The Big FAT Lie' has now completed a nationwide six month roadshow tour which included over a dozen towns and cities from Whangarei to Dunedin and even a screening in Brisbane. On this tour screenings sold out eight times with more than 2,000 people in the audiences. Producer Grant Dixon says; "Once online viewers are included total viewers are probably in the order of two and a half thousand." 'The Big FAT Lie' follows Grant's journey from a heart attack to full health on a whole food plant-based diet. The film has also won a number of film festival awards and is currently available online on Vimeo On Demand, although it will be taken down soon due to international release negotiations. Dixon says: "It's exciting to see the overseas interest as next year the film will be available on all online formats, possibly even including Netflix." Dixon is still road showing the film but not as often. He is also involved in forming a new lobby group

named Evidence Based Eating NZ (EBE NZ) through which he hopes to see radical health education changes throughout the medical industry.

EGYPT & JORDAN SMALL GROUP ESCORTED TOUR



Join helloworld Hobsonville & Insight Vacations on a once in a lifetime small group escorted tour to Egypt & Jordan departing 26th March 2020.

The fully escorted tour is NZD \$9995.00 per person twin share and NZD \$11,500.00 for a single and includes all economy class airfares from Auckland, 10 nights 4 - 5 star accommodation, 4 nights Nile cruise, 1 night luxury camping, sightseeing, meals and more.

By operating with a maximum of 14 passengers and a minimum of 10, you are guaranteed to have an up close and personal experience with your helloworld & Insight hosts, delving deep into the rich culture and history Egypt & Jordan have to offer.

Highlights of the tour include; Sightseeing in Alexandria, El Alamein cemetery & war museum, Giza pyramids, the sphinx, Khan El Khalili bazaar, Karnak & Luxor Temples, Valley of the Kings, High tea at the Old Cataract Hotel, Abu Simbel temples, Jeep safari in Wadi Rum, UNESCO World Heritage site of Petra and a stay at the Dead Sea.

Get in quick, we only have 7 spaces left. Contact hobsonville@helloworld.co.nz or phone 09 416 1799 to express your interest or for more information.

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PROPERTY

NEWS & ADVICE

PROPERTY MARKET REPORT

The articles I read in main stream news-media and on-line digital feeds continues to highlight the roller-coaster of values, time on market and significant supply that has come onto market. Economists are all signaling slow but consistent demand in the Auckland property market however highlight that values are being put under pressure to reverse some of the paper gains made over the last ten years. Economists are also seeing the reserve banks softening as a direct response to a flattening in house demand and a weakening in the factors that stimulate inflation, namely business confidence and global confidence. Recent reports indicate suburbs that have experienced increases and decreases but due to low sales numbers much of this data does not have volume to support a change to median values but only highlights a moment in time. One thing is for certain, demand is still low and slow. Supply outstrips demand however we are coming into winter which generally sees fewer properties on market and a demand that continues to build. I am confident in our ability to create opportunity and develop a competitive buying situation. Let's view the sales from last month: Coatesville \$1,800,000 to \$5,050,000. Helensville \$610,000 to \$980,000. Huapai \$815,000 to \$1,030,000. Kumeu \$870,000 to \$1,700,000. Parakai \$619,000. Paremoremo \$1,975,000. Riverhead \$992,000 to \$1,500,000. Swanson \$590,000 to \$1,260,000. Waimauku \$720,000 to \$1,900,000. Whenuapai \$1,141,000 to \$1,185,000. If you are considering a

move, wanting some indication on value, or thinking about improvements. Call 0800 900 700, Text 027 632 0421 or email graham.mcintyre@mikepero.com or for more information go to www.graham-mcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

PROPERTY TITLES

The New Zealand property system offers indefeasible title which means you have a right or title in property that cannot be made void, defeated or cancelled by any past event, error or omission in the title. There are different types of Title. The best form of Title is a Fee Simple Title and you can use the land as you please (provided you comply with Council Bylaws). The title for town houses and apartment buildings are Strata or Unit Titles. These can deal with as few as two units or a complex of apartments in a multi-level building. A Unit Title is ruled by the Body Corporate which establishes their own set of rules for occupants to abide by, and charges a levy for the building maintenance, insurance and administration costs. A Leasehold Title is a right to occupy for which rent is paid and you lease the property. Another common form of title are fee simple cross-leases which are a hybrid of the fee-simple title and the leasehold title. You own two interests in the property. Firstly a share of the fee simple title in common with the other cross leaseholders; and a leasehold interest in the particular area and building that you occupy. The rights of each owner depend not on settled legal rules, but on the terms of the particular lease. The

lease is of only the original building site. In the building is altered/extended a new flats plan needs to be deposited and new leases registered otherwise an owner has no lease of any addition - horizontal or vertical - provided they are fully attached and fully enclosed. When the owner comes to sell, the existence of such additions are a defect in title. This can only be remedied by the expensive process of cancelling the lease and replacing it by a lease that includes the addition. A lack of general awareness that this is the legal position leads quite innocent vendors and purchasers into trouble. ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying or selling residential property, and updating your flats plan. Phone 09 973 5102 if you have more questions.

DEADLINE FOR INSULATION AND SMOKE ALARMS

All NZ rental properties need to meet a Minimum Standard for insulation in the ceilings and underfloor by the 1st July 2019, (yes next month) the required Minimum Standard for Auckland rental homes is R1.9 for the ceiling (R1.5 for a masonry house) and R 0.9 for the underfloor. Landlords are also required to provide a signed Insulation Statement to all new or re-signed tenancies, the best practice for this is to get an independent inspection done by a certified practitioner, insulation companies provide this service. In addition to this the Healthy Homes Standard (a higher standard) for insulation will come into effect with new or resigned tenancies after July 2021, the Healthy Homes Standard for Auckland rental homes is R2.9 for ceilings and R1.3 for underfloor as well as a polythene moisture barrier to cover the ground under the floor. All currently available Insulation products will meet both standards so any recent retrofitting should meet all future requirements, however don't assume a reasonably modern house will just pass because many have failed recent



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inspections due to the materials settling over time. Both the Minimum Standard and the Healthy Homes Standard have exemptions for inaccessible areas where it is impractical to install insulation, so you are not required to lift the roof or floors to achieve the standards and walls are not a requirement. The maximum penalty for a non-compliance of insulation and also smoke alarms after the 1st July 2019 will be \$4000 so this is a serious matter for landlords, this will result from one of 2 possible scenarios, a Tenant taking the Landlord to Tenancy Tribunal or a Landlord failing an MBIE Audit. MBIE are scaling up their auditing team in preparation for upcoming compliance deadlines. Smoke alarms are required within 3 meters of each bedroom and 1 on each level for a multi-storey house, it is also important that you check each smoke alarm for operation during routine inspections (which must be documented) and any replacement smoke alarms must be of the 10 year photoelectric type. Clearly rental properties like many other industries are facing significant change from increasing compliance, what I have written above is a highly summarised version of the laws in the hope of alerting private landlords to the immediate requirements and avoid wasted money on penalties that would be better spent on the insulation. If anyone has any queries regarding this information, I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

WEATHER TIGHTNESS

Telling a house buyer that the house is not a leaky building and does not leak is not a free pass on liability. The Court of Appeal in a case called Ridgway in May 2019 found the vendor of a leaky dwelling liable for damages of \$474,101 being the cost of rectification. The vendors excuse (amongst other excuses) was that the leaky aspect of the dwelling had

been rectified by previous work which was then covered off by a safe and sanitary report (none of which was disclosed to the purchaser). The purchaser then made her purchase unconditional on the strength of a representation by the vendor without getting her own builders report. Importantly, the purchase took place in 2009 and the purchaser not discover the defects in about mid-2011. Thereafter, the purchaser had to carry out major repairs before seeking the assistance of the court to the present date. Accordingly, we recommend that any purchaser provide for a builders report as a condition of any purchase. Secondly, that the vendor warrants in writing that they have not carried out any building work weather tightness work on the property except that which is disclosed to the purchaser. Luke Kemp phone 09 412 6000 or email luke@kempsolicitors.co.nz.

BUYING?

So you've found the perfect home and you want to make an offer. Exciting, but nerve racking times especially for the inexperienced buyer. Questions abound such as: how much do I offer, what conditions should be in the agreement, can I use my Kiwisaver for my deposit or settlement, should my lawyer review the contract before I sign it? Hopefully you will have already talked to your Bank (or a mortgage broker) and have pre-approval for lending giving you a clear idea about the amount you can spend on buying a property. You may have been talking to real estate agents. If you don't have a lawyer yet, you should engage one asap and before you sign any contract. An agreement for sale and purchase is a legal document and once your offer is accepted by the vendor, it is difficult to alter conditions and dates. Lawyers play a pivotal role at the beginning of any conveyancing transaction and provide independent legal advice that is in your best interests, ensuring you are fully informed of your legal obligations. At Gina Jansen

Lawyers, we will review the contract before you sign it ensuring you have conditions inserted to undertake the correct checks, within the correct timeframes, to satisfy you and your lender that the purchase is sound. Timeframes can be critical, especially for buyers using government Homestart subsidies. We also check the record of title to see if the estate/property is fee simple, cross-lease or a unit title involving a body corporate. Each type of estate involves their own laws and peculiarities to work through. Being local lawyers, Gina Jansen Lawyers also have particular experience in dealing with the unique complexities of the properties at Hobsonville Point, and which involve encumbrances and covenants. When buying, it is always important you do not rush yourself therefore the agreement must allow you time to carry out your due diligence on the property (contract, LIM, title, finance, construction, for example). We love supporting our clients through all the nuances of a new purchase. So call us now at Gina Jansen Lawyers for advice and guidance – anywhere in the Auckland area.

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We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered. Providing high quality work at a reasonable price. We use the highest quality materials to meet your requirements. Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above. All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.



