

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

## EVENTS AND UPDATES BACK AT LAST

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

## DAVID YORK TRIBUTE

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June 2020





## Greetings

Is your life back to normal (or near normal)? Hopefully, most of the area's businesses are up and running.

We'll feature a few in this issue to give them and the NorthWest Country business association a helping hand.

You may still be working from home – like me – as we settle into a post COVID-19 world.

Everything is definitely more digitally enhanced, even though restrictions are easing.

Online shopping was the trend before the pandemic, but now it's the norm as we were pushed into a contactless, watch your social distancing space.

Some business may no longer have bricks and mortar offices.

While it's great to get a haircut, dine out, see the kids back at school (until the July break) and to get on with life in general, I wonder if the lack of handshakes (especially during introductions to new people) will traumatise me for life.

By now we will know where we stand in terms of what we can do (or can't do). For instance, will contact tracing still be required in some cases?

We may also learn when a COVID-19 vaccine will be available – although most of the talk is that it will be at least a year away.

A World Health Assembly (WHO's decision making body which hosted a virtual gathering) passed a resolution which included "fair" access to a vaccine while seeking a review of the pandemic and the responses to it.

No doubt we will hear a lot more about that.

For now I'm pleased to escape home confinement and get back out there, hoping to catch up with a lot of you.

And with winter coming I'm glad I've kept the unused face masks in case I get a sniffle.

Perhaps we'll see less of the traditional winter flu as a result of all that hygiene we've been practicing.

Geoff Dobson, editor



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# People & Places

## David York tribute

Tributes are pouring in for David York of Taupaki, who died aged 66, many recalling his contribution to this community.

He was instrumental in the Taupaki School annual fundraising Monster Fireworks display, for instance.

David, sometimes known as 'Yorkey', had also been involved with the Auckland Business Lions Club for about 15 years, providing the club with fireworks for its annual display at the Trusts Arena in Henderson.

"He approached the club to see if he could help the community by providing us with a discounted fireworks supply," club secretary-treasurer and friend Pete Sinton recalls.

"David had worked closely with me in assessing other firework providers and had always been there in a mentoring role."

While David kept in the background, the club knew it had a friend and benefactor, Pete adds.

"His work with Taupaki School and its fireworks display has been ongoing and showed his commitment to helping the community for many years."

Pete says few in the community would know David's fireworks are distributed throughout New Zealand.

"David has been involved in the Queenstown Winter Festival and at fireworks at Waiuku as well.



"We had a long discussion regarding the bureaucracy over firework controls and displays. The public would not know or appreciate how difficult it is obtaining approvals for display fireworks."

In the last five years, David worked with the club to establish a new fireworks display at Ellerslie Racecourse centred around the 'Karaka Millions Horse Racing Event'.

Three weeks before his death, David was still outlining from his hospital bed what he saw as the future in firework displays, Pete says.

"The quiet businessman didn't want great adulation but sought to support his and the wider community with his business expertise. We never had an ill word over business arrangements. It was always done by mutual agreement 'old school style'."

Pete says David will not only be missed by the Auckland City Lions Club but communities throughout New Zealand.

David's incredible support for Taupaki School has spanned 30 years, principal Pete Hall says.

"Through Bad Boy Fireworks, David and his family create our annual Monster Fireworks Display at the Kumeu Showgrounds.

"It's a huge event that brings our community together along with people from all around New Zealand to celebrate," he says.

"David was such a kind man. He liked talking about his family and was proud of how his kids had continued the family business.

"He wasn't interested in the limelight at all, he just liked making a difference.

"He had a big heart and has been such a big part of who we are as a community. "We will truly miss him."

David also had many overseas contacts, particularly in China, where his fireworks business sourced its products from the late 1980s.

David was a director of the York Corporation family business based in Henderson.



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# People & Places

He is survived by wife Roni and children Joanna and James.

James is carrying on the family's fireworks legacy and Joanna is continuing running the York Paper Company which makes paper bags and has employed West Aucklanders for more than 40 years.

## Digger Dan serves the west for 30 years

Daniel Risetto, or 'Digger Dan' to tradies and customers, has been involved in the landscape supplies business for 30 years.

After working in several Central Landscapes Supplies sites Dan moved to Swanson in 2003 and became the owner of the Swanson business in 2005, his trucks often seen in Kumeu, Muriwai Beach, Huapai, Riverhead and around the western suburbs.

Dan owned and developed the Avondale Central Landscapes business before selling it on to co-franchisees the Marwood family.

He says there's always been a keen gardening community in the west and many of his customers and landscapers have been visiting the Swanson yard or ordering deliveries for years.

Central Landscapes has a wide range of products for local gardeners and landscapers to choose from.

A long association with Living Earth, which makes compost from Auckland's recycled green waste, means they can offer the top-selling weed-free Garden Mix, Ultra Lawn Mix and organic certified Veggie Mix.

Dan has several options for mulching plants to keep weeds down and moisture in the soil.

During winter, his trucks can also be seen delivering firewood to homeowners and dropping off GAP metal to enable contractors to access muddy areas.

Dan has seen the size of gardens become smaller during the past 10 years and he and his staff always ensure that all the products can be



purchased in bags when a truckload is not easily managed.

Daniel's wife Nichole is also involved in the business, both on the accounting and operations sides. With three beautiful girls to raise they are well embedded in local community projects and supporting sports teams and schools.

Their support list is long, but this past year they've found it particularly rewarding to help out with sports uniforms and the Taupaki School fundraising Monster Fireworks night.

The Waitemata under-12 league team has also enjoyed Central Swanson support for the past three years as did the Junior Rugby Japan Tour 2019.

The Waimauku Scouts' Horse Racing Night is also a highlight for them to be involved with.

And with the future of New Zealand community sports facing funding challenges, Daniel and Nichole see the importance of helping out in their community now more than ever.

Central Landscapes Supplies is at 598 Swanson Rd, Swanson, phone 09 833 4093.

## Love Local initiative launched

A Love Local Colab launched during the COVID-19 alert level 4 lockdown phase continues to support North West wineries and associated businesses during the next levels and beyond.

It's essentially a one-stop shop to make it easier than ever for locals to support local businesses like wineries and associated restaurants, co-ordinator Anna Bentley from The Hunting Lodge in Waimauku explains.

"On a dedicated webpage, locals can find carefully selected beverage products available for delivery from a range of wineries and breweries based in the West Auckland/North West area," she says.

She says the Love Local Colab was launched during the lockdown



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# People & Places

when the Hunting Lodge team realised how crucial it is for locals to have online shop access to their favourites in the area.

"In the difficult times we faced, it was more important than ever to come together as a local family and support one another. We're stronger as a team!"

The Love Local initiative now has about 10 businesses involved.

They include Mama's Brew Shop - Kombucha, Liberty Brewing Co, Hallertau Brewery, The Hunting Lodge Winery, Babich Estate Winery, Soljans Estate Winery, Kumeu River Winery, Coopers Creek Winery and Westbrook Winery.

"We have all the stock in one place and are able to fill in the orders in a quick timeframe, meaning customers are able to mix 'n match brands with the convenience of having it delivered all at once," Anna says.

"We have also pulled together a mixed wine six-pack to represent a favourite from each of the wineries mentioned. This is specifically to support the new initiative 'Wineries Out West', which exists to help raise awareness on what the amazing Auckland wine country has to offer."

Anna says the Love Local Colab will continue to be available for the foreseeable future.

The 'Best of the West' website page lists where products from local suppliers can be found to buy online from one spot.

Visit [www.thehuntinglodge.com/love-local-colab](http://www.thehuntinglodge.com/love-local-colab) for more information.

## Muriwai Volunteer Lifeguard Service grateful for help

While appreciative of some of the money provided by the Government to Surf Life Saving New Zealand, Muriwai Volunteer Lifeguard Service chairman Michael Ward says it needs considerably more than the \$127,000 average per club to "keep the show on the road".

The water safety sector will receive \$63 million over four years with \$60.5m going to Surf Life Saving New Zealand and Coastguard New Zealand for rescue services, and \$2m to Water Safety NZ to promote good water safety, Minister for the Community and Voluntary Sector Poto Williams says.

Michael says clubs rely heavily on other funding such as poker





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machine income and grants, but that the COVID-19 pandemic restrictions mean the call on grants will increase.

He says the club's volunteer lifeguards even pay a sub to be allowed to patrol and contribute to their own on-going training.

"Luckily, they keep on showing up year after year."

Michael expects more people will flock to Auckland's west coast beaches after virus restrictions end, so he's expecting the Muriwai club will be busy once the surf life saving season starts at Labour Weekend.

SLSNZ chairman Brent Warner says the Budget boost is great news.

"So for the first time there will be a Central Government contribution to the costs of surf life saving operations - at a level of \$9.4 million per year in perpetuity. This is a game changer for the organisation and underpins the sustainability of Surf Life Saving in New Zealand for the foreseeable future."

Brent says the money could not have come at a better time, with traditional sources of short term, high risk revenues which were already under pressure prior to COVID-19 taking a big hit with the impact of the lockdown.

"This funding will be broken into three different elements - the first and largest portion being for club operational expenses (Opex), followed by a fund for club capital projects (buildings), and finally a smaller contribution to replace high risk revenue streams at national SLSNZ level.

"This is all about creating certainty and sustainability for the surf lifesaving movement, de-risking our future while being wonderful recognition for over 110 years of volunteer service to the community!"

Brent says SLSNZ has yet to meet with Government officials on how the funding will be administered and what the accountabilities and obligations it will have in return for receiving taxpayer support.

Meanwhile, funding will remain a 'joint effort' between Central Government, Local Government and the wider community in its many forms, he says.

"It is really important our people along with our funding partners and stakeholders understand that

we are not being turned in to a Government Department with 100% funding - we will still require

financial support from most of our usual sources, including councils,



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# People & Places

sponsors and grant funders.”

He says the money will support core life saving activities - not its sports activities.

“Please don’t anticipate a cash handout (ie. it’s not realistic to expect your club getting 1/74th of

\$9.4m per year),” Brent advises clubs.

“While we have draft disbursement models, actually how the funds will be allocated and distributed has not been determined.

“We will be held fully accountable for every cent of public money, and welcome that.”

Muriwai club president Jo Cooper agrees.

The surf life saving movement has derived indirect funding through the New Zealand Lotteries Commission but the trickle down to volunteer clubs like Muriwai has been low.

It’s expected the new system will put additional pressure on city funding through the Auckland Regional Amenities Board, often coming via the regional lifeguard system paying for using equipment such as boats, vehicles and facilities.

Michael says it’s now more important than ever to support local clubs like Muriwai.

Visit [www.muriwaisurf.org.nz/](http://www.muriwaisurf.org.nz/) for more information.

## Turning the Tide October 11

The COVID-19 pandemic restrictions have seen the popular Turning the Tide event delayed until Sunday, October 11.

The 17km Muriwai Beach fun run and walk to raise funds for the Kia Timata Ano Trust, and independent women’s refuge and family harm prevention agency serving the North West.

The family friendly event also includes a 4km Second Wave walk for those who cannot manage the full 17km.

It was initially scheduled for Sunday, May 17, but will now be held later this year, all going well.

The trust intends transferring existing tickets to October 11 and will reopen ticket sales once more is known.

During the lockdown there was increased demand on women’s refuge and family violence agencies like the trust.

Supporters like Greg Skinner of design, build, hire, event business Rollercoaster in Kumeu say it’s more important than ever for the community to support one another.

“As an events business we are facing some tough challenges ahead,



however, that is nothing compared to what some of these families will be going through.”

Living Goodness fermented foods in Helensville also supports Turning the Tide, along with Anna Packenham of Blush Photography, Helensville, and Stephen and Debbie Theobald of Harcourts Kumeu.

The trust says the Foodbank Collective it launched in the first week of lockdown sent out more than 250 parcels to families in the local area.

Contributions to the Foodbank Collective can be made via an online donation through the Helensville Women & Family Centre.

If you are keen to sponsor Turning The Tide or support the trust contact Ana on [ana.kiatimata@gmail.com](mailto:ana.kiatimata@gmail.com) or if you need help or for further information contact the team on 09 411 9394.

## Sports uniforms gain traction

Matua Ngaru School in Huapai is among organisations taking up Mark Adcock’s SubHub subsidised sports uniform idea.



About 200 uniforms will be distributed to the sports teams once COVID-19 pandemic restrictions allow.

Some uniforms were ready just before the lockdown, but the school cricket teams didn’t get the chance to wear them because the restrictions kicked in.

“So we had to stop all activity,” Friends of Matua Ngaru School chairperson Fay Cobbett says.

She says the interim uniforms will still be handy for Rippa Rugby and the like.

Sports teams such as those for basketball, netball, hockey and cricket will have the use of the new subsidised unisex uniforms once they arrive

They will help promote both the school and businesses supporting the teams.

Matua Ngaru School, which opened in Gilbransen Road in Huapai in February 2019, now has about 258 students or “learners”, many of them involved in sports.

It is heartening to have so many supporting businesses in the area come to our assistance, Fay says.

Despite the economic downturn, our wish is for our community to reciprocate by patronising those same supporting businesses which we will be actively promoting via signage and digital media, she adds.

“If they can see an upturn in trade from this initiative that will hopefully

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# People & Places

lead to other like-minded local businesses to do the same, leading to further support for other local community clubs and schools."

Mark from SubHub has been super helpful in assisting in creating various artwork options for us to choose from, and also arranged several businesses to come on board as sponsors, Fay says.

"I would definitely promote SubHub to other institutions looking for subsidised bespoke sports gear with their own identity."

Mark is excited to have been involved in assisting the school.

"They have settled on a very cool design, that is uniquely theirs," he says.

"I can imagine the students wearing these with pride, and its very cool they ended up being fully subsidised by local business.

"I couldn't have wished for a better outcome, and next - Kumeu Cricket is on the lookout for supporting businesses for the upcoming season."

If you are a local business wanting to become involved or a local school or club wanting free subsidised custom apparel visit [www.subhub.nz](http://www.subhub.nz), email [mark.mark@smashingpromotions.nz](mailto:mark.mark@smashingpromotions.nz) or phone 09 412 6235 xt 2.

## What are we putting on our children's skin?

Waimauku Village pharmacist Robbie Hannon is very concerned about the quality and

contents of the numerous hand sanitisers now available.

"In this rapidly evolving, heightened time of infection concern, there are

numerous new 'hand sanitisers' on the market, many of which are imported and have very

little information about the ingredients.

Many 'disinfection chemicals' cannot be used on the hands or in areas of food preparation, and can cause severe sensitivities if used topically.

It is therefore imperative that people are aware of components that can safely be used on

hands and used in areas where food is prepared or consumed.

All hand sanitisers should accurately state all ingredients on the label.



Many that have been recently imported do not have adequate information included on the label regarding contents, Robbie says.

There are many different gel formulations on the market, some with colourants, some with

perfumes and many with unknown contents altogether.

Polymers are left as a residue on the hands after the gel dries and are widely transmitted around with subsequent physical contact.

These polymers also become a gel again when moisture is re-introduced and can transport anything caught in the gel, including infectious material.

Residual polymers can also render the hands very slippery and prove hazardous in home and work environments.

Residues that remain on the hands can be consumed when eating, or remain on hands

and could cause allergic or dermatitis reactions.

"I have already treated customers where contact dermatitis from the topical hand sanitiser gel has occurred and needed medical intervention," Robbie says.

"This is an area requiring careful monitoring by doctors and dermatologists."

Some also warn 'Avoid in pregnancy', 'Allergic constitution'.

Such mixed messages are of concern, Robbie says.

"Of particular concern to me is the enormous amount of product being applied to our hands, and especially our children's hands, without consideration of the downstream consequences, especially from a health viewpoint.

"Surely we should err on the side of caution, using those sanitisers that are proven and safe."

Robbie is producing his own HANZ brand, adhering strictly to the World Health Organisation guidelines using only pharmacy grade, verified ingredients.

Visit [www.HANZ.nz](http://www.HANZ.nz) for more information.



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## KC Fit helps women exercise

KC Fit is a women's health and fitness business, specialising in prenatal and postnatal exercise.

Kirstyn Campbell (the KC in KC Fit) helps mums to exercise hard while looking after their lady bits - deep core, pelvic floor and tummy split before, during and after pregnancy.

"I am passionate about improving the awareness and way mums are trained," she says.

"We run classes in Kumeu and Huapai and have an online membership KC Fit @ HOME."

KC Fit started in 2014 with Kirstyn running a couple of bootcamp sessions a week for a few friends in her mum's backyard.

"After studying group exercise, with my son toddling around my feet, my hobby blossomed.

"I went from running sessions for a friend, running my own regular sessions, and six years later, my husband and I run these successful small New Zealand businesses. All because a friend believed in my ability and gave me the encouragement I needed."

Kirstyn says she's passionate about working with

mums to help them gain back control and confidence in their body.

It's about empowering mums to love themselves from the inside out, by exercising right for their body and not comparing to their pre-baby body, or to other mums, she says. "Having the freedom to talk about their new mum body unlocks the reality that you are not alone."

KC Fit offers small group, specialised postnatal rehabilitation classes dubbed 'Tight Mummy Tummy & Bits', group exercises such as bootcamp and boxing, an online pelvic floor programme called 'Sneeze without Wees' (approved by a women's health physiotherapist), and an online fitness membership KC Fit @ HOME with various levels of exercise videos in length and ability.

"For safety and more enjoyment, we offer onsite babysitting to give Mums a rare hour of 'ME' time while they exercise," Kirstyn says.

For the past two years, KC Fit has hosted a family fun run in the community raising money for the Helensville Women & Family Centre.

With just under 200 participants earlier this year it proved a very successful community event.

The COVID-19 restrictions saw KC Fit introduce tight safety measures.



These included running online LIVE group workouts for clients throughout.

"While these have been greatly appreciated to help our clients get through lockdown physically and mentally healthier - once restrictions are lifted on outdoor exercise we will be returning to face-to-face training which we're all hanging out for."

Contact Kirstyn Campbell on 0226 375 410, email [kirstyn@kcfite.co.nz](mailto:kirstyn@kcfite.co.nz) or visit [www.kcfite.co.nz](http://www.kcfite.co.nz) for local training and [www.kcfiteathome.com](http://www.kcfiteathome.com) for online membership.

## Huapai Collectables has treasures for the home

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

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

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

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

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

become a bird feeder or candle holder.

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

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

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

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

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

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

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



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

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

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

Contact Denise on 09 412 7299, email [frosty08@gmail.com](mailto:frosty08@gmail.com) or search Facebook for Huapai Collectables-Antiques.