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AREA PROPERTY STATS

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

| Suburb | CV | Land Area | Floor Area | Sale Price |
|-------------|-----------|-----------|------------|------------|
| Coatesville | 1,300,000 | 1.08ha | 423M2 | 4,645,000 |
| | 3,500,000 | 1.86HA | 488M2 | 5,050,000 |
| | 2,075,000 | 1.35HA | 269M2 | 1,800,000 |
| Helensville | 630,000 | 736M2 | 105M2 | 690,000 |
| | 670,000 | 463M2 | 110M2 | 680,000 |
| | 770,000 | 562M2 | 85M2 | 845,000 |
| | 630,000 | 491M2 | 85M2 | 610,000 |
| | 730,000 | 531M2 | 98M2 | 720,000 |
| | 1,150,000 | 1.16HA | 222M2 | 942,500 |
| | 620,000 | 1031M2 | 107M2 | 690,000 |
| | 710,000 | 2900M2 | 70M2 | 980,000 |
| Huapai | 1,100,000 | 700M2 | 235M2 | 1,030,000 |
| | 970,000 | 1019M2 | 120M2 | 818,000 |
| | 890,000 | 616M2 | 151M2 | 815,000 |
| Kumeu | 900,000 | 375M2 | 187M2 | 865,000 |
| | 970,000 | 402M2 | 198M2 | 885,000 |
| | 1,150,000 | 649M2 | 240M2 | 1,160,000 |
| | 740,000 | 637M2 | 90M2 | 445,000 |
| Parakai | 610,000 | 1626M2 | 93M2 | 619,000 |
| Paremoremo | 1,920,000 | 4980M2 | 360M2 | 1,975,000 |
| | | | | |
| Riverhead | 1,200,000 | 1645M2 | 192M2 | 992,000 |
| | 1,775,000 | 8000M2 | 190M2 | 970,000 |
| | 1,750,000 | 2.36HA | 240M2 | 1,500,000 |
| Swanson | 945,000 | 2015M2 | 224M2 | 843,000 |
| | 825,000 | 2787M2 | 180M2 | 886,700 |
| | 1,225,000 | 4.05HA | 282M2 | 1,260,000 |
| | 835,000 | 552M2 | 154M2 | 820,000 |
| | 535,000 | 0M2 | 120M2 | 657,800 |
| | 650,000 | 827M2 | 150M2 | 756,000 |
| | 670,000 | 676M2 | 199M2 | 590,000 |
| | 820,000 | 546M2 | 150M2 | 820,000 |
| | | | | |
| Waimauku | 1,450,000 | 4.85HA | 150M2 | 1,050,000 |
| | 830,000 | 1155M2 | 114M2 | 720,000 |
| | 760,000 | 809M2 | 110M2 | 765,000 |
| | 1,175,000 | 4295M2 | 210M2 | 1,250,000 |
| | 1,475,000 | 4.05HA | 100M2 | 1,550,000 |
| | 1,500,000 | 2.92HA | 3720M2 | 1,900,000 |
| Whenuapai | 1,250,000 | 362M2 | 277M2 | 1,185,000 |
| | 1,230,000 | 362M2 | 259M2 | 1,141,000 |

We charge 2.95% not 4% that others may charge" "We 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, no questions asked" Phone 0800 900 700.

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2.95% to
390,000
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thereafter"

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Phone

0800 900 700

Graham McIntyre
Brand & Territory Owner

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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.

GET YOUR WINTER PROJECTS SORTED

WARM & DRY

\$31⁹⁹ **EXCLUSIVE**
Number 8
 Convector Heater
 White 2000W
 297088



\$44⁹⁸ **EXCLUSIVE**
Number 8
 Oil Column Heater
 5 Fin 1000W
 White
 279321



\$64⁹⁸ **EXCLUSIVE**
Goldair
 Fan Heater
 2400W Grey
 172483



\$265 **EXCLUSIVE**
Dimplex
 Micathermic Heater
 with Electronic Climate
 Control 2000W Black
 279479



\$299
Dimplex
 Courchevel Electric
 Stove with
 Optiflame Effect
 2000W Matte White
 279467



HOME DIY

\$32⁹⁸
Fiskars
 Wide Leaf Rake
 179654



\$69⁵⁰
Browns
 Gutter Whiskers
 Gutter Filter
 6 Pack x 900m
 121711



\$139 **EXCLUSIVE**
Werner
 Dual Purpose Ladder
 8 Step Aluminium
 184929



\$549
Ego
 POWER+
 Chain Saw Kit
 56V 35cm Grey
 289818



\$699
Makita
 Blower
 2 x 18 Volt
 329482



PRUNE & PROTECT

\$6⁹⁸
Tui
 Quash 400g
 139593



\$10⁵⁸
Showa
 310 Green Latex
 Gardening Glove Large
 Yellow and Green
 144433



\$19⁹⁹
Fiskars
 Softgrip
 Bypass Pruner
 PA21 Medium
 323389



\$39⁹⁹
Kiwicare
 No Rats & Mice
 One Feed
 Bait Station
 305296



\$139 **EXCLUSIVE**
Jobmate
 Retractable Hose
 Reel With
 20 Metre
 Fitted Hose
 238111



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Weatherfield Organic
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 901998



\$10⁹⁸
Tui
 Garden Waste Bag
 221640



\$12⁹⁸
Tui
 Certified Organic
 Vege Mix 30 Litre
 238102



\$12⁹⁸
Tui
 Certified Organic
 Compost 30 Litre
 238104



\$29⁹⁹
Tui
 Organic Seaweed
 Plant Tonic 3 Litre
 318978



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 Weekends: 8am to 6pm

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MEGA

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 HENDERSON



BEAUTIFUL FORMER AIR FORCE HOME - HOBSONVILLE POINT

3 1 2

Set Date of Sale

1 Cochrane Road, Hobsonville

Set Date of Sale - 4pm, Tuesday 11th June 2019 (unless sold prior).

Refreshed, Restored and rejuvenated this former Air Force Home delivers a commanding aspect for sun, location and easy living. If you seek the beauty of yester-year with the performance of modern living, open to natural light and the warmth of blending old, you have found your ideal home. On offer is a generous three bedroom, two bathroom home with garaging and in roof and under floor storage a-plenty. While the history has been carefully retained offering charm, charisma and character with native wooden floors, large skirtings, timber doors and elegant features. Generous alfresco from open plan lounge dining and kitchen to expansive decking to the North East offering significant entertaining for the extended family, while everyone can stay safe and secure with a fully fenced rear yard.

www.mikepero.com/RX1873284



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE, VIEWS, SUN AND WORKSHOP ON 842 SQM

3 2 1

Set Date of Sale

4 Chamberlain Road, Massey

Set Date of Sale - 4pm, Tuesday 18th June 2019 (unless sold prior).

Enjoying all day sun and views to the Waitakere ranges, this elevated three bedroom family home is situated on an ample site, tucked away from the main road, providing peace and privacy. Entertaining is easy in the refurbished kitchen with a walk in pantry. Open plan living leads to a sunny covered patio and extended courtyard area where you can relax and enjoy outdoor living and dining all year round. For the kids and pets, there is a big back garden with mature trees, lawn and plenty of room for a tramp, swings and exploring. Three double bedrooms include the lovely end bedroom with french doors leading to a deck, boasting privacy and views. With an upgraded bathroom, tons of off street parking, air conditioning unit, good school zones, this property is a winner.

www.mikepero.com/RX1782778



Cherry Kingsley-Smith
021 888 824
09 412 9602

cherry@mikepero.com



MOTIVATED VENDOR · AFFORDABLE LIVING 3 1 1 **By Negotiation**

2 / 109 Oreil Avenue, West Harbour
By Negotiation

A short walk from Westgate, a short drive to the Motorway onramp, a stone throw from West Harbour primary school. Three bedrooms, one bathroom, integrated dining and lounge and alfresco decking to the North and South, this home offers a mountain of advantages for a first home buyer or investor. Small lawn area, entertainment decking and an independent double garage.

www.mikepero.com/RX1852942



Graham McIntyre
027 632 0421



MARINA VIEW SCHOOL ZONE 3 2 2 **Asking Price \$879,000**

38A Sailfish Drive, West Harbour
Asking Price \$879,000

On offer is a gorgeous fully refurbished, brick, weatherboard & tile three bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking. Modern open plan kitchen and dining area opening out to alfresco to expansive decking. Master bedroom with wardrobe, en-suite and two double bedrooms.

www.mikepero.com/RX1805391



Graham McIntyre
027 632 0421



THE PERFECT LIFESTYLE PROPERTY 4 2 2 **By Negotiation**

535 Peak Road, Helensville
By Negotiation

Nestled on the side of the hill this property enjoys north facing panoramic views of the surrounding countryside. A spacious four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. There is plenty of grazing on this 3.1 ha property (7.66 acres).

www.mikepero.com/RX1803721



Lyndsay Kerr
027 554 4240



PRICE DROP! BEST BUY APARTMENT 2 2 2 **Asking Price \$699,000**

305D/160 Hobsonville Point Road, Hobsonville
Asking Price \$699,000

Enjoy premium secure living in this unique corner penthouse apartment, spacious and North facing with incredible sweeping views across the Point and Inner Harbour. The living is easy with high vaulted ceiling, decks from the living area and master bedroom, a large well appointed kitchen, two bathrooms including master ensuite, walk in wardrobe, two secure gated carparks.

www.mikepero.com/RX1807931



Cherry Kingsley-Smith
021 888 824



HIGHLY MOTIVATED - AFFORDABLE 4 3 2 **By Negotiation**

16 Denehurst Drive, Waimauku

By Negotiation

Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1575586



SUN, SURF AND STYLING 2 3 2 **By Negotiation**

78 Motutara Road, Muriwai

By Negotiation

A home, within nature's playground in keeping with the rustic natural ambience of the area and a simple uncluttered lifestyle. Often sort but seldom found, this two bedroom home with two bathrooms and a cluster of garaging, parking, gardening and entertaining options set upon 932sqm. This home that enjoys plenty of sunshine, plenty of parking, and has an easy in-door-outdoor flow.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1732363



HELENSVILLE LIFESTYLE 1.8 HA 3 2 2 **Asking Price \$1,195,000**

707B Inland Road, Helensville

Asking Price \$1,195,000

Three bedrooms, plus an office or second lounge with bathroom and ensuite. A double garage and american barn completes the offer. Four paddocks, fenced, water to troughs, a character barn and an all season propagation house deliver a lifestyle option that should be seen and enjoyed.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1732363



TRANQUILITY, PEACE & QUIET 4 2 2 **By Negotiation**

433 Wairere Road, Waitakere

By Negotiation

Offering four bedrooms, two bathrooms, laundry and double garage. The kitchen, dining and lounge is integrated with expansive sliders to open up the indoors to the outdoors. An easy care section, planted for pockets of colour and richness of grass and bush tones. The construction is bigbrick and decramastic tile, enhanced by shist features, planters and fish pond.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1713683



EASY LIVING BRICK AND TILE 4 2 2 **By Negotiation**

8 Remana Crescent, Huapai
By Negotiation

Distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1807811



BRICK AND TILE HOME 4 2 2 **By Negotiation**

10 Station Road, Kumeu
By Negotiation

The home is a single level brick and tile construction with open plan living dining and relaxing pre-diner area, formal lounge, four bedrooms and office. Three toilets and two bathrooms, separate laundry and oversized double garage. It is a big home, on big land seeking a growing family or a maturing downsizer coming off the land.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1823440