ACCOUNTANT HELENVILLE ONLINE SALES LAWYER PLANNING HUAPAI PETFOOD COFFEE SALAD PARAKAI WINE MILK HOME DELIVERY WAIMAUKU PHARMACY SUPERMARKET KOMBUCHA PRINTING SPORTSWEAR KUMEU YOGA STATIONERY ART KAUKAPAKAPA SPIRITS EGGS FUEL HELENVILLE ICECREAM POSTAL SERVICES VET PARAKAI PIZZA ACCOUNTANT LAWYER HUAPAI CLOTHING FINANCE DENTIST RIVERHEAD CONSTRUCTION BAKERS CHAINSAWS BANKING KUMEU ANIMAL FEED EVERYTHING YOU NEED IS RIGHT HERE PIES HEALTHCARE PARAKAI ELECTRICIAN TEA DOCTOR RIVERHEAD FASHION DESIGNER HUAPAI FLOWERS BUY LOCALLY SUPPORT OUR COMMUNITY KAUKAPAKAPA BUILDING CONTRACTORS STATE JEWELLERY KUMEU HAIRDRESSING PARAKAI BURGER BURGERS ANIMAL FEED VETS HELENVILLE FILM STUDIOS KEBABS PARAKAI MECHANIC COFFEE GYMS KAUKAPAKAPA PETROL FISH'N'CHIPS EQUESTRIAN SUPPLIES RIVERHEAD SUPERMARKET KUMEU LAWNMOWERS HELENVILLE GARDEN CENTRE PARAKAI PASTRIES FOOD PROCESSING HUAPAI PASTRIES RIVERHEAD CAR HIRE PIZZA PICTURE FRAMING GIFTWARE HUAPAI PHOTOGRAPHERS YOGA STORAGE MORTGAGE BROKERS WAIRAKAPA COLLECTION HUAPAI ELECTRICIAN VEGETABLES PRINTING GLASS CUTTING KUMEU CONSTRUCTION HAIRDRESSING PARAKAI BEER LAWYER HAIRDRESSING PIES TYRES RIVERHEAD BURGERS ANIMAL FEED VETS HELENVILLE FILM STUDIOS KEBABS ENGINEERINGS WAIMAUKU MECHANIC COFFEE GYMS KAUKAPAKAPA PETROL FISH'N'CHIPS EQUESTRIAN





# Safer Communities



Well done to you readers who are part of the team of 5 million who through the actions of complying with lock down, social distancing, and keeping within our bubbles has allowed us to get on top of the virus and gain some well-earned freedom.

Fire Brigades like all emergency service teams continued to look after their communities but with a few changes. Brigades formed operational bubbles that kept together for the duration of Alert Level 4 and 3 which allowed us

to respond to incidents and keep ourselves and the community safe. We also ceased all social and educational visits to the stations and stopped non-essential training. The other big change was the cleaning of all gear and fire trucks after each call which meant everything was hygienic for the next incident.

In Alert Level 2 training at fire stations has started with a few changes to make sure we comply with the social distancing and hygiene requirements.

As we all know Auckland is in a drought. the total volume of water stored in our dams dropped below 50 per cent for the first time in more than 25 years. The Waitakere Brigade has 45,000 litres of water stored in underground tanks and will use that water instead of mains supply.

All fire stations have stopped using

mains supply water for training purposes as we all need to do our bit.

Keep safe and enjoy time with your family



**Denis Cooper**  
Deputy Chief Fire Officer  
Waitakere Fire Brigade  
Phone 09 810 9251



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**09 412 5325**

**Corner Oraha Rd & State Highway 16, Huapai**

# Community News

## Kaukapakapa Village Market

Sunday 21 June 8.30am to 1pm. Come and join us for a great morning out with good company and plenty of laughs. We have a tempting assortment of quality stalls, great food, great coffee, handmade crafts, preserves, art, plants, books, bric-a-brac and collectibles, jewellery, natural soap, gifts, knitting, fresh fruit & vegetables and much, much more. Plus live music from duo Barry and Maryanne playing a selection of easy listening classic from 10am to 12pm. We look forward to seeing everyone again soon. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.



## Kaukapakapa Library

Sunday 21st June, 9.30am to 1pm.

Find out about the history of the Kaukapakapa area and take a look at the fantastic photos in the Jordan Collection. We have everything from old school photos to building the Makarau tunnel, settler's homes to sporting events, as well as family information on the early European settlers.



Also on display will be the entries from the Kaukapakapa Library Short Story Competition, which ran in April. Open in conjunction with the Kaukapakapa Village Market, something for everyone. For more info contact Megan 021 959 017, threehorses@xtra.co.nz or the Kaukapakapa library Facebook page.

## A helpful resource for those you love

Many people enjoy word puzzles. Word search puzzles are also beneficial and can be enjoyed by people with memory loss, dementia, or brain injury. However, a puzzle which is too difficult will

cause an individual to lose interest, cause frustration, and even lower self-esteem. What is needed are puzzles designed to suit people with cognitive challenges. Ideally with different levels of difficulty so the puzzles can be matched to a person's ability or mood. It would be helpful if words to be found are written left to right or top to bottom, not backwards or diagonal. Mindjig Word Find Puzzles offer just this, with specific themes to help trigger memories in New Zealanders. We want people to enjoy their puzzles, feel uplifted, with a sense of achievement. Find these and other helpful and fun products at [www.mindjig.co.nz](http://www.mindjig.co.nz), phone 09 600 3251, phone/text 022 480 3022, or email [info@mindjig.co.nz](mailto:info@mindjig.co.nz).

## Kindy Kids Huapai

It has been a very exciting time for us at Kindy Kids Huapai we have a new website and last week our new signage was erected. Despite the recent lockdown the teachers have been busy providing online activities for our children to participate in and share their own experiences within our kindy community. Our Centre with its small numbers, good ratios and adventure learning offers a unique experience for children. We have a fabulous big kiwi backyard playground and a learning philosophy of providing authentic hands on experiences.



We are located in the heart of Huapai at 10 Oraha Road, Huapai. To learn more about us visit our website: [www.kindykids.co.nz](http://www.kindykids.co.nz)

We welcome visits from perspective families once we move to Alert Level 2, please phone to make an appointment; 09 412 2624.

## The Mobile Car Specialists – open for business

From our experience over the past few weeks since dropping from level 4 – everyday Kiwis are keen to 'get moving' again.

And for us personally, it has been a great feeling to be able to meet friendly people and work on their cars as we did not so long ago.



Please know that we are open for business and able to provide our

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Reg Drainlayer: Over 20 yrs Experience



# Community News

services to you throughout levels 1 and 2.

Like you, we are doing our best to show our support to other small to medium sized businesses by continuing to trade, and our thoughts go out to those who aren't able to resume business due to the shutdown of our economy.

If you would like to have any of the below services carried out on your car / vehicle, then please get in touch for a quote.

To find out more... visit our website below.

Our services include:

- Dent removal - small to large
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Contact us on 0800 20 30 20 for a quote, or visit [www.TMCS.co.nz](http://www.TMCS.co.nz) to see our work and 5 star reviews.

## French language immersion weekend in October 2020

Bonjour les Francophiles.

Catherine and Patsy from Boutique Tours France invite you to join them for a French language immersion weekend in Matamata this October. Are you a bit of a Francophile, you like the language of Voltaire, you like to speak French, or you want to improve your French?



Catherine and Patsy organise tours to France every year. This year however, due to Covid 19, all travel to France is cancelled. So, the ladies bring a bit of France to NZ. The Immersion weekend is in a gorgeous barn setting in Matamata.

From Friday evening onwards you will be speaking and hearing French for the whole weekend. French language, culture, cooking demonstration, games, movie, quiz...it's all in the package Boutique Tours France offers.

Cost: \$550 per person - this includes 2-night accommodation - 2 continental breakfasts - 2 lunches- an al fresco dinner - 3 course feast dinner - drinks - 2 tutors et beaucoup plus.

French language immersion weekend 16/18 October 2020 - only 8

places available -If this sounds like or you would like to know more? Contact [boutiquetoursfrance@gmail.com](mailto:boutiquetoursfrance@gmail.com).

## Lollipops Kumeu

My name is Marama Morehu-Batiyaka, I am the new centre manager of Lollipops Kumeu.

I am grateful for the opportunity to lead such a dynamic and enthusiastic team within a truly beautiful early childhood setting.

We are a Reggio inspired centre with a current focus on the environment- creating inviting and inspiring natural spaces.

You can see more of our way of life on our Website, Facebook and Instagram.

Feel free to contact me to arrange a visit.

Email [cm.kumeu@ledu.co.nz](mailto:cm.kumeu@ledu.co.nz) or phone 09 412 8081 or 022 059 7898.



## SeniorNet Kumeu

During this difficult period when our members cannot meet face to face, we are having Zoom "Chat sessions" every Monday, Wednesday and Friday, where members can drop in and leave as often as they wish. All members are sent an e-mail invitation to join every Chat Session and can join by simply clicking on a link in the email.



"Zoom" is the very popular web-based video conferencing software everyone is talking about.

The Chat Sessions are appreciated by those living alone as they can keep in touch and catch up on all the gossip, as well as learning how to use Zoom and set up their own family and friends' groups.

We are also provided Zoom training sessions and holding occasional Zoom "quizzes" for members

So, as you can see, SeniorNet Kumeu is "Keeping Calm and Carrying On"

SeniorNet Kumeu is dedicated to helping people who want to keep up with today's technology, who either don't how to use a computer, smartphone, or tablet or simply want to improve their skills. We are

## Kumeu Huapai

# PANELBEATERS

**PHILIP GRIMMER**

Ph/Fax: 09-412 8054  
Mobile: 027-498 7727  
Email: [khp@xtra.co.nz](mailto:khp@xtra.co.nz)  
PO Box 737 Kumeu  
280 Main Road, Kumeu, SH 16



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• PROPERTY • COMMERCIAL • TAX •



# Community News

a relaxed and informal club with tutors who teach at a pace that suits our members.