HIGHLY MOTIVATED - AS NEW 4 1 1 **By Negotiation**

16 Tapu Road, Kumeu
By Negotiation

The best of open plan living and entertaining with sunny North facing alfresco decking, this home has been decorated to make the most of modern living. A functional four bedroom home with single bathroom and additional toilet all off a central corridor delivering character, charm and easy living.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1808254



AFFORDABLE LIVING 4 1 1 **By Negotiation**

16A Tapu Road, Kumeu
By Negotiation

Set well off the road, this beautifully presented home delivers some significant value to an expanding family or a downsizing mature buyer wanting a one level home. Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms bathroom and separate toilet.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1808247



WAIMAUKU LIFESTYLE 4 2 1 **By Negotiation**

1 Joyce Adams Place, Waimauku
By Negotiation

This purchase could be more than a home if a cattery was top-of-mind. The home is split over two levels providing a master bedroom and lounge upstairs and three bedrooms and formal lounge downstairs. Galley Kitchen and integrated bathroom and laundry completes the offer.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1835647



AFFORDABLE LIVING IN RIVERHEAD 3 1 **Asking Price \$879,000**

1014 Coatesville-Riverhead Highway, Riverhead
Asking Price \$879,000

Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. Open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1814073



WAIMAUKU LIFESTYLE ON 1.3 ACRES 3 2 2 **By Negotiation**

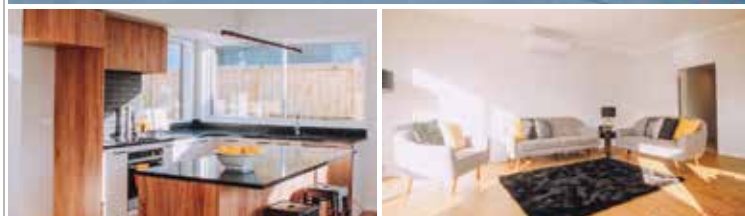
805 State Highway 16, Waimauku
By Negotiation

This small acreage lifestyle property delivers traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1820684



BRAND NEW SHOW HOME 4 1 2 **Asking Price \$919,000**

31 Nellie Drive, Kumeu
Asking Price \$919,000

Seize this unique opportunity to purchase a brand new four bedroom two bathroom home in a quiet street in Huapai. A show-home to show off the very best of Maddren Homes. One of the original craft builders in the Kumeu area and backed by an extensive Master Build Guarantee. Offering all the advantages of a new build and at a price that is seldom found in a traditional four bedroom home purchase.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1840725



FLAT SECTION, NO COVENANTS

By Negotiation

14A Tapu Road, Kumeu

By Negotiation

379 square meters of flat usable land with an established driveway. No covenants in place regarding this site providing options for use. The Vendor is motivated to move this site and welcomes your feedback on value and settlement to suit your individual situation. Close to cafes, park, transport links, new primary school and convenience shopping. Fantastic option for first time buyer looking to create equity.

www.mikepero.com/RX1808261



Graham McIntyre
027 632 0421



NO COVENANTS 2 ACRES

By Negotiation

Lot 2, Taupaki Road, Taupaki

By Negotiation

Well presented, North facing, elevated lifestyle section with boundary to a riparian strip. The land has an established access way off Taupaki Road. Gentle sloping with House site options that can make the most of the valley views and the sunshine. A short distance from Kumeu (city side) and North West Mall/ Westgate, the property is a short drive from the North Western Motorway.

www.mikepero.com/RX1732517



Graham McIntyre
027 632 0421



MADDREN HOME - 428SQM SECTION

By Negotiation

43 Nobilo Road, Kumeu

By Negotiation

This beautiful showhome package has truly been designed to showcase today's entertaining lifestyle. A stylish kitchen features stunning stone bench tops, that lead you out to the large entertaining area. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders, priding themselves on quality, service and excellent outcomes.

www.mikepero.com/RX1834921



Graham McIntyre
027 632 0421



LIFESTYLE HOME WITH INCOME OPTIONS

5 6 3

By Negotiation

296 Taupaki Road, Taupaki

By Negotiation

The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze.

www.mikepero.com/RX1730148



Graham McIntyre
027 632 0421



813SQM SECTION

By Negotiation

8 Drovers Way, Riverhead
By Negotiation

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

www.mikepero.com/RX1835033



Graham McIntyre
027 632 0421



428SQM SECTION

By Negotiation

11 Papa Orchard Drive, Kumeu
By Negotiation

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

www.mikepero.com/RX1835017



Graham McIntyre
027 632 0421



472SQM SECTION

By Negotiation

38 Vinistra Drive, Kumeu
By Negotiation

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

www.mikepero.com/RX1834904



Graham McIntyre
027 632 0421



451SQM SECTION

By Negotiation

42 Jane Maree Road, Kumeu
By Negotiation

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

www.mikepero.com/RX1835003



Graham McIntyre
027 632 0421



BIG OPPORTUNITY

By Negotiation

55 Kauri Loop, Oratia

By Negotiation

A whopping 4747sqm (approx) elevated site filled with Waitakere sub tropical rain forest. This opportunity is to create an elevated eco-home (subject to the necessary Council and Resource Consents), and be part of this outstanding natural environment filled with spears of sunlight and extended bird song. The access off Kauri Loop Road provides some clever options for a home.

www.mikepero.com/RX1802193



Graham McIntyre
027 632 0421



MOTIVATED OWNER

By Negotiation

1107 Huia Road, Huia

By Negotiation

If you are seeking a low impact eco site with glorious natives, and have a vision for an eco-home with a conservative footprint to enjoy the full beauty of the Waitakere Sub Tropical Rainforest we have the section you have been dreaming about. Set a small distance from the inner harbour, reserve and Huia Store.

www.mikepero.com/RX1802133



Graham McIntyre
027 632 0421



KRAZY CHEAP BUSH BLOCK

By Negotiation

13 Waikarekare Lane, Karekare

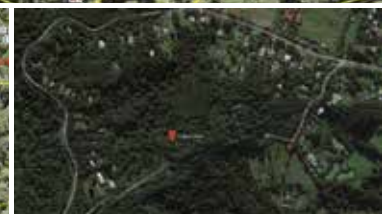
By Negotiation

If you are searching for a section which offers shards of light, thrilling bird song and the booming base of west coast waves look no further. This is a beautiful pristine bush block offering the perfect platform for an eco-home (subject to the necessary Council and Resource Consents).

www.mikepero.com/RX1802169



Graham McIntyre
027 632 0421



AFFORDABLE BUSH BLOCK

By Negotiation

19 Hayes Road, Henderson Valley

By Negotiation

This stunning 2493sqm bush block in the Waitakere Sub Tropical Rainforest is certainly worthy of serious consideration. If you are seeking an affordable eco home with a small environmental footprint and the benefits of a quite and tranquil aspect. If you are motivated by the possibility of integrating a stunning bush environment with an eco-build with affordability look no further.

www.mikepero.com/RX1802176



Graham McIntyre
027 632 0421

HOME & GARDEN

CAMELIAS FOR YOUR GARDEN

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.

MEET LASER WHENUAPAI'S DRAINAGE MANAGER — KARL WARD

Karl is our new Drainage Manager and oversees all aspects of the Drainage division. Karl has worked for Laser as a plumber for the last few years and has over 10 years of plumbing expertise. Keen to expand his skills, Karl has moved into our Drainage division. If you need new drains installed, repair or replace existing drains, drains unblocked or CCTV, contact Laser and Karl will provide total solutions for all your drainage needs.



Laser Whenuapai are also your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a 24 hour service for any plumbing emergencies - as we know these can come at any time.

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

Laser Whenuapai has been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser team stands by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

Contact Laser Plumbing & Roofing Whenuapai for all your service needs on 09 417 0110. Open five days a week from 7am-4:30pm, we are located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

FRUIT TREE PRUNING WORKSHOPS

Sunday 30th June or Sunday 28th July (9.30am to 11.30am). It's time to get the loppers out again folks!! Although if you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this workshop will give you all the basics to assist in your success.

David Bayly, our in house tree care Ninja, will be once again running this very popular workshop in his usual relaxed and

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interactive style; topics to be discussed will include: Tools required, Pros & cons of various trees, Site selection and preparation, Planting methodologies/techniques, General tree care and Safety considerations.

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

Afterwards you will also be able to stroll around the beautiful 1Km nature trail which has over 40 marvellous new sculptures created for our 2019 exhibition by local and international artists on display.*

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

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

*Trail not suitable for wheelchairs or walking frames.

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa, \$20 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

WAIMAUKU GARDEN CLUB

We'd love to have you join us. On a beautiful Auckland Day we visited Chelsea Sugar Works. We all did the tour in the train dressed in everything PINK to view this working factory. This is the only sugar factory in NZ processing from raw sugar to what you see on the supermarket shelves. Apart from the tour there is a cafe, an Interactive Zone and a Baking School or you can go for a walk. After lunch at the Birkenhead RSA we visited Fernglen, 12 acres of native plant gardens. Some stayed on the flat area while others went on a guided walk to see kauri, nikau, begonia

and rimu. The Fisher family were here for over a hundred years living at the Fernglen Gardens. Not only a home and garden but used for education and research. For many years plants were added to the area and at one time they had a Plant Nursery. Coming up: June 20, Mid-Year Christmas at The Beekeepers Wife: July 18, film and lunch at Ryders: August 15, Mangawhai. Contacts: Diana 027 478 8928, Judy 027 272 9994, Jan 021 108 7925, Althea 09 412 7752, Bette 021 145 1854, Veronica 027 755 4645.

BATHROOM LEAKS

A leaking shower incorrectly installed or pipe work leaking behind the linings needs to be solved immediately as the creeping water has the potential to cause extensive damage throughout the home especially if the leak is on the top floor.



Once the leak has been solved, we provide the repair solutions - replacing Gib, linings, plaster and painting, replacing chip board, repairs to damaged bathroom tiles and vinyl, and laminate.

Mold and rot tend to build up on the deck in the winter months. Often this rot spreads quickly to the decking boards, particularly at the join points creating a serious health and safety hazard. Fixy specializes in this deck restoration replacing rotten boards, removing grime build up and Protecting with an oil for hardwoods or when the preference is to keep the natural look, or a stain of your choosing for lifting the appearance and protecting

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your investment.

We help with all those repairs that seem to pile up over the summer months when you are out having fun in the sun. Locally owned and operated Fixy came about as a desire to help people by fixing, repairing and creating solutions so people like you can concentrate on what you do best and leave the rest to us. We are trained, reliable and clean up after ourselves.

To all those repairs that need to be fixed, to the final touches on that renovation and to the tricky jobs that are best solved by the experts, locally owned and operated Fixy loves creating solutions so people like you can finish that To do list quickly, easily and properly.