If you would like to join our friendly and informal club, just contact: Brian Lacey on 022 183 1811 or email [brian@lacey.nz](mailto:brian@lacey.nz).

## Communicating with whānau

The teachers at Natures Explorers have really been missing the children and whānau during this lock down period. It has been really important to us that we stay connected; so we post a blog every day that includes a variety of learning experiences, these include stories, craft ideas, messy play and physical activity ideas. We celebrate children's birthdays through personalised messages. Some teachers saw our families personally through community walks and were able to catch up. We have made personal calls to our families to ensure they were coping in their bubbles and provided support and strategies to help them through this process. We organised a 'Nature's Explorers Baking and Cooking Challenge', where whānau sent pictures and explained what they learnt in order to try to win a fifty-dollar prize package for their family. We opened our doors in level 3 to those families who needed us and look forward to see you all again very soon. Any enquiries please contact Nerys: [nerys.natures@gmail.com](mailto:nerys.natures@gmail.com).



For help in navigating the financial impacts of COVID-19 please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## Just Kidz Huapai

One of the most awe-inspiring experiences we can have as adults is watching how incredibly fast our babies become independent little people with the energy and ability to achieve so much. Their personality emerges and grows from day one and before long they are setting themselves challenges as they master new skills, develop their communication skills and make sense of their world and relationships.

Educating and caring for your child's diverse needs throughout this fast-paced early year period takes care and consideration. The first three years of life particularly, are a period of incredible growth in all areas of a baby's development, with so many milestones being reached. With this, we recognise how incredibly important it is to set children on the best path for learning and discovery and instill a love of learning and inner self-belief from a very young age by providing the best care and experiences to nurture them within a loving, supportive environment. As a big 'THANK YOU' to all of our essential workers we offering 1 month FREE childcare to new enrolments.



Contact us for more information at 335 Main Road, Huapai or call us on 09 412 2025 or Email: [Huapai@justkidz.co.nz](mailto:Huapai@justkidz.co.nz).

## Navigating the financial impacts of COVID-19

There's no doubt that the financial impacts of COVID-19 on New Zealand businesses are enormous. The government has a comprehensive relief package that continues to developed, with a number of options available to help keep small businesses operational. However, it can be difficult to navigate the help options available with a veritable onslaught of evolving information. We can help you to assess your options for staying afloat so you can take full advantage of all of the assistance available to you. In addition, we can help you with cash flow forecasting, improving your business' profitability, budgeting and business continuity plans for different scenarios that the future may hold. You are not alone in this - our experts are here to help.

## Kumeu Library

Are you looking to upgrade your professional skillset, either to further your career, to help you when applying for a new position, or just learn something new? You can do this for free from the comfort of your own home with Auckland Libraries. Auckland Libraries' membership gives you free access to a huge range of eLearning video courses and tutorials on technology, creative and business skills through Lynda.com. Courses cover subjects such as video-editing, app development, digital painting, photojournalism, time management, working from home, small business skills, database skills, programming, and how to use different types of computer software, plus a whole lot more. These resources are a great way to start working towards your personal and professional goals - start learning on Lynda.com now.

If you are looking for a new job, Lynda.com can help - there are resources covering creating the perfect resume, expert tips for answering common interview questions, information on interviews

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## Chris Penk MP for Helensville

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[chrispenk.national.org.nz](http://chrispenk.national.org.nz)

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





# Community News

for specific careers, and how to negotiate salary so you can land that job.

Lynda.com is accessed easily through our website ([www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)). Click on the link for Online Resources, then select Study Help & Online Courses. You'll find heaps of other useful resources there too.

If you're not a library member yet, you can join online and access all these resources for free. Just go to our website and click on the link to join. Membership is free for all Auckland residents.

Follow Kumeu Library on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)) to keep up to date with all our news and events.

## Jojo's

Building on our philosophy here at Jojo's, we believe children grow develop and learn when they feel safe and secure in their environment and have built strong relationships with the people around them.

This has never been more important than during these recent unsure times.

We have drawn on this belief, using several media platforms to ensure we remain connected and supportive to our children and their families. We have enjoyed creating memories, laughter and experiences by using things such as interactive Zoom mat time sessions, daily reading stories, songs, cooking and craft from our teachers which in turn allows our children to continue their

relationships with their Jojo's family, even with distance constraints.

To see for yourself the incredible passion, commitment and dedication our team at Jojo's has to offer to your family just check us out under Jojo's Childcare Ltd on Facebook, we look forward to having you visit.

## Kumeu Arts

Kumeu Arts is open again and easing back into life with some wonderful exhibitions this June. In the main gallery 'Lockdown Art' is a collection of artwork as well as writing which aims to explore individual and collective responses to the Covid 19 situation. Many members of



Kumeu Arts shared their work online during lockdown and found solace in their art and creativity. There will also be an opportunity for visitors to reflect and add their own thoughts to a communal instillation of writing. While in the POD gallery the work of fine art and botanical photographer Marina De Wit will be featured. De Wit's award-winning series conjures up a sense of nostalgia and tradition while capturing the ephemeral beauty of flowers - each one named after the women who inspire her. The shop is also open so come and support local artists. Visit [www.kumeuarts.org](http://www.kumeuarts.org) for new opening times.

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# In Brief

## Back at last

It has been wonderful to reconnect with our children and families again at Nature's Explorers. We aim to create an environment that is like a home away from home. We are making sure that the children's health and well-being are protected and nurtured. During the lockdown levels we have been building the children's resilience by making connections, maintaining a daily routine, nurturing a positive self-view and accepting that change is a part of living. We will be accepting visitors to our centre again after the second week of Level 2 lockdown, so if you are interested in visiting our nature based Kindergarten please call: 09 412 8800 to book an appointment. You can also check out our Facebook page for a virtual tour of our centre: [www.facebook.com/NaturesExplorers](http://www.facebook.com/NaturesExplorers).



## Did Scouts stop during the lockdown?

No, not at all! In fact, Scouts NZ released a Scouting From Home programme, not only for its members, but also made it available to all New Zealanders for free during level 4 as an act of appreciation of the support the community has given Scouts over the years.

While we were unable to meet at the halls, a lot of the groups have been holding weekly Zoom meetings.

It was encouraging to see the youth tune in each week to share their stories and take part in activities like virtual treasure hunts, games and checking their knot's knowledge using a pair of lace up shoes.

Some groups have shared Zoom meetings with groups in different parts of the country whilst others have been sharing their virtual time with groups from around the world.

We saw groups take part in an international camping in the lounge event, one local youth I heard of was missing Scouts so much that he slept in his tent for an entire month.

I was amazed to see how Scouting went from a weekly adventure at the halls to a weekly virtual social event.

With many challenges to overcome as we work through the challenges of running groups while protecting our members bubbles. We see youth organisations such as Scouting becoming more important to the social development of our youth.

If you are interested in finding more out about Scouts, then visit

[www.scouts.nz](http://www.scouts.nz) to find your local group or email me at [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz). Craig Paltridge, Waitoru zone leader.

## Slow computer?

If you've got/ experienced a slow operating computer, you will agree it can be a headache. Fortunately we can offer you the most affordable way to boost your computer's operating system that not only increases loading times by up to 70%, but has options to increase your storage capacity.



Time to say goodbye to your slow operating system with an SSD drive to fit in most laptop or desktop computers. We can either rebuild your computer with a fresh SSD drive or clone your existing data from your current hard drive.

In its simplest form, a Solid State Drive (SSD) is flash storage and has no moving parts. SSD storage is much faster than its HDD equivalent. HDD storage is made up of magnetic disks and has mechanical parts inside, just like a vintage record player.

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

For more please come to IT@Hand Computer Services on 3/322 Main Road in Huapai (next to Ray White). Phone 09 412 9227 or Email [huapai@itathand.co.nz](mailto:huapai@itathand.co.nz).

## For the kids too

When you wear jewellery that is inspired by the people you love, it not only gives you, the wearer, a sense of comfort and connection to those people, but it also give those people a sense of connection to you too.

When I wear my "Initial Love" pendants, it's not just about me keeping my children close, they totally love seeing their initials hanging around my neck. They will often talk about the pendants and even play with them, given the chance. I am sure this reaffirms to them how much they are loved and reminds them that they are always in my






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# In Brief

thoughts and in everything you do.

If you'd like a piece of jewellery to keep you connected to your children, visit my website [www.preciousimprints.co.nz](http://www.preciousimprints.co.nz). You can choose from earrings, rings, necklaces and more. Or email me at [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) if you have a design ideal you would love to see turned into a piece of jewellery.

## Going back to preschool

After weeks of lockdown we are emerging to regained freedom and the promise of a 'new normal'.

Returning to Early Childhood is hugely exciting for many parents and children while others are still feeling a bit anxious.

Everyone has a different level of comfort with this process so it is vital to be kind, patient and understanding with ourselves and others.

Tips to help your child settle back in...

Communication is so important. Giving children clear but simple information about what to expect helps children to prepare for change.

Relationships and connections are calming. Talk about teachers and special friends and remind your child about things they enjoyed doing.



Children respond to other's anxiety so be positive!

Talk to your teaching team... here at Kumeu Montessori Preschool our teachers are experts at welcoming, settling and transitioning children and mindful that some will need a little extra support. We wish you all well!