We provide the technical skill and expertise. All our technicians are trained, qualified and have Ministry of Justice and Police Clearance We have comprehensive Health and Safety policies and implement the latest requirements. All our work follows New Zealand Standard 3604 and complies to the most up to date BRANZ recommendations. We love creating solutions. On time and on budget. Fixed, Solved. Give us a call on 022 182 2715 or check out fixy.co.nz or @fixysolutions.

WATER FX

Introducing Water FX, your local plumbing company. We are committed to serving our local community, families and businesses with great service at reasonable rates. Water FX has over 20 years of experience in providing quality plumbing and drainage services to North West Auckland and beyond.

We'd also like to introduce Roy, our pump technician, who has serviced pumps in Kumeu and North West Auckland for 40 years. Roy has vast experience from swim-



ming pool pumps to UV Filtration.

We sell a range of pumps including Calpeda & Davy Pumps. We specialise in surface reciprocating pumps (or Piston Pumps). Loan pumps are available whilst your pump is being fixed. Give us a call if you are in need of a new pump, we'll be only too happy to supply you with a quote.

Open five days a week from 7.30am-4pm, Water FX Ltd is located locally at 38 Deacon Road. Give us a call on 09 412 6322 or email us on sales@waterfx.co.nz for more information.

MURIWAI TIDE CHART

| Date | High | Low | High | Low | High |
|------------|-------|-------|-------|-------|-------|
| Sat 1 Jun | - | 02:19 | 08:12 | 14:40 | 20:45 |
| Sun 2 Jun | - | 03:05 | 08:58 | 15:25 | 21:29 |
| Mon 3 Jun | - | 03:50 | 09:43 | 16:09 | 22:12 |
| Tue 4 Jun | - | 04:34 | 10:28 | 16:54 | 22:55 |
| Wed 5 Jun | - | 05:19 | 11:14 | 17:38 | 23:40 |
| Thu 6 Jun | - | 06:05 | 12:00 | 18:24 | - |
| Fri 7 Jun | 00:26 | 06:52 | 12:49 | 19:11 | - |
| Sat 8 Jun | 01:15 | 07:43 | 13:42 | 20:02 | - |
| Sun 9 Jun | 02:09 | 08:38 | 14:39 | 20:58 | - |
| Mon 10 Jun | 03:08 | 09:37 | 15:41 | 21:59 | - |
| Tue 11 Jun | 04:10 | 10:38 | 16:44 | 23:03 | - |
| Wed 12 Jun | 05:13 | 11:40 | 17:47 | - | - |
| Thu 13 Jun | - | 00:08 | 06:14 | 12:40 | 18:48 |
| Fri 14 Jun | - | 01:10 | 07:13 | 13:38 | 19:47 |
| Sat 15 Jun | - | 02:08 | 08:09 | 14:32 | 20:40 |
| Sun 16 Jun | - | 03:00 | 09:00 | 15:22 | 21:28 |
| Mon 17 Jun | - | 03:48 | 09:47 | 16:08 | 22:12 |
| Tue 18 Jun | - | 04:32 | 10:31 | 16:50 | 22:53 |
| Wed 19 Jun | - | 05:14 | 11:11 | 17:30 | 23:31 |
| Thu 20 Jun | - | 05:54 | 11:48 | 18:08 | - |
| Fri 21 Jun | 00:07 | 06:32 | 12:25 | 18:45 | - |
| Sat 22 Jun | 00:43 | 07:11 | 13:03 | 19:22 | - |
| Sun 23 Jun | 01:21 | 07:50 | 13:43 | 20:01 | - |
| Mon 24 Jun | 02:02 | 08:33 | 14:29 | 20:45 | - |
| Tue 25 Jun | 02:50 | 09:20 | 15:20 | 21:36 | - |
| Wed 26 Jun | 03:43 | 10:13 | 16:17 | 22:35 | - |
| Thu 27 Jun | 04:39 | 11:10 | 17:16 | 23:38 | - |
| Fri 28 Jun | 05:36 | 12:09 | 18:16 | - | - |
| Sat 29 Jun | - | 00:41 | 06:34 | 13:08 | 19:15 |
| Sun 30 Jun | - | 01:40 | 07:32 | - | - |

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

Disclaimer: MetService and LINZ accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, LINZ or a third party, or that arise from the use, or misuse, of the tide information contained in this website.



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RURAL NEWS

LIVESTOCK REPORT

Pukekohe's Saturday cattle auction saw prices solid to recent rates on killable cattle with demand seeming to be on the increase. This will continue as prime cattle will be in very short supply as farmers have already unloaded in large numbers. A lack of quality feed will see some farmers struggle to even maintain cattle condition, let alone improve on it, without significant financial input or some unforeseen miracle!

Store cattle look to be great buying with margins being at exceptionally favourable levels. What happens next is entirely in the hands of the weather!

| Cattle | Lowest Price | Highest Price |
|---------------------------------|--------------|---------------|
| Prime steers | \$1,310 | \$2,320 |
| Best steers | \$1,470 | \$2,010 |
| Other x-bred steers | \$1,090 | \$1,330 |
| Medium yearling steers | \$630 | \$800 |
| Good weaner steers | \$780 | |
| Very small rising 1-year steers | \$515 | \$560 |
| Very light weaner steers | \$420 | \$500 |
| Best heifers | \$1,480 | \$1,830 |
| Other good heifers | \$900 | \$1,290 |
| Medium 15-month heifers | \$710 | \$890 |
| Other very light heifers | \$515 | \$570 |
| X-bred weaner heifers | \$360 | \$500 |
| Boner cows | \$350 | \$1,230 |
| Bulls | \$1,470 | |
| Sheep | | |
| Fat lambs | \$114 | \$148 |
| Store lambs | \$44 | \$80 |
| Hoggets | \$108 | |
| Ewes | \$90 | \$124 |
| Rams | \$120 | |
| Pigs | | |
| Weaners | \$60 | |
| Sow | \$135 | |

PREPARING YOUR LIFESTYLE PROPERTY FOR SALE IN WINTER

Lyndsay Kerr - lifestyle block owner.

Some people shy away from marketing their lifestyle properties in winter.

One reason is that people feel that their property is not as attractive as it is in spring/summer when gardens are blooming the deciduous tree are covered in foliage and the lawns are fresh.

I disagree with this view. A well maintained property will always look good no matter what season.

The positive side of selling in winter is that there are less properties on the market. This will give your property relatively greater exposure and generally more inspections as there are always buyers out there especially in the current strong market.

Weeding the gardens and putting down a good layer of mulch will keep your garden beds tidy and help keep soil temperatures up. It will also slow down the weeds.

Cleaning up the leaves dropped by deciduous trees and bushes will go a long way to keeping the gardens looking tidy, now is a good time to cut back trees and bushes to maintain that groomed look.

Most buyers realise that the properties they are viewing will come alive in spring, if it looks clean and tidy in winter it can only improve.

Lyndsay Kerr, Mike Pero Real Estate Kumeu on 027 554 4240 or lyndsay.kerr@mikepero.com.

YOUR TRADE SUPPLIES SPECIALIST

At Western ITM Kumeu you'll find everything you need to create, repair and maintain your property.

Drainage... With all the excess water around now, a sure remedy is installing Marley Drainflo or Draincoil

- drainage lowers the ground water level whilst retaining moisture in the pores of the soil.

Our store also now stocks 4 of the most common diameters of Euroflo Culvert Pipe.

Prepping a driveway/gateway? Ensure you install Landtex Mud Cloth, Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas and farm access and races. Landtex spreads the vehicle wheel loadings and prevents mud being pushed up and the gravel lost into the soil or ground below.

Water line sprung a leak? We carry the complete range of Hansen Easy Fit Poly fittings.

Our store also stocks a vast range of Hi Vis Wet Weather gear, gumboots and socks.

For further advice or information visit us instore today OR visit www.westernitm.co.nz today for a free online quotation. Try us, you'll be impressed.



GET ENGAGED, GET INVOLVED

If you have a small land holding or a more extensive rural farming operation, this section has been developed to provide you with a platform to convey news, information and advice growers and farmers alike, please make the most of it and email in your updates. One thing I truly love about living in a rural environment is the impact of the seasons on what we do and how we do it. Unlike our Urban counterparts we have an ability to work in be that hay-making, flooding, or firewood collections. With much talk about depression and the alarming suicide rates in New Zealand we need to be vigilant and supportive of our neighbours and our collective groups and friends. Be aware of triggers that might be tipping points or darkening moments and open up the conversation, it might just take the right question "How are you doing". Just a thought.

Central's Tips

June 2019



Winter has come. Protect young seedlings and trees from frost, plant garlic and lift strawberries. Add some colour into your outdoors by planting calendulas, camellias, azaleas and primulas. Now's also the time to deal to those muddy outdoor areas!



Plant Garlic

Break up each bulb into cloves and bury each clove finger depth at least 5cm below the ground - it may take up to a month for the shoots to come up.

In the Veggie Patch

- **Frost can damage young vegetable seedlings, citrus trees and tamarillo trees.** Frost cloth (sold by the metre at garden centres), is a simple and effective cover that you throw over the plants as soon as the frost threatens
- **Garlic is traditionally planted now**- check that individual cloves are free of disease and intact before planting
- **The winter marigolds** - calendula - are an eye-catching display in the winter vegetable patch, plus they're edible, great in winter salads
- **Lift strawberry plants** that have been produced on runners from the main plant: Plant into pots, baskets or garden beds adding a little compost as you go



Plant Calendulas

These add a pop of bright orange colour plus they taste and look great in your winter salads!

The rest of the Garden

- **White flowers** have a special place in the winter garden - they show up well on sunless days, especially against green foliage. White flowering Camellias, azaleas, cyclamen, primulas and polyanthus are just a few options
- **Sowing lawns** now is not the best time, but sometimes the need to restore a patch of grass happens: we recommend Prolawn Classic Rye or Prolawn Tournament Blend as the grass seed most likely to germinate through winter



Cover vulnerable plants and young trees for frost

Cover young citrus, tamarillo and young seedlings with frost cloth to protect them.

Project for June

Get out of the mud!

Muddy areas (including high traffic parts such as driveways) can be dealt with effectively using our NZ made recycled product Jakmat. It takes the worst area and transforms it into the most elegant space in the garden!

Check it out here: <https://centrallandscapes.co.nz/products/jakmat-geocell>

And watch a video about pebble options to fill the mats here:

<https://centrallandscapes/collections/decorative-pebbles-stones>





JakMat deals to muddy paths and driveways

Get those muddy garden paths sorted with JakMat, an interlocking system that can be filled with stones for a permeable surface that you can walk or drive on.

Talk to our friendly team at Central Landscapes Swanson about how JakMat can make your outdoors look amazing!



Visit your local yard: **Central Landscape Supplies Swanson**

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

BUILD

NEW

INSULATION WORTH ITS WEIGHT IN GOLD

Anyone who has spent a winter in a classic New Zealand villa knows insulation is worth its weight in gold, good insulation is substantially more complex than pink batts in the wall. There is noise transmission, fire requirements and a wide range of product to consider. That's why this month's Tradie of the month is Seuma Anitelea from Premier Insulation. Matching needs with product takes knowledge and experience, two things Seuma has a lot of. Add to that a great installation team who do a top job every time and you start to see why we value Seuma so highly. With Premier Insulation, good advice is always on hand and very forthcoming. Their products are covered by warranty and all of the correct documents are supplied to Council and the homeowner with an insulation plan of what was installed where. For us,



Seuma is a great example of what Premier Insulation stand for; a great team that from beginning to end give you a smashing blend off efficient, skilled and speedy service. Thanks for all your commitment and hard work Seuma, enjoy your voucher from our proud sponsor Western ITM.

NEW ZEALAND'S PRE-EMINENT HOME BUILDER, G.J. GARDNER HOMES, COMES OUT ON TOP

G.J. Gardner Homes have won the Reader's Digest 2019 Most Trusted Brands award in the Home Builder category for another year. Winners are selected based on an independent survey of 1,500 people who choose the brands they recognise as the most genuine, authentic, reliable and consistent. Grant Porteous, G.J. Gardner Homes New Zealand's managing director, said he was jubilant to learn they had again won this award. "Our New Zealand-wide team will be ecstatic, our entire business's success is driven by our customer's trust and satisfaction. Hence our long-standing vision, to have every customer recommend us to their closest friend, being the beacon that leads everything we try to do as a team." G.J. Gardner Homes has a proud heritage in New Zealand having been the clear market leader for over two decades. The business, 100% NZ owned, is made up of the NZ Master franchise and 30 locally-owned and operated franchises, the majority of which are husband-and-wife teams. The business has built over 16,000 homes since 1997 and is a significant employer throughout the country. Grant and wife Elsie, who own the G.J. Gardner Homes Master Franchise and lead the NZ team, believe it's a great model to deliver not just great homes, but as importantly, a fantastic building experience to customers. With G.J.'s you get the best of both worlds, the attention you'd expect from a local, with the reliability of NZ's most

Make the wise choice



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Office 1A Tapu Road, Huapai, Kumeu. Open Monday – Friday 8.30am – 5.00pm

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31 Nobilo Road, Huapai, Auckland. Open everyday 12.00pm – 4.00pm

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G.J. Gardner. HOMES

successful and trusted building team. "Winning this award and receiving this recognition is an honour, nothing is more important to us than how our customers and New Zealanders see us, thank you to all those that voted for us and to all our customers. "We understand that when it comes to building your home, nothing is more important than being able to rely on those people responsible for its construction." G.J. Gardner is dedicated to a policy of certainty, trust and transparency, and we believe every person who builds a new home should be able to enjoy the experience." This belief led to Grant and Ellie personally writing and publishing Home Prep – a free guide to the home building experience in New Zealand, regardless of who you choose to build with. Giving back is also important to the G.J. Gardner family and they are proud sponsors of a wide range of not-for-profit organisations and sports clubs in New Zealand including Ronald McDonald House, the Westpac Rescue Helicopter, the Big Buddy programme and Keep New Zealand Beautiful.

WHY BUILDING NEW MAY BE YOUR BEST OPTION

The benefits of building are many; but some people do not even consider the possibility due to the common misconception that a new build is time consuming, extremely stressful and fraught with budget uncertainty and blowouts. This doesn't have to be the case at all. Building new, with Signature Homes, can be comparable in cost to a major renovation and the final result is always better. And, as you will see, major stress and a huge drain on your time don't have to factor in your new build experience. No budget blow-outs or surprises - You will no longer have to guess at prices, spend money on building reports and other due diligence. You won't have to stretch your budget to the very limit only to find yourself not even in the ball park of what

the vendor will accept. At Signature Homes we have the budget discussion up-front, and design your home to your budget. We will talk to you about the "Total Cost to Build" which covers everything including the design, build and fit out cost. During the design process we know there will be questions, we are up-front about any changes and how they can affect the final cost. Picture how satisfying it will be to spend your time on the joyful task of planning your dream home. It is one of the few times in your life you will have total freedom to create something perfectly suited to the personality and needs of your family. Design your home to suit your lifestyle - Maybe you are a young family, needing an environment that will work both now and as your children get older. Perhaps you have teenagers and desire separate living spaces. Maybe you are downsizing and need something more compact, that still provides you with space and a comfortable lifestyle. Whatever your situation, with a new build everything from layout, indoor/ outdoor flow, insulation and heating, room size, storage, interior design and other finishing touches are delivered just as you want them. When your dream home is completed on time and to budget, you can move in and immediately start enjoying your new lifestyle. Learn more about the Signature difference. Financial benefits - If you are building your first home, there are financial advantages such as lower LVR (loan-to value ratio) which you can learn more about here and KiwiSaver grants, if you are a first home buyer. Many people think they can't afford to pay both rent or another mortgage and a loan for a new home while it is being built, but there are payment options with Building Loans and Construction Finance. Make it stress-free - Choosing a Design & Build company like Signature is the easy option rather than engaging an architect, builder and suppliers yourself. We will manage the project from start to finish, with a guaranteed budget and completion date. Signature Homes - 09 412 9010, 80 Main Road, Kumeu.

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FOOD & BEVERAGE

'FOOD ON THE TABLE' LAUNCHED BY LOCAL BUSINESS OWNER

Local businessman Avi Jayapuram wants to help more west Aucklanders afford essential food, which is why he is launching a new initiative called 'Food on the Table'. The owner of GAS Service Station on Lincoln Road, Avi has said he feels compelled to help those who he often sees struggling to afford every-day items.



Launched this month, Food on the Table will provide basic food such as eggs, milk and bread from \$0.99. It is designed to help west Aucklanders be able to afford basic food and still be able to afford fuel to get to work.

Avi, said he was inspired to take action to help make food more affordable when he saw the fuel tax come into effect. "People were complaining about the petrol tax and saying they can't afford basic needs. I thought, what can I do to help?"

It has taken Avi six months to create Food on the Table as he searched for good quality products at a price that he could then

pass on to his customers.

To make the scheme work, Avi is offering Food on the Table prices to those who purchase \$40 in fuel. "I know people still need to fuel their cars, so I want to try and help make their money go further. I don't want people choosing between paying to get to work or to have food in the cupboard."

The aim of Food on the Table is to help foster a better sense of community and look after local residents. "It would be nice if people can be fed and not go around feeling hungry" says Avi. If the scheme is a success it may expand to offer more food and involve more businesses in the area to take part.

Food on the Table is an initiative started by Avi Jayapuram of GAS Service Stations, Lincoln Road to help west Aucklanders be able to afford basic food and still be able to afford fuel to get to work. No profit is made on the sale of food and the aim is to expand the number of businesses involved to help better look after locals in the community.

WINTER WINE FAIR

Soljans Estate's Winter Wine Fair is back from 5th July - 21st July 2019! This will be the best time of the year to stock up your cellar as we will be having 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 discounted price. Check out the "red star sale" items at our gift shop for your early Christmas shopping. Visit our café and pick your favourite dish from our winter warmer menu, specially crafted by our Head Chef. If you have any questions regarding the Winter Wine Fair, please contact our Cellar Door on 09 412 5858 and if you wish to reserve a table in our café please contact the team on 09 412 2680.



UNDER NEW MANAGEMENT

Allely Estate has a rich history in Kumeu. Once upon a time, it was a restaurant better known as Allely House. Today, Allely Estate is under new management as a private venue available for hire for weddings, private parties, and memorable corporate events including themed parties. Have you got a milestone birthday, anniversary or engagement to celebrate? Perhaps you'd like to arrange a mid-winter Christmas dinner for your staff? We'd love to help you! We can host




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ESTATE WINERY

Winter

WINE
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MEET THE FERMENTALISTS

Hallertau have assembled their favourite people from the world of fermentation for a night in the brand new Hallertau Barrel Room. Join Helensville's kombucha experts Mama's Brew Shop, fermented food specialists Living Goodness and Oamaru's Belgian inspired Craftwork Brewery. Hosted by head brewer Steve Plowman who will be previewing beer from the barrel and the brand new Hallertau Whisky. Tickets via eventfinda \$35 includes generous snacks and significant samples. Hallertau, Wed 26th June, 6.30pm.



THE HERBALIST CRAFT BEER

With winter upon us, roasts of all kinds are a favourite weekend meal. Try adding fresh rosemary sprigs and garlic to your beef, lamb or chicken roast and also to your roasted vegetables and pair your meal with our Rosemary & Liquorice Ale to enhance the flavour experience.

The Herbalist stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.



NOSHORTCUTS

The NoShortcuts name signifies there are none taken in the painstaking cooking and preservation process, but this labour of love achieves great taste, beautiful aroma and naturally striking colour, which is particularly evident in their Feijoa & Ginger Jam.

Every 310 gram jar contains approx. 200 grams of fresh NZ feijoas and no fillers or concentrates are added. Even though no





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preservatives are used, it still has a 24 month shelf life. Cooked in small batches, only 14 jars are produced out of each pot to ensure the fruit is not overcooked and the natural flavour and integrity retained.

This Feijoa & Ginger Jam is so good, it was a finalist in the 2017 NZ Food Awards, for not just one, but two categories; the 'Artisan Food Producers Award' and the 'Bite Gourmet Award' NoShortcuts is stocked by Countdown Hobsonville or you can order online at www.noshortcuts.co.nz Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

RAINBOW WHISK

Offering a cosy and relaxed atmosphere, The Rainbow Whisk has recently opened in Hobsonville Marina. Enjoy your cup of coffee with delicious food and a stunning view to get your day underway or head off on the ferry to the CBD.

The owners Pam and Kelly have worked to meet various dietary requirements as well as being a child and dog friendly cafe. Boasting a wide selection of home baking, cooked breakfasts and lunches at reasonable prices, this is the perfect stop for a morning walk. With the expanding popularity of the Keto diet, you can treat yourself here without the guilt. Our monster shakes are one of the main reasons for returning customers, especially the kids!

We are open weekdays 6:30am - 3pm and weekends 8am - 3pm. Located behind Vivo Hair Salon at 17 Clearwater Cove, West Harbour. Book a table online at www.therainbowwhisk.co.nz for any special occasions. Catering is available on request.



\$85 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at geoffdobson2017@gmail.com.