## Muriwai Open Studios Update

June is Auckland Festival of Photography month. An exhibition "Below the Surface" where photographers, Judy Stokes and Gail Stent collaborate and explores the concept of what lies hidden beneath the fibres of life, will be on show at Muriwai's Ocean View Art Gallery, 77 Waitea Rd, from May 30th - Jun 14th. There will be individual works by both artists as well as collaborative pieces.



This month's free community workshop is given by Judy Stokes.

Creative photography | Sat 13 June - 3pm -5.30pm | Ocean View Art Gallery

To book email [muriwaiartsopenstudios@gmail.com](mailto:muriwaiartsopenstudios@gmail.com) or phone Judy 021 048 8469.



# Free Sessions for over Threes\*

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Family owned and operated by two highly experienced ECE teachers, we provide an excellent quality, affordable education and care programme for children aged 6 months to 6 years.

To help meet your families changing needs in these challenging times we are now offering free flexible hours for children over 3! Contact us for more details.

We welcome visits by appointment and can't wait to meet you!

Bronwyn and Danielle  
8 Grivelle Street, Kumeu  
Ph: 09 4129885

Email: [managers@kumeumontessori.co.nz](mailto:managers@kumeumontessori.co.nz)

[www.kumeumontessori.co.nz](http://www.kumeumontessori.co.nz)

\*Conditions Apply - contact us to find out more!

# Property

## Property market report

It is a time for prudent financial decisions, long term planning and wrestling your bank manager or mortgage broker into submission.

The values in property pockets like the North West of Auckland is a mix of lifestyle living and higher value residential. This has enjoyed consistent growth in equity over the past 10 years and has allowed many locals to cash up and move to freehold semi-retirement living up north and in the Coromandel. Like the share market, property value only changes on the sale of the asset, however it is financed by the paper value by-in-large. Like-wise through change and uncertainty we see sellers and buyers become very opinionated about value and this in turn reduces the number of sales achieved and in many instances holds prices high. Sometimes the option to rent the asset delivers excellent cash-flow and may be enough to span the financial tide. Free market rent data is available at any time by emailing [graham.mcintyre@mikepero.co.nz](mailto:graham.mcintyre@mikepero.co.nz)

The property marketplace may change over the next six months, with an election due and when mortgage holidays, extended loans from banks, and cash injections from MSD and IRD creep to a stall. However at this time property prices are stable, property coming onto market is light and demand is reasonably good. Confidence is weak but building, and although opinion is strong, we don't predict a significant change in pricing in this market although sales volumes will fluctuate.

Let's look at the sales results:

Coatesville Lifestyle	\$2,610,000
Helensville Residential	\$390,000 to \$766,000
Helensville Lifestyle	\$665,000 to \$1,300,000
Huapai Residential	\$915,500 to \$1,050,000
Kumeu Residential	\$870,000 to \$965,000
Kumeu Lifestyle	\$1,249,000 to \$1,820,000
Muriwai Residential	\$865,000
Riverhead Lifestyle	\$1,350,000 to \$4,820,000
Swanson Residential	\$354,783 to \$1,450,000
Waimauku Residential	\$680,000

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

## Rent disputes

Arbitration clauses in leases provide a mechanism for landlords and tenants to resolve disputes which they may have, without resorting to court proceedings.

A potential number of arbitral disputes may arise out of the Covid-19 lockdown as to whether or not a tenant can reduce or stop paying their rent - and for how long.

It is not yet clear what will be interpreted as a "fair proportion" in determining the amount of rent that will cease to be payable during this period.

There is also a difference of opinion whether the reduced amount will be completely written off or merely deferred for payment later on.

Should you need any advice on your rights as a landlord or tenant, or if you would like someone to assist you in working things through with your landlord or tenant, you can send an email to [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or call us on 009 412 6000.

## Redundancy looming?

Redundancy is a hot topic at the moment. For a struggling business, reducing staff numbers will cut costs. But if you're a business owner thinking about this, you need to also consider the downsides of redundancies and the alternatives to that. Just a short time ago, employers were complaining that it was hard to find good staff. In business, it is important to think about the long game.

There are strict requirements that must be followed to lawfully end employment, and getting it wrong could be costly. For employees, it pays to understand the requirements and the process for making staff redundant too. A failure to follow the process may allow an employee to raise a personal grievance for unjustified dismissal.

In order for a dismissal to be lawful, it needs to be for a good reason and carried out via a fair process. Redundancy is a good reason for ending employment. Redundancy is where a position is superfluous to the needs of the employer. It is concerned with a position as opposed to a person.

In terms of process, the law requires a good faith consultation process to be undertaken before a decision is made. This involves providing an affected employee with a proposal containing sufficient supporting information; giving them the opportunity to provide written and oral feedback on the proposal; reminding them of their right to have a support person and to take advice; and genuinely considering their feedback before making a decision. There may also be particular requirements in the relevant employment agreement which must be followed.

Employment law specialists are available to help employers avoid costly and time consuming claims. They can also help employees facing a possible redundancy to make his or her response to the proposal as persuasive as it can be. They can also help employees who have lost their job to review the process and advise if it was unlawful and what can be done about that.



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# Property

If you'd like some advice in this area, contact Henderson Reeves 09 281 3723 to speak to one of our employment team. We're a full service firm and our team of 60+ has been helping people with smart legal solutions for more than 45 years.

## Tile Wright

Tile Wright specialises in all things tiling; we provide high quality services including water proofing, bathrooms, kitchens and splash backs. With over 5 years experience in the industry, we provide ourselves on high quality workmanship.

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## How to own a title of the family home (between spouses)

When purchasing a property and registering the title in your individual names you will need to decide how you would like your individual names to be registered on the title.

Joint tenants is most common and this is where two or more individuals own the property. On the death of one party, the property passes to the survivor/s, irrespective of any provisions in a Will. Spouses may wish to have this option, particularly if they have a large mortgage together.

However if either party has a child, or children, from a previous relationship then joint tenants might not be the preferred option as it would mean children of a prior relationship might not inherit their parent's share in the property.

The alternative is tenants in common and this means you own a



specified share in the property, in equal or unequal shares. You can leave your share in the property to the beneficiaries named in your Will.

It is not uncommon to have blended families and special consideration should be given to the situation that could arise when one party dies. You might wish for your children to inherit your share of the property you jointly own with your spouse, but at the same time you don't want your spouse to have to sell the property or to take out a new loan to buy your children's interest in the property. A right to occupy the property for an agreed period of time might be a suitable option, or alternatively life insurance.

Careful consideration should be given to how you own the title of your family home, or any property, and follow this through in your estate planning. This is best done when you purchase the property but it is also possible to change the way your names are registered on the title later.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you with your estate planning and advise you on your family's needs. Telephone 09 973 5102 if you have more questions.

## Precision Roofing

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.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home and business requirements as we understand that Auckland is prone to variable weather conditions.

Our team gives attention to detail, so all our work is Precision quality.

The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

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.



### Precision Roofing

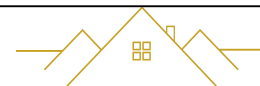
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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COASTEVILLE	2,600,000	1.17HA	426M2	2,610,000	SWANSON	900,000	408M2	162M2	910,000
HELENSVILLE	990,000	1HA	192M2	1,150,000		945,000	1HA	220M2	1,120,000
	1,300,000	1HA	290M2	1,300,000		850,000	350M2	152M2	895,000
	710,000	600M2	148M2	766,000		455,000	478M2	0M2	354,783
	330,000	0M2	43M2	390,000		450,000	472M2	0M2	354,783
	1,150,000	1.13HA	290M2	665,000		1,250,000	612M2	327M2	1,415,000
HUAPAI	920,000	1439M2	152M2	917,500		475,000	600M2	0M2	1,450,000
	1,075,000	1504M2	220M2	1,050,000	WAIMAUKU	760,000	1.78HA	0M2	680,000
	1,100,000	847M2	237M2	920,000	WHENUAPAI	8,045,000	5.22M2	220M2	8,050,000
KUMEU	1,585,000	2HA	110M2	1,249,000					
	850,000	345M2	171M2	870,000					
	1,915,000	2.57HA	323M2	1,820,000					
	1,125,000	1012M2	206M2	965,000					
MURIWAI	1,050,000	890M2	103M2	865,000					
PARAKAI	470,000	657M2	88M2	615,000					
	550,000	0M2	100M2	585,000					
	325,000	0M2	59M2	389,000					
RIVERHEAD	3,800,000	9477M2	457M2	4,820,000					
	1,105,000	1HA	0M2	1,350,000					

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

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**1.95%** on the balance

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

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FOR AN EDUCATED DISCERNING BUYER - KORAHA ESTATE



By Negotiation

**2 Koraha Road, Kumeu**  
By Negotiation

An elegant, picture postcard estate, on flat park-like grounds delivering space, ambience, security and convenience. North facing, this home has been crafted to suit a family or mature couple offering an adult wing and Children/Guest wing. Cathedral roof line with high pitch sky-lights, open plan designer kitchen with breakfast bar and scullery, lounge area with gas fire place and dining area, separate formal lounge and family room, a generous designer space that flows through to the covered patio and beyond to the in-ground heated pool. Four generous double bedrooms, private master bedroom with his and hers walk in wardrobe, ensuite with underfloor heating and bath. Separate storage and Laundry room, internal access triple car garage with separate double Skyline Garage.

[www.mikepero.com/RX2249624](http://www.mikepero.com/RX2249624)



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SEA VIEWS, EVENING HUES, AFFORDABLE LIFESTYLE



By Negotiation

**7 Kaipara Lake Road, South Head**  
By Negotiation

This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idellic Kaipara Harbour make this home more than a lifestyle option but a picture paradise. Kaipara harbour can be accessed from the Tupare Estate's private boat ramp. This gentle flowing estate of 1.6 hectares (4.12 acres) is divided into four paddocks of all season pasture. There are two paddocks with animal shelters and one with a three bay shed with a concrete floor and two roller doors, all paddocks have reticulated water from the estate bore. Tupare Estate home owners share an enviable number of community facilities, a large hall, tennis court, equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp.

[www.mikepero.com/RX2039027](http://www.mikepero.com/RX2039027)



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**AFFORDABLE IN WAIMAUKU ON 1236 SQM OF LAND** 4 2 2

**By Negotiation**

**16 Denehurst Drive, Waimauku**  
By Negotiation

Open plan living and entertaining linking to north facing decking with large overhangs delivering the best of the sunshine and shade with the protection from the rain. An excellent layout including four bedrooms (master with ensuite and walk in wardrobe), two bathrooms and three toilets feature in this expansive two level home delivering space to work, live and play, all under one roof. 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 a teenage retreat/ office or games area. Close to Waimauku Primary School, convenience shopping, cafés, reserves and a short drive to the iconic Muriwai Beach.

[www.mikepero.com/RX2223811](http://www.mikepero.com/RX2223811)



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**HIGH MOTIVATION IN MASSEY - 675SQM** 3 1

**By Negotiation**

**20 Hartley Terrace, Massey**  
By Negotiation

Looking for a traditional single level kiwi weatherboard home with polished wood floors and loads of character, then look no further. A genuine 1960's bungalow that has been refreshed over time to offer a very honest and genuine home with land at the front and back, a fully fenced back yard, storage galore, and in a quiet Massey cul-de-sac location. The home has a generous semi-open plan living, dining, kitchen which opens to north-east decking overlooking an extensive back yard. Independent laundry and a central hall linking to three bedrooms, bathroom and separate w/c. First home buyers and investors should certainly have this home on the list. The home is tenanted and the tenants are happy to stay on based on their current arrangements.

[www.mikepero.com/RX2286150](http://www.mikepero.com/RX2286150)



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**PRIME LOCATION, 4 BEDROOM, 2 BATHROOM - MASSEY** 4 2 2

**By Negotiation**

**22 Vina Place, Massey**  
By Negotiation

Large home on a large plot of land serving up a great opportunity for a Kiwi family wanting to create and style the perfect home. The home has an easy flow through open plan lounge dining to north east decking overlooking fully fenced back yard and two level play house. Offering four generous bedrooms, office nook, ensuite and main bathroom to ensure limited congestion in the mornings. Central kitchen, storage and laundry area delivers an easy transition to getting jobs done. High stud cathedral ceiling and character features, this home is unique and offers personality plus. Some cosmetic improvements would make this home truly amazing, so view with a mind-set to stamp you mark on "great bones".

[www.mikepero.com/RX2250920](http://www.mikepero.com/RX2250920)



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**BRICK AND TILE - MODERN LIVING** 4 2 2

**Asking Price \$759,000**

**36 Fordyce Road, Parakai**  
Asking Price \$759,000

Easy care home on 520 square meter section, this property is perfect for a family or an investment in a great semi rural environment. Offering four bedrooms, including master with en-suite and open plan entertaining living opening out to north west patio. A double garage with options for workshop keeps toys and tools off the street. Minutes to convenience shopping, primary school, transport, inner harbour access, park and the popular Parakai pools. It's not only a home it's a destination.

[www.mikepero.com/RX2163650](http://www.mikepero.com/RX2163650)



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**3222 SQUARE METERS - BIG OPPORTUNITY IN WHENUAPAI**

3 1 1

**\$1,545,000**

**44 Puriri Road, Whenuapai**

Often sought but seldom found a generous land lot in the middle of Whenuapai Village. This flat and fully usable property ticks the boxes for a sensible buyer interested in adding value and creating a return, based on the size of the land and the two driveways. In addition we have sought an independent development opinion from Terra Nova planners which is available to prospective buyers. In addition the property has multiple improvements including a very well presented period bungalow, office, workshop, sheds and garaging. The main dwelling has been improved with extensive north facing decking which accentuates the sunshine and the warmth enjoyed. Beautiful gardens and extensive fruit trees deliver a canvas which is not only extensive it delivers colour and an active fruit bowl.

[www.mikepero.com/RX2204835](http://www.mikepero.com/RX2204835)



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**QUIET FULLY FENCED CUL DE SAC LIVING - MASSEY**

4 1 2

**By Negotiation**

**46 Zefiro Drive, Massey**  
**By Negotiation**

Set at the end of a ROW, this well cared for, well maintained, north facing home enjoys all day sunshine within a safe and secure fully fenced environment. Ideal for children &/or pets. Enjoying 609 square meters of land with loads of off street parking - up to 8 cars, a fenced lawn area which leads onto a private deck with established plantings and open pergola. The home has four bedrooms, huge Master with walk-in Wardrobe/Ensuite, family bathroom & separate WC. There are options here for extended family living or a border. Open plan entertainers living with two lounges flowing onto decking areas. Close proximity to Westgate shopping center and convenience shopping, schools a plenty in the area as well as close motorway access and walking tracks through linked local parks.

[www.mikepero.com/RX2255417](http://www.mikepero.com/RX2255417)



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## CLASSIC KIWI BUNGALOW - BEST LOCATION

3 1

By Negotiation

### 62 Tudor Road, Henderson By Negotiation

Altogether a Home and Palapa (Mexican style Pergola) on an easy care and fenced 683 square meter section. It is not only what is on offer on the property it is a location that offers peace and privacy, yet is only a short stroll from shopping, restaurants, transport links and motorway access. The home is a genuine and classic bungalow that has been crafted to enjoy three bedrooms and two lounges although the hero of the home is an exquisite open plan entertainers kitchen and lounge and the infusion of a second lounge with the attached Palapa offering an extra open air living space for all occasions. A property that is fenced for dogs, cats, kids and peace-of-mind, the section has established glades of mature plantings which delivers pockets of shade and privacy.

[www.mikepero.com/RX2269727](http://www.mikepero.com/RX2269727)



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## WAIMAUKU ON THE HILL - PRECAST CONCRETE AND WEATHERBOARD

6 6 3

\$2,875,000

### 911 Old North Road, Waimauku Asking Price \$2,875,000

Set on one of the highest points in Waimauku with commanding views to the North and the South East. If you ever wanted to feel like the King on the Hill this is your time to invest in your future. A near new, quality, commercial-style build with high-end features, designed and built to perform and look great in all four seasons. It is solid and here for the long haul. Offering a staggering nine rooms, including six bedrooms, large office, family room and a media room over two levels to allow for a big family, an entertaining schedule or an extended family group to relax and enjoy with un-encumbered space. In addition the home has an extensive oversized triple-door six-car garage (including a workshop), separate shedding, vegetable garden and orchard.

[www.mikepero.com/RX2328642](http://www.mikepero.com/RX2328642)



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# Home & Garden

## Laser Plumbing and Roofing Whenuapai

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



Drainage - drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out stubborn blockages.

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

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

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

Roofing - Here at Laser we specialise in all your long run/iron roofing

needs....from roof repairs to complete roof replacements, gutter cleans, repairing and replacing gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will get you sorted.

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

## Sustainable Landscapes

Hi, I'm Dave Milina, your local landscaper and stone mason. Well for so many of us, the past weeks have been surreal to say the least. Now it seems we can start to think about taking flight again.



A question I often get asked is, 'what materials can I use safely to establish my organic garden?' I would like to take this opportunity to offer a free appraisal to you with a purely ecological approach. Landscaping your property simply by using mainly natural materials such as stone, moss rocks, mulch, organic soils, ponga logs, steel garden edgings, untreated timber, etc. If you fancy the idea of landscaping your property with naturally available resources, give me a call. Let's get back to nature! Here's an opportunity for your property to be shaped and stoned. I'm confident that experience will have you feeling spaced out, just as Jacinda has advised in level 2.

Call Dave Milina, 0275 1962 19 [sustainablelandscapes.co.nz](http://sustainablelandscapes.co.nz), [info@sustainablelandscapes.co.nz](mailto:info@sustainablelandscapes.co.nz).

## Reinvent your home for winter

Whether you're inspired to spruce up your home post lockdown or thinking about how to warm up your home with winter just around the corner, curtains are one of the best ways to create warmth while making your home look fabulous too.



For almost two decades Kathryn Enchmarch has been creating beautiful interior furnishings for beautiful spaces, specialising in a wide range of soft furnishings and window treatments. Our love of

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# Home & Garden

fabric and keeping up with the latest fabric technology allows us to create pieces for clients, whether it's a stylish way to warm up your home or something personal and unique.

Kathryn is a Muriwai local available Auckland wide so if you would like to discuss soft furnishings for your home, call 021 579 040 or email [Kathryn@kathrynenchmarch.co.nz](mailto:Kathryn@kathrynenchmarch.co.nz). Virtual consultations also available. [www.kathrynenchmarch.co.nz](http://www.kathrynenchmarch.co.nz).

## Camellias for your garden

It is hard not to notice the flowering camellias in gardens at the moment. These are the early blooming camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter. Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.



Awa Nursery currently has a huge range of camellias in many different colours. We have camellia sasanquas, an early flowering variety from March onwards, camellia japonica and camellia reticulate hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it is best to feed them when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface, so it is important to keep them cool in the heat of summer with a layer of mulch. If possible, plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your camellias which will assist them to stay healthy and keep the foliage the deep glossy green that we all love.