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PETS

TIPS & ADVICE

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 thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



LONG-TERM CARE FOR ELDERLY AND PETS

Today, a growing number of care facilities for seniors are allowing residents to bring their beloved pets. Caster.com from our partner at Catnip. "The importance of pets - For many senior citizens and their families, the tran-



sition to a care facility is emotionally stressful in itself — but a strong bond with a pet can add significant worry concerning the future of the pet. That emotional strain is being lifted by an ever-increasing number of senior living communities that allow companion animals. Elder care is evolving - Over the past 20 years, there's been a cultural change toward a person-centered model of care for our elders. Personal pets are now accepted as an integral part of the individual's overall health and well-being. Pets act as motivators - Care providers see benefits including improved mood, reduced anxiety and a desire to get well faster. The biggest motivator is their pets. Finding pet-friendly places - Always visit the community in person, no matter where it is. If pet-friendly is extremely important to you, an in-person visit can't be beat."For the full article visit our Facebook page www.facebook.com/kanikapark. Phone 09 4115326 or 027 5501406, email info@kanikapark.nz.

THE MOST IMPORTANT RULE OF DOG SAFETY FOR CHILDREN

Always ask. Yes it sounds simple but it is the number one rule to drill into your children's minds: it can keep them safe! Teach your children that they should always ask the owner before approaching a dog. Asking 'Please can I pat your dog?' or



'Please can I say hello to your dog?' firstly announces to both the dog and its owner that the child is there and would like to interact with the dog. Imagine if you were walking down the street and a complete stranger randomly walked up to you and hugged you or your child; we can guarantee most of you would



Our aim is simple... to provide an innovative and modern preschool environment, where learning is irresistible and children flourish.

Our programme is based on your child's individual strengths, needs and interests, enabling them to learn in a style and at a level that is just right for them.because one size does not fit all.

Combining the best of Montessori tradition with modern learning practices, we will help give your child a flying start, preparing them not just for school. . . .but for life. A day for your child combines learning, discovery and play - the best of all worlds.

A beautiful environment, a low teacher to child ratio, a top review from the Education Review Office, and NZ family owned and operated (no corporate owners here!) Call us or come in and visit. And ask us about our current pricing specials. Limited spaces available.



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 8 Grivelle Street, Kumeu

For children 6 months to 6 years

be pretty worried and unimpressed, you would be uneasy to say the least! The same goes for when someone or you are walking a dog and suddenly there's a group of children touching the dog. Secondly, by asking you are giving the owner the opportunity to say 'no'. If they say no there is probably a reason why not. It may be that the dog isn't particularly fond of children or has had a bad experience with them in the past. It may be that your child is wearing a hat and people wearing hats spook the dog. It could be that the dog is ill, injured, tired or just having a bad day and the owner knows the dog won't appreciate being touched by strangers. Or the dog could be in training and the owner needs the dog's full concentration on them, it may be that the dog is new to the family and they aren't sure yet on how it reacts to children. There are so many reasons why an owner may say no, but remember it is highly likely the 'no' is coming for you and your child's safety so please teach children not to take it personally when it happens. Instead of getting sad, or grumpy, teach them that it is okay and it might be that the next dog they see they are able to say hi to. The 'always ask' rule is also a great way of teaching children what to do if the owner is not there. If the owner is not there then there is nobody to ask, and as they always have to ask: the answer is no! This could be if a dog is tied up outside a shop waiting for its owner or a dog may be poking its head out of a hole in the fence. Children need to be taught that if they see a dog on its own then they leave it alone. Please teach the children (and grown ups!) in your family to ALWAYS ASK before touching a dog. Always Ask is the first of 3 Golden Rules from Kids Safe With Dogs Charitable Trust (KSWD). You can find out more information on keeping your children safe around dogs and the great work KSWD do on their website www.kidssafewithdogs.co.nz.

A LITTLE MORE FOCUS

Building a special bond between yourself and your dog is important. Here is a quick easy focus game which will help you build a stronger connection. The magic hand game - I play this with both my dogs using a portion of their daily biscuits. Grab a handful of biscuits and your dog, start inside where there are fewer distractions at first. Holding the biscuits in your fist, extend your arm out above your dog. Slowly drop a single biscuit, the aim is for your dog to catch it. Don't worry if they don't at get the idea at first, keep at it they soon will. Keep going slowly until they are catching almost every biscuit. Then you can start mixing it up a bit, throwing the treats up or dropping them faster. I often feed my dogs their whole breakfast this way when I have the time. Notice how much your dog is now focusing on working to catch the biscuits - you can now use this focus in other places. As they get better, try getting them walking alongside you, catching as they walk. This is a great way to start training your dog to loose lead walk. Have a go, your dog will love you for it. Helen.

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HEALTH AND BEAUTY

WINTER EYE CARE FOR INDOOR AIR CONDITIONS

The most common eye complaint in winter is dryness, causing a burning, gritty sensation - which ironically can trigger watering eyes. It can affect anyone, particularly peri- and post-menopausal women who may have eye dryness because of loss of estrogen. Contact lenses wearers are also likely candidates.



Over time, dryness can cause blurred vision and damage the cornea, so protection is a must. Many people think extra fluids or an air humidifier will do the trick. They'll help, but dry eyes also benefit from new-generation lubricating eye drops, designed to supplement the natural tear layer and keep the tears from evaporating so quickly. Regular hot compresses followed by eyelid massage, and dietary omega 3 oils (flaxseed or fish), are beneficial for a healthy tear film too.

Arrange your winter eye examination with Matthew or Molly at For Eyes in the Kumeu Village: phone 09 412 8172.

FISHING INJURIES

Many people enjoy fishing on a recreational or competitive level. Most of the time fishing is considered an enjoyable activity where you can relax out of the water enjoying the sun and a good time. However, fishing can also result in many different types of hand or upper-limb injury including traumatic or overuse.

Common traumatic fishing injuries:

- Finger fractures/Finger strains: i.e. from getting your finger stuck between your boat and the landing surface
- Wrist or hand injuries: i.e. slipping and falling on wet rocks and landing on an outstretched hand

Common overuse finger injuries:

- Carpal tunnel syndrome: which results from compression of

the median nerve, causing numbness or altered sensation of the thumb, index or middle fingers

- Elbow or forearm pain: from flipping or pitching your fishing line frequently.

Come and see us today at the Hand Institute and we can help you recover quickly from your injury. If your injury is as a result of an accident we can treat you in the ACC contract. We can register your claim and send you for x-rays or other tests that you may require. If your pain is as the result of an overuse injury we can treat you privately. We have two convenient clinic locations in Huapai and Rosedale. Contact us today for an appointment. Huapai Clinic - 321 Main Road, Huapai. Phone 09 412 8558. Rosedale Clinic - 5 Home Place, Rosedale. Phone 09 479 8438.

PINC AND STEEL CANCER REHAB

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapist Laura who is here to support, guide and rehabilitate people through every stage of their treatment and recovery.



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

Various sources of funding are available for those with different cancer types. Bowel Cancer Foundation Trust are now providing all bowel cancer patients with 4 sessions of physio. There is a welfare grant available from Prostate Cancer Foundation for up to \$500 and we have strong links with the Breast Cancer Foundation.

For information on applying for funding or to find out more about physiotherapy and cancer please contact Laura at NorthWest Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

SHOE TALK'S THOUGHTS ON – "SHOULD YOU WEAR THE SAME SHOES EVERY DAY?"

So is it fact or fiction than wearing the same pair of shoes every day is not the best idea for both your body and the shoes?

- As much as all like to pretend we don't sweat, it's not true and what absorbs this



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0212330413
gill.wiltshire@gmail.com

sweat? Our shoes. Sweat contains salt and this will break down the insides of your footwear a lot faster if it is not getting a chance to dry out properly between wears

- Wearing the same shoes everyday will also increase your chance of a fungal infection
- Shoes will last longer if they are not being used every day, not only do they have a chance to dry out between wears it also gives a chance for the padded foot beds and other comfort features to revert.
- Different shoes hit on different pressure points. So not wearing the same shoes everyday means different pressure points are activated and also different muscles used in the body.
- For the ladies - don't wear the same heel height everyday this will stop things like your tendons and calf muscles shortening. So yes it's true, don't wear the same pair of shoes every day and the shoes will last longer and your feet and body will also be happier.

SMILE IS A FULL FACE EVENT

Do you know that muscle relaxants such as Botox and Dysport have been used in dentistry for years primarily to treat gummy smiles and muscle pain resulting from grinding or clenching teeth? You no longer need to suffer. Next time you visit your dentist, ask about how they can help you.



With the goal to respect nature and enhance it not change it, dentists can now support you beyond rejuvenating your smile by holistically looking at the entire face (forehead lines, frown lines, crows feet, bunny nose line, chin lines, lip contours to

name a few using dermal needling, Dysport and Dermal fillers technology); dentists look at improving the health and quality of the facial skin as well as the teeth and gums.

Smile is a full face event, who better to complete your smile than the dentist!

Call us at Kumeu Dental on 09 412 9507 to ask about a FREE Smile consultation and get 20% off regular cost of Dysport treatment. Offer valid until 19th June 2019.

WHY MOVEMENT IS SO IMPORTANT

In order for our bodies to function properly, our brain needs to know where we are in space. This joint position sense is called proprioception. Movement of the joints and muscles in the body increases the information going to the brain, so the brain can then control the body better. With our lifestyles becoming more and more sedentary, the need to move your body is becoming more and more important. To help overcome this problem, the answer is simple, try to move more parts of your body more often. Simply think of ways you can add more movement into your day.

This process is also same way chiropractic adjustments work. Our adjustments increase the proprioceptive information going to the brain so the brain can then control the body better. Want to find out more? Visit our website www.elevatechiropractic.co.nz or call us on 09 413 5312.

WEATHER AND ACHEY JOINTS

The weather is getting wet and cold again and with we are starting to see old arthritic pain exacerbation. Medicine still doesn't know why many patients with arthritis get their symptoms worse with cold and damp weather. Some patients can predict weather change better than weather forecast on TV One! Doc-

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tors' explanation it is to do with "degeneration and inflammation" and recommend taking anti-inflammatory pills like Nurofen. Indeed, they help, but there are potentially serious side effects if you take them for too long. Alternative solution? No simple solution. Keep your joints warm, don't play a hero - swap your shorts for long pants. Improve your diet - less sugary and starchy foods (they tend to promote inflammation). Traditional approach in Eastern medicine is to eat more hot spices in the winter, like ginger and chilly pepper. Regular exercises will definitely help too. It is worth trying osteopathic treatment, often it helps to relax tight tendons and muscles, move stiff joints. At Family Osteopathic Clinic we will be happy to help you survive those chilly months until next warm weather in spring. Come and see us at 39 Hobsonville Rd.

MY DENTURES HAVE BROKEN

I tried to glue them back together but it doesn't seem to hold. Can this be repaired?