Phone Awa Nursery: 09 411 8712, email [info@awanursery.co.nz](mailto:info@awanursery.co.nz) or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

## Jim's Mowing

The sun is shining, the birds are singing and the distant buzz of your local Jim's mower in action can be heard. He's probably tidying

up those overgrown lawns, weeding the gardens or trimming the hedge. Being autumn he is also getting asked to help customers get their properties ready for winter - maybe a pre-winter fertilise to boost the lawn before temperatures drop, a weed spray to tidy up the pavers or getting rid of dangerous slippery moss, mould and gunge from paths and walls.

The changing season also sees the leaves changing colour and falling, they do look spectacular but can be a nuisance, and so collecting leaves and clearing the gutters before the winter rains come are important tasks too.

Your local Jim is enjoying being back at work, catching up with and helping his customers (safely). The lockdown backlog is reducing and he has some time to help more people - so if you need some help with tasks around your property Jim's Mowing can probably help.... and all his work is guaranteed. To book your local Jim call 0800 454 654 or book online at [www.jimsmowing.co.nz](http://www.jimsmowing.co.nz).

## Why investing in a House and Land Package is a smart choice

Do you want to purchase an investment property, but you're not sure where to start? Are you unsure whether buying an existing home or new build provides better returns in the long run? Read on to see why a Signature Homes House & Land Package could be exactly what you're looking for in your investment journey.



Low maintenance - A brand-new Signature Homes House & Land Package ensures your investment is warm, modern, low maintenance, and exceeds current building codes.

As a landlord, this means you'll have peace of mind. Signature Homes also backs your build with a two-year maintenance guarantee, meaning you won't have to worry about covering anything that might pop up. Buying an existing property can lead to thousands of dollars of ongoing repairs and maintenance to keep your home up to standard for your tenants.

Appealing to renters - A brand-new home with a modern layout will entice high-quality renters to stay in your property for many years. You'll also be able to charge a little more, due to the fact your home will be stylish and new with all the trimmings, plus more economical for your tenants to keep warm and dry. This leads to happier, healthier tenants, and higher rental returns.

**Graham McIntyre**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER





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# Home & Garden

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View our range of House & Land Packages online or in the Kumeu office. Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600 [www.signature.co.nz/west](http://www.signature.co.nz/west).

## Western ITM Update

Like many businesses, we are pleased to be able to open the doors to you on Thursday May 14th as New Zealand moves to Alert Level 2. In Alert Level 2 all we will return to full operations while enforcing the golden rules as outlined by the Government on Thursday 7th



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May. To keep us all safe, below are some of the measures you will see in place on your next trip to our store.

Orders and Trading - While our showrooms will be open to drop in customers, to minimise time spent in store we encourage you to continue placing orders before arriving. This can be done via our website, our trade support, rep team or the branch direct. We do have our express ute delivery service which is available to deliver smaller orders as well as our regular truck delivery options. Our Saturday trading hours have been amended. Swanson and Whenuapai ITM will be open from 8am -12.30pm. Kumeu ITM will resume normal Saturday trading from 8am - 4pm. All stores will resume to normal weekday trading hours from Thursday 14th May.

Contact Tracing - We will continue to practise strict contact tracing information gathering upon your arrival, so please ensure you make yourself known on arrival and sign in with our staff before shopping.

Keep your distance - in store and on site. Remember, all staff and customers will be required to practise physical distancing of 1m. Our Sales Representatives can resume visits to your sites, please phone or email ahead to arrange a time to visit your site. As always, they will be respectful of the rules on your site, so please make them aware of these prior to their arrival. Our showrooms will re-open to all customers with physical distancing of 1m enforced. This may mean that we need to limit the number of customers allowed in the showroom at one time so please bear with us and our staff will let you know when you are able to enter.

We look forward to seeing you in our stores again soon. The team at Western ITM - Whenuapai | Kumeu | Swanson. [www.westernitm.co.nz](http://www.westernitm.co.nz)

## Solarcraft – Funding For Solar In Schools!

We think you'd agree, although it's early days out of the big lockdown, there has been a bit of a shift. People seem to be a bit more grounded and reflective about what really matters. The encouragement to buy from local businesses is prevalent. The lessons we learnt in terms of food security had a lot of us planting out veggie gardens en masse. Teachers are nurturing students back into some semblance of normality. We've all become a bit more resilient in the process, thinking about how we can be more prepared for the future, so we aren't caught out again!

For Schools? The government have launched the 'Sustainability Contestable Fund', where they can apply for financial support to



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# Home & Garden

'reduce their environmental impact and improve their operational efficiency'. This includes 'increased energy resilience, especially for rural and remote schools'. They've had one round and are about to open the second round from 22nd June to 3rd August 2020. If you are a parent, teacher, principal or an environmentally passionate community member? This would be a great leap for your local school's power security into the future and beyond! [www.education.govt.nz/school/funding-and-financials/funding/sustainability-contestable-fund/#dates](http://www.education.govt.nz/school/funding-and-financials/funding/sustainability-contestable-fund/#dates). Any solar questions? Email [info@solarcraft.co.nz](mailto:info@solarcraft.co.nz), phone 0508 272389 or visit [www.solarcraft.co.nz](http://www.solarcraft.co.nz).

## Palmers Westgate

New season's roses are arriving in store this month.

Roses bring an old fashioned elegance and beauty to the garden. Climbing roses ascending fences, pergolas and walls or masses of floribunda flower power - whatever your bloom of choice may be, adding fragrant florals to your patch will bring you endless joy.



We have a huge range available. Some of our favourites to look out for are Blackberry Nip, Lemon n Lime, Sir Edmund Hillary and of

course, Iceberg.

Our in store garden experts are ready to help you pick the perfect rose for your patch and would love to give you all the support and advice you need to get growing. Your success is our success!

If you're new to growing roses, or have a garden full of them, call in to your local Palmers, we have a huge range of new season's roses and all the essentials you need for garden success - we'll get your growing! Open 7 days from 8.30am. Phone 09 810 8385 | [www.palmers.co.nz](http://www.palmers.co.nz).

## Mitre 10 MEGA

The Team have enjoyed welcoming you and bringing the store back to life after lockdown.

Now that we have all spent a lot more time around the home, we have all started to notice jobs that need doing which we have been overlooked or we simply haven't gotten around to; or maybe you have started a big project and haven't quite finished. The Team are ready to give you all the help and expert advice you need. We love to see lists as it helps us get you to what you need faster, note down all the projects and tricky questions you have and when coming to visit please remember to keep your two-metre physical distance. Thank you for your ongoing support, particularly during recent times- we really appreciate it and look forward to seeing you in store soon. The team at Mitre 10 MEGA Westgate & Henderson.

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# Central's Tips

## June 2020



Winter is here ... now is the time to protect frost-sensitive trees like tamarillos and citrus and to put cloches on young vegetables.

Plant silverbeet, winter herbs and strawberries.



### Cover sensitive vegetables with cloches

Upcycling clear plastic bottles works well – just add a couple of holes for air vents.

### In the Edible Garden

- **Coloured Swiss chard** or 'Brightlights' silver beet as it is known is a great sight in the vegetable bed now
- Plants that are struggling to grow as it gets colder and wetter benefit from a **cloche** which is a clear protective 'hood' that limits chill. Simple cloches are made from cutting the neck off plastic drink bottles (great recycling) and upturning them over the plant
- **Lift strawberry runners** and trim away from the parent – these can be planted in fresh Garden Mix as new plants for the summer season
- Herbs that contribute to winter dishes are **rosemary, thyme, bay leaves and parsley**. All are easy to grow and will become an edible garden staple



### Lift strawberry runners

Get free new plants all ready for the next season - they generally produce more too

### The rest of the Garden

- **Camellias** are a wonderful winter flower with flower shades from white and soft pink though to deep rose and red. Sasanqua varieties make excellent hedges and will flower now
- Gardens visited by **Jack Frost can experience damage on tender NZ plants** such as tree ferns, pukas, renga renga lilies and some coprosmas. Fruit trees such as citrus and tamarillos also experience frost burn. On still, cold nights frost cloth will protect these beauties
- NZ's best-known dwarf **Kowhai 'Dragon's Gold'** will start to flower around now. It's easily clipped as a shrub, hedge or topiary and it's a bright look in winter



### Add winter colour with Kowhai 'Dragon's Gold'

This miniature kowhai is great for bringing some bright colour into your winter garden

## Project for June

### Order your Firewood

Stack firewood while it's dry. Happily we've had a long dry summer and autumn, so our wood is ready to burn. Central Landscapes most popular firewood is ECO hot Mix, a blend of pine and hardwood for optimum burning time.

To order firewood, go to [www.centrallandscapes.co.nz/collections/firewood](http://www.centrallandscapes.co.nz/collections/firewood)







# We dig your support

**Thank you to all our customers who have supported us as we re-opened at Level 3.**

We appreciate your understanding and patience as we roll out our new ways of shopping safely.

Happy gardening to you all.



Please call or email to place your order: Central Landscape Supplies Swanson  
**09 833 4093 • [swanson@centrallandscapes.co.nz](mailto:swanson@centrallandscapes.co.nz)**  
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# Pets

## Dog and Co

The last couple of months have definitely been an interesting time for us all. I don't know about you, but it gave me an opportunity to stop, reflect, and re-prioritise the things that are really important in life. At the top of that list is family. As a pet and family photographer I take real pride in being able to capture the special connections between families and couples, as well as their four legged family members. There is nothing quite as magical as being able to create everlasting memories with your loved ones which can be treasured forever.



Whether you want keepsake portraits of just your pet, or photos of the whole whanau, I would love to hear from you to discuss your photographic experience. I do photo sessions on-location around Auckland, so the choice is yours. Would you want to head to a beach at sunset, or a gorgeous lush park, or even in the comfort of your own home? Each shoot is customised to your desires and I am open to any challenges. Let's make some magic! Feel free to email me to book, or head to my website to check out my affordable session packages, and to have a nosey at some of my previous work Website: [www.dogandco.nz](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz).

## Dog Bites at Work

With the introduction of the Health & Safety at Work Act in 2015 we all had to make some changes in the way that we ran our businesses. With the new level of responsibility, PCBU's (Person Conducting a Business or Undertaking) it changed our personal responsibility and consequently the cost to us as an individual if we are found to be not following the Act. The personal liability and cost are up to \$600,000. Personally I would feel very upset if I had to pay \$500 of my own money because of a situation that occurred at work that had not been addressed.



Which is why understanding the basics of the new act is so important.

Let me give you an example:

A courier or deliver company has a history of dog bites occurring on a regular basis. The management team is aware of the situation they have said that they recognised dog bites as a hazard and have had a few paragraphs added into the induction training and employee contract, explaining what workers should do if there is a dog on the premises. They may update them annually; but if there has been either an increase in reported dog bites or the figures have stayed the same have they made a sincere effort to reduce the incidents occurring? This could be seen as not adhering to the requirements under the Act.

Is the information they are providing to their workers sufficient? I would say if the situations are not decreasing then NO. Are they protecting the company? Again I would say NO. Are they protecting their workers? NO!

So what are their options? How can we assist them without it costing the earth? Is it tax deductible?

Yes you can provide excellent training that is tax deductible and will not cost the earth. Let me introduce myself I am Joanna Clough and I am the director of The Dog Safe Workplace. Our business is to assist organisations in educating their workers on how to stay safe when they are entering a property where dogs may be present. Remember that our goal is to reduce dog bites in NZ and around the world. Not an easy task; which is why we also formed Kids Safe With Dogs Charitable Trust. Our goal is to educate the public, families, Whanau, businesses and whole communities on how to recognise canine behaviour and consequently reduce the incident of dog bites.

So what are the options for businesses?

The main thing for any organisation dealing with a health and safety issue is to remember that any training that they are giving their staff needs to be from a company that is qualified in delivering the specific training that is required. That the instructors are qualified in the area they are teaching and that there are different mediums for training. We all learn in different ways and at different paces. Are the instructors teaching the programme qualified in both their field of expertise and How to Educate Adults?

When it comes to dog bites in industry - we have identified over 130 different industries that are affected by the potential to be bitten by a dog. Regularly we here comments like "it's only a couple of bites a month" or "considering how many staff we have its minimal". So lets look at some real figures and cost to the business, not taking into account if WorkSafe decide to investigate and the subsequent costs that could be incurred, as I mentioned earlier it could be up to \$600,000 for you personally.

First let look at the past 10 years in NZ. Reported dog bites have affected over 123,000 people and cost ACC almost 40 million dollars. From research in Europe we know that less than 40% of bites are actually reported so the numbers at the very least could



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# Pets

be doubled.

Not only is the cost financial but as in any injury in the work place it can make returning to the job or the ability to do the job incredibly difficult for those involved.

It is a new and increasingly important area that we as employers have to consider and we are now more accountable than ever before.

Training and education are paramount to keeping you staff safe whilst at work. If you have any questions please send us an email to [admin@dogsafeworkplace.com](mailto:admin@dogsafeworkplace.com) and one of our staff will give you a call.

## Kanika Park Cat Retreat

Welcome to Kanika Park Cat Retreat, a boutique country retreat for cats. Run by a family of passionate animal lovers, nestled in the heart of our 10 acre Waimauku property.



Kanika Park Cat Retreat is a cattery like no other, where you can treat your cat to a relaxing holiday in one of our 15 spacious private suites, (2 extra-large suites). All suites are outfitted with plush blankets and beds. Plenty of toys and cat trees. Our facility is temperature controlled to ensure a comfortable stay

It is our mission not only to provide each guest with a personalised, warm and fun place to enjoy, but also to allow owners to be

comfortable in the knowledge that their fur babies are safe in a loving and caring environment.

For further information please phone 09 411 5326 or 027 530 1406 email; [info@kanikapark.nz](mailto:info@kanikapark.nz), [www.kanikapark.nz](http://www.kanikapark.nz).

## Cat lovers urgently needed

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



## \$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz).



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# Food & Beverage

## Calming herbal tea kits by The Herbalist

The Herbalist has formulated a new herbal product line including a Calming Herbal Tea Kit. Our kits are currently available on our sister website: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz), whilst we make some changes to our existing site.

Enjoy the opportunity to create your own blend of herbal tea using five different herbs that have traditionally been used to assist in inducing calm and uplifting the spirit. Blending guidelines, a tea infuser and a small jar with a label (for you to store your herbal tea blend), is included. Our tea kits are great as a gift or even better as a treat for yourself. Available at: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).



## Allely Estate is back!

We are very pleased to be open again, working on the Estate grounds and showing engaged couples through our venue! We've been talking to quite a few couples who had to cancel their March, April and May wedding plans or overseas weddings at tropical destinations - while they're understandably sad about that, there's also the excitement around being able to have a different kind of wedding than what they had originally envisaged. We're really looking forward to working with these couples to create a wedding this winter or later this year that they'll absolutely love.



One of the key staff members who will make that happen is our client manager and event planner extraordinaire, Athina. We got her to answer a few questions about her job below...

Q. What does a normal week see you doing?

Each week is so different depending on how many functions are happening that week but generally my week starts with a meeting with my boss and kitchen staff to discuss the week ahead. Emails are a constant throughout the day, from new enquiries from brides with upcoming weddings, to organising viewings, ordering from suppliers and making sure every function is ready to go. In any week

I might have between 1-5 events to organise and oversee.

Q. What do you love about your job?

That every day is different and every event is so different. I might have two weddings, a birthday party and a corporate team building day in the week but every one of them has their own personality and they are all magical.

Q. Why do you think people should choose Allely for their event?

The question is why wouldn't you?! From the moment we meet our clients we want them to feel comfortable - like family - to give them the security to know that we will go above and beyond to create their vision. Only when you feel comfortable with the person and venue that is hosting your event can you really put your trust in them. Besides that, I love the fact that our gardens are magical with the marquee in summer all opened up or all cosy in warm in winter with the sound of the rain on the roof. In any weather the marquee is magical. Or for smaller events, you can't beat the intimacy in the villa with the fire roaring. Did I mention our food is exceptional?! I stand 100% behind our kitchen team and say they are the best. Our chefs are so accommodating - you can choose off our menu or create your own.

To discover more about what makes Allely Estate so special visit us at [www.allelyestate.co.nz](http://www.allelyestate.co.nz) or call 09 412 7206.

## Food charities brace for post-wage subsidy surge in demand

Food charities and support services already under pressure during COVID-19 are bracing for an expected surge in demand with Government wage subsidies due to end in the coming weeks.



One charity, which operates using a unique model to promote the preservation of dignity amongst recipients, has seen a 185% increase in demand, with the numbers of families it helps growing from 350 per week to more than 1,000.

Brook Turner, head of community service development at VisionWest Community Trust, says they have seen the number of whanau they support in West Auckland triple since the beginning of Level 4 and are concerned once the Government wage subsidy finishes in June, the numbers of people in need could increase by this amount again.

He expects this to grow by an additional 700 families in the West Auckland region alone. Now a new \$200,000 donation has been

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# Food & Beverage

made by the Trusts, evenly split between two charities to help them cope with the additional demand for food.

"The first wave exposed the level of food insecurity in New Zealand, but this second wave of need will be at the end of the wage subsidy and we're already seeing cracks in the surface with redundancies. I believe there will be a third wave too, with businesses getting through September, October and November and then collapsing.

"There is a perfect storm coming and it will be a once in a generation kind of moment. We've got to walk with people, give them employment opportunities, set up community enterprises. We will need public, private and non-profit partnerships that help build a new economy to have a coordinated food system and a significant response to those in poverty,

"I think Christmas is going to be a really hard time, so it will be up to us as communities and local organisations to really anticipate those needs and respond to them to help people get back on their feet as quickly as possible," he says.

VisionWest provides wrap-around support to those in need, with an empowerment philosophy which sees those receiving food support also volunteering at the organisation to help others like themselves.

"Our whole approach to kai is that it is a great connector and food is a basic human right like shelter, without those things your whole world is in disarray."

Turner says during lockdown the charity also worked with police to help deliver food to those in challenging times; this gift alone was often enough to calm difficult situations.

"We've seen whanau, who just with the simple gift of food, have a situation de-escalated in their household where there was rising

aggression. Food has the ability to make people feel calm and cared for and to come together as a family," he says.

Donations from suppliers and charitable organisations such as the \$100,000 grant from The Trusts will go some way to ensure those that need their help will continue to get it, says Turner, but more will need to be done.

Veronica Shale, executive director of charity Fair Food, which collects and distributes surplus food from retailers and manufacturers, and the other recipient of a \$100,000 grant from the Trusts, agrees that a holistic approach is the only way to support the growing number of people who will continue to need support to feed their families.

She says as more hospitality businesses struggle, there is a flow-on effect for suppliers and food wastage and scarcity are the results.

"The issue is how do we divert this food that's not needed anymore away from the landfill and back into the supply chain so organisations like us can help get it to those who need it.

Shale says before the outbreak of COVID-19 most of the surplus food picked up from her organisation