In most situations, yes, this can be repaired and depending on the severity of the damage.

The worst part of the glued denture is not the damage

done but rather the harmful chemicals that are in the glue; this isn't healthy! The good news is that even when the denture has been broken and glued back several times in the wrong position, sometimes we can re-orientate the broken pieces in the right position with an impression of your mouth. People often think that it's too far gone to be repaired if it's been glued but this isn't necessarily true. It can also be properly repaired in the same day meaning you do not need to go overnight without your dentures. Call through to DT Denture Clinic for a free con-



sultation 09 416 5072.

WHIPLASH – IS IT A LIFE OF A PAIN IN THE NECK?

More unpleasant than dealing with your insurance company following a car accident is the possibility that you may be left with neck pain long after the actual accident. Statistics show that 20-40% of people with whiplash injury are left with an assortment of neck and arm pain, upper limb weakness and altered sensation.

Any physiotherapy programme for whiplash injury should include cardiovascular training, manual therapy is also known to be effective in pain relief, along with medication prescribed by your GP.

If you would like more information or assistance in treating your whiplash, or any other issue, please do not hesitate to contact Massey Physiotherapy on 09 832 3619 to make an appointment. Also for the month of June if you book in for an initial consult and let us know you saw us in the Westerly, we will give you a free tub of Extreme Products recovery rub to help you with your pain relief.

Massey Physiotherapy - 173 Royal Rd, Massey. Phone 09 8323619 or 020 411 73557 or email physio@masseyphysio.co.nz.

LEAVING YOUR COCOON

Do you remember Border's Bookshop near the Civic downtown? Our entire family would be excited to go there on a Saturday night, to be among people, browse through books, buy one or



two and to spend some time discussing the things of life in the Borders café. Border's is now gone. It's so easy to order your books on-line without ever seeing a real person.

Fifteen years ago, futurist Faith Popcorn warned of the trend she called 'cocooning'. Technology, and societal changes would lead to people spending a lot more time within the four walls of their homes. Faith was keynote speaker at the International Health Club Convention at the time. Cocooning was again featured by Joanna Mathers in the May 6th 2019 NZ Herald.

Friend, take care to avoid fully cocooning your life. YOU need others and others need YOU. You will always be welcome at Club Physical.

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Phone 09 416 3937 or drop in to book an appointment to suit 413A Hobsonville Rd, Hobsonville.

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, website: www.westopt.nz or Facebook: www.facebook.com/westgateoptometrists.

OSTEOPATHY IS NOW AT TOP NOTCH!

At Top Notch Bodyworks we recently welcomed Osteopath Daniel Garelja to the team; Daniel joins our experienced Osteopaths Marshall Gabin and David Liddiard at our Massey clinic. If you need osteopathic services, massage or a combination of both, we look forward to exceeding your



expectations. We offer services for many conditions including headaches, neck, back, muscle or joint pain, arthritis, pregnancy, occupational overuse and stress. Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. Both David and Daniel specialise in sports injuries and rehabilitation. We can also look at abdominal issues such as bloating, constipation and pain or discomfort. All our Osteopaths are ACC registered - and you don't require a referral from your GP to see us! We also have our qualified massage therapists in therapeutic, sports, relaxation and pregnancy mas-

sage. So if you need an Osteo treatment or just a relaxing massage, book online via our website www.topnotchbodyworks.co.nz or give our team a call on 09 212 8753 / 021 181 8380. We are currently offering \$10 off your first treatment with Top Notch Bodyworks.

FITNESS DOESN'T HAVE AN OFF SEASON

As we get to our winter months and it is getting colder outside, why not take your exercise inside.

Kumeu Gym is open to our members 24 hours a day 7 days a week and our team's goal is to help motivate our members to improve health, fitness and wellbeing.

Our gym offers a highly qualified team of Personal Trainers and Fitness Instructors, an extensive range of cardio and weights equipment along with a full size indoor court for all of our functional movement classes and programmes as well as indoor netball.

All memberships include 23 group fitness classes including counterpunch boxing, yoga, spin and HIIT. We also offer two North Harbour / ACC recognised classes for older adults - Fitness for Function and Counterpunch Boxing.

Our Gold Membership gives you access to our Smart Training (ST), this is a shared personal training system designed to share the costs of personal training, while still delivering the high quality service expected from a personal training session. ST enables you to train up to six days a week for the cost of a single personal training session, delivering a highly effective daily training regime to ensure you meet your fitness goals, with a fun group of clients.

Whether you want to improve your confidence, push your limits or meet new people, no matter your age we have something for everyone.

Enquire at www.kumeugym.co.nz/smart-training or call 09 412 8932 for more information - mention this article to receive a free week of our Gold Membership including ST and Group Fitness classes valued at \$60.00 to kick start your training.

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AREA COLUMNISTS

PHELAN'S LOCAL BOARD UPDATE

The Chair of the Local Board, Beth Houlbrooke and myself have been having regular meetings with Auckland Transport maintenance managers responsible for Rodney wards local roads (not State Highway 1 or 16). The Local Board does not have any direct responsibility for roads, but we wanted to get a better understanding of the issues around our sealed and unsealed network that is often the topic of frustration on local Facebook groups.

You'd think the issues would be simple to sort out, just roll out more repair teams, and fix things quicker, certainly that was my view. However, as it often is with infrastructure, it isn't as simple as we'd like. Here are some takeaways from these meetings and suggestions for frustrated road users.

For every \$100 of property rates paid, \$36 is spent on Transport infrastructure including new assets and maintaining existing ones and residents quite reasonably expect to have well maintained roads as a result.

Rodney's roads have suffered from decades of underinvestment going back to Rodney District Council and previous entities. This was because there was never enough money to spread over a sizable road network serving a small, sparse population. Many roads often are little more than gradually upgraded farm tracks with poorly constructed foundations and difficult geology meaning some of our roads will always have issues until expensive rehabilitation is undertaken – and that applies to sealed and unsealed roads.

Auckland Transport has warned Councillors and the Mayor for

at least six years that unless funding was increased for road maintenance across Auckland the amount of work done would fall and assets would be 'sweated' for longer, meaning bigger gaps between upgrades and general maintenance. In order to keep up with the growing back log of work 2.5% average annual rates increases weren't enough. At some point 3-4% increases would be needed – plus the longer this was delayed, the worse the problem and cost to fix it would become meaning rates would have to rise even higher. This is a deeply unpopular message for ratepayers. No one wants rates to increase, and politically, this is what has been the outcome. It's not sustainable, but as long as rates are constrained the tough political decision is put off for a future council to wrestle with. Meanwhile AT managers and residents have to wrestle with our roads!

Weather play a huge part in issues both on sealed and unsealed roads. Rising water pops the surface off sealed roads and creates similar issue on unsealed roads. Obviously, winter is the worst time of the year for this, and it's also the worst time of the year to try and repair roads, especially sealed roads as wet weather stops tar adhesion. Often the only solution is temporary asphalt patches until drier weather allows a long-term repair – this is a deep source of frustration for some who feel it's either a shonky repair or a contractor doing it on the cheap to save money. In fact, the best use of your rates is to undertake a full repair in the right weather. Unsealed roads present a huge challenge, rising traffic levels due to rural subdivision and activities such as clean fills that hammer roads not designed for heavy traffic mean re-grading is only a temporary fix. Ultimately sealing these roads is the answer and although \$121m has been allocated to doing this over the next 10 years, there are over 600 roads requiring sealing.

The best thing you can do when there's an issue is report it straight away. It takes a few minutes to go online and fill out a form alerting AT to an issue. In most cases this will lead to quick action – I've had minor potholes filled within 24 hours of lodging a report. Some issues will take longer to fix and will see either a temporary repair or delays while engineering assessments are done. Often it may seem that a local issue is being ignored whereas in the wider context across Rodney, it's part of a programme of works that can be affected by weather or unexpected issues that need instant action, it doesn't mean nothing is happening.

You can report a problem with Auckland Transport by calling 09 355 3553 or better, log it online with photos: <https://at.govt.nz/about-us/contact-us/report-a-problem/>

Questions about Auckland Council or need some help? Contact me on 021 837 167 or phelan.pirrie@aucklandcouncil.govt.nz Phelan Pirrie, Deputy Chair, Rodney Local Board.

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can be a great way to make some extra income. Online accommodation companies like Airbnb and Bookabach make it easy to list your property by taking care of the advertising, booking and payment logistics. However, before listing your property there are tax implications you should be aware of.

Any income earned from short-term accommodation (including one-off or irregular rentals) is subject to income tax and must be declared on your individual tax return. The good news is that you can claim expenses relating to the rental which were incurred while the property is rented out, such as cleaning, insurance and rates. Expenses with both a private and business element (e.g. insurance, rates) will be apportioned reasonably between private and business use.

If you have a property which you use privately for part of the year, rent out for part of the year, and is vacant (but available for rent) for part of the year then mixed use assets rules will apply. Mark Foster and the friendly UHY Haines Norton team are your local accounting and tax specialists. Contact them on 09 412 9853 or email kumeu@uhyhn.co.nz.

HOW DO YOU SEE YOUR CHILD'S TEACHER?

Did you realise that Early Childhood Teachers study for the same amount of time to get their degree as a primary or secondary school teacher? Early Childhood Teachers are mentors to our most vulnerable members of our community, so it is important that the teachers who are caring



A GOOD BEGINNING LASTS A lifetime

Remember adventuring in a diverse natural environment, immersed in nature; playing confidently amongst the trees, paddocks, veggie gardens & treehuts?

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for these citizens are professional, respectful and in tune with the needs of each individual child. Early Childhood teachers are also required to continue their learning to keep their certification current and up to date. Teachers need to complete this to remain registered to teach in New Zealand. Through this process, teachers are required to meet codes of professional responsibility and standards for the teaching profession, which needs to be applied for every two years.

Early childhood teachers have been given many names (such as glorified babysitters!). However, with all the research that informs us of the growth and brain development that happens within the first 3 years of life, we are discovering that children need the best possible environment and education to set them up for life. Therefore it is important that your child receives care and education in a Centre where your child is placed in the centre of everything. This care and education is underpinned by a Centre's philosophy. Each early childhood Centre's philosophy can vary, so choosing a Centre which also reflects your own values and beliefs is just as important. Country Bears provides experiences for children to build a love of learning through discovering the wonders of nature. Our emphasis is on nature as a vast and wonderful classroom, encouraging empathy and respect to all living things through relationships and connections to Papatūānuku (Mother Earth). With our inquiry-based, emergent curriculum, we incorporate nature exploration and environmental practices into our daily learning as guided by our Elements of Life Programme. We have the ability to go beyond our fences on nature walks, and discover nature through the arts, holistic and unscripted exploration. We strive to ensure our children are happy, content, with the understanding of clear expectations and boundaries. We value each opportunity for



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our children to play, use their imagination, explore and learn through risky play within a safe environment – something we feel is a valuable life lesson.

Here at Country Bears, we employ the best teachers so that children get the best possible start in life. We pride ourselves on our small group sizes within an environment that exceeds the industry requirements with high teacher to child ratios. With high quality, qualified and experienced teachers, this is where the preschool journey begins.

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With over 25 years of experience, Country Bears is the name in childcare that you can trust! We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another generation.

Please feel free to come and have a look at our beautifully placed Centre with our professional and caring team of teachers. Check us out on our Facebook page: www.facebook.com/cbearsecc.

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2019/2020 season.

You can travel to magical Antarctica and the rugged Falkland Islands from just NZD\$7,911 per person twin share. This is the most competitive price for this type of expedition in New Zealand right now.

Most expedition cruises for this season are actually sold out, so this is your last chance to visit the most remote corners of the world within the next year.

Hurtigruten are absolute pioneers in responsible tourism; they are the first cruise liner in the world to ban all single use plastics on their voyages (removing 32 tonnes of plastic from their fleet) and the first in the world operating hybrid powered expedition ships.

They also use biogas as fuel (leftovers from the fishing industry combined with other organic waste) on voyages where the supply is possible.

Best Deal - NZD \$7,911 per person twin share for a 17-day tour from Buenos Aires to Montevideo calling in on the Antarctic Peninsula and the Falklands. The sale will only run until 21 June 2019. INCLUDES; 1 night pre-cruise in Buenos Aires incl Breakfast, transfer hotel to airport in Buenos Aires, economy flight Buenos Aires to Ushuaia, transfer airport to ship in Ushuaia, your comfortable Cabin for 16 nights, all meals on board, landings with small boats and activities ashore, wildlife viewing, kayaking & hiking, onboard activities. Educational & environmental lectures & films, professional English speaking expedition team that gives lectures as well as accompanies the group on landings, wind and water resistant jacket issued for each individual. Extra costs: International flights, arriving Buenos Aires & departing Montevideo, and your arrival & departure transfers to these and travel Insurance, all of which I can look after for you.

You may want to do some touring pre or post your cruise in



Cameron has been an economist for 20 years. For over 11 years he was the Chief Economist at ANZ, where he developed a reputation for taking a forthright stand on even the hardest of economic issues. He's also worked as an economist at the National Bank, Treasury and Statistics New Zealand. His approach to economics is pragmatic and non-ideological. As a public speaker Cameron has a real talent for communicating complex issues in layperson's language.

Forsyth Barr Speaker Series: Economic Gymnastics

Join us as Cameron Bagrie shares his views on the global economy and key themes shaping New Zealand, including what is going on across the banking sector. It's a case of walking the balance beam, looking for artistry, watching for somersaults and keeping an eye on dismounts.

Joining Cameron will be Forsyth Barr Authorised Financial Advisers **Paul O'Driscoll** and **Guy Johnson**, who will talk about investing in financial assets and how diversification can lead to better returns with lower risk.

To register to attend this complimentary seminar please contact Karen Kruger on 09 368 0011 or email karen.kruger@forsythbarr.co.nz.

Date: Thursday, 27 June 2019.

Time: 7.00pm–8.00pm.

Venue: Huapai Golf Club, 1261 Coatesville-Riverhead Highway, Riverhead.

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Disclosure Statements for Forsyth Barr Authorised Financial Advisers are available on request and free of charge.

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GROWING LEADERS AT KERERU KINDY

Here at Kereru Kindy with our mixed age group setting and small group size, our older children become leaders for the younger children. This is because children don't move from class to class, but rather stay together during their time at Kindy. This practice is embedded in the Maori culture, and is called Tuakana teina, meaning the older will lead the younger and the younger will lead the older.



Tuakana teina can be seen in many different areas as the older tamariki help the younger tamariki with the scissors, finding or writing their names, or reading books together. Younger children will often look up to, and listen to their older peers. They see them as mentors and friends, and the older children have opportunity to become leaders and role models. Children grow in confidence, knowing that they are helpful and capable to lead and support their peers in a safe and fun learning environment.

Kereru Kindy is located at 10 Oraha Road, Huapai. Phone 09 412 2624. Open 7:30am to 5:30pm for children aged 2-5 years. All welcome.

WALK ETHICAL

Walk Ethical launched this week to help kiwis identify businesses that treat their employees fairly.

As well as creating happier customers & employees, the programme could save businesses millions in employment law fines.

Kiwi consumers and job seekers are now more easily able to identify businesses that treat their employees ethically, responsibly, and fairly. Launched this week, Walk Ethical is the first accreditation programme in New Zealand for businesses to show their commitment to positive, people-focused, ethical employment practices.

Businesses that meet the Walk Ethical standard will receive an emblem that can be displayed on all internal and external communications, allowing them to demonstrate how important their employees and best employment practices are to them.





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According to Walk Ethical founder and HR expert, Thai-Anh Cooper, it is becoming more and more important that companies have a conscience and that includes being a fair, responsible employer.

"Growing numbers of consumers want to know that the businesses they're dealing with are behaving ethically – in every area. According to the 2019 Colmar Brunton Better Futures Report, 90% of Kiwis would stop buying a company's products or services if they knew the business operator was irresponsible or unethical," she says.

"I have been approached by so many businesses that are worried they might not be doing the right thing in terms of employment law – or they have a high staff turnover and don't know why. It shows that there is a real need for a programme that helps companies navigate their way through their obligations and provides guidance on how to become an outstanding employer."

As well as setting businesses up for success and creating happier employees and customers, Thai-Anh believes that the programme could save companies millions in employment law fines.

"Many people don't set out to breach employment laws," she explains. "In fact, they often don't realise that law changes have been made until they are issued with a penalty. Unfortunately, even one hefty fine can mean a business, particularly a SME, is forced to close its doors as they just don't have the funds to pay it."

"A good case in point is the Employment Relations Amendment Act 2018, which came into effect on 6 May. This includes a number of changes, including the fact that only businesses with less than 20 employees will be able to use the 90-day trial period. I expect that we will see a significant spike in fines as business owners are caught out. Being part of the Walk Ethical accreditation programme will mean they are kept up to speed on any law changes, as they make a pledge to lead the way as ethical,

responsible, trustworthy businesses."

Walk Ethical recognises that every employer's ethical journey is different. Support and educational requirements will vary depending on the company and the stage they're at in that journey. That is why there are three levels to the accreditation program: Bronze, Silver and Gold. Each level requires that businesses meet certain standards in order to be accredited.

Membership benefits include regular updates on employment legislation and cases, practical advice on best employment practices and webinar sessions. It also includes a business listing in Walk Ethical communications, which will help conscious consumers and employees identify and do business with companies that have committed to being an ethical employer. The Walk Ethical Silver and Gold levels include detailed reports on how staff view the business and how engaged they are, along with a comprehensive review of their employment practices.

The Walk Ethical programme hopes to change the employment space by educating and setting Kiwi employers up for success while recognizing and celebrating the amazing ethical employers that are operating in New Zealand.

More information on Walk Ethical can be found at walkethical.co.nz. For regular updates on Walk Ethical, like the Facebook page @WalkEthical.

SAYERS SAYS IT

By Rodney councillor Greg Sayers. Rural ratepayers continue to be robbed blind by the Auckland Council.

The facts tell the story. Below are figures secured from the Auckland Council that show Rodney rural landowners pay \$33 million in general rates but only \$6 million per annum is invested back into maintaining and renewing the unsealed roads.

This is disgraceful and clearly shows why so many people are frustrated at the state of their unsealed roads when rural households receive minimal other services from the council.

The \$6 million currently allocated to unsealed road maintenance has remained unchanged for the past five years even though the cost of fuel and materials, as well as the volume of traffic damaging the roads, has been increasing.

This is hopelessly inadequate as budgets need to keep pace with inflation and other rising costs. The end result is less maintenance is getting done.

In the last Auckland Council budget Rodney was successful in winning a quadrupling of the road sealing budget (Capex) from an average of \$3.3 million to an average of \$12 million a year.

I am now calling for a doubling of the unsealed roading maintenance budget (Opex) from \$6 million to also \$12 million a year, every year, for the next 10 years.

Rural rates are being siphoned primarily to subsidise Auckland's rail, ferry and bus services which run at losses totalling into the hundreds of millions of dollars a year.

Auckland's public transport system has grown so rapidly that it

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requires more and more funding but that shouldn't mean that Rodney's rural ratepayers get penalised.

The \$1 billion blowout in the CRL rail project to \$4.4 billion will only compound this problem as the council scrambles to find the money from somewhere. Rodney's hard-fought gains must be vehemently defended going forward.

Of the \$77 million in total rates Rodney pays, I have been successful in keeping my election promise of getting more than we pay spent back into Rodney, with \$95 million a year being spent back. This extra spending has primarily had to be invested into making up for missing infrastructure within our townships. Far more still needs to be spent to lift us to parity with the rest of Auckland.

It strikes me as extremely unequitable that Rodney's rural ratepayers pay almost \$38 million (over half of the \$77 million pa) and further financial wrestling is required to ensure all of Rodney's ratepayers benefit more from being part of the Super City. I am working hard to bring forward the \$12 million a year sealing programme, which is only delivering \$4.7 million of seal a year. More roads need to be sealed more quickly.

My other beef is that the roadside culverts need to be better maintained and the quality of workmanship around road maintenance needs to be more proactively policed in order to give ratepayers confidence about getting value for money.

On the question of additional targeted rates, I do not support them. The Auckland Council can make significant savings eliminating the need for additional targeted rates. So far it has failed to bring its wastage and over spending under control.

SLIPS AND TRIPS IN THE WORKPLACE

The risk of slips and trips is one of the most common causes of injury in the workplace. There are many causes of slips and trips, from loose materials on the ground, wires, cables and power leads lying across walk ways, blocked or partially blocked access ways restricting workers movements, carrying boxes and other items incorrectly and one of the most common wet and slippery floors. Poor lighting can be a cause of slips and trips as can inadequate footwear. Managing risks is everyone's responsibility and preventing slips and trips in the workplace is something everyone should try and solve. Some practical steps you and your work mates can take is to keep the work area clean and tidy. Mop and clean up wet and slippery floors. Pick up wires, cables and power leads or ensure that they are covered or do not run across a walk way. Help your colleagues with heavy or awkward loads. Keep access ways free from blockages. Spend the last half hour of each day cleaning up to ensure that you have a clean and tidy worksite. For further information on health and safety please contact John Riddell Securo Health and Safety Consultant email securo4@securo.co.nz or check out the website www.securo.co.nz.

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Gina Jansen
DIRECTOR/LAWYER

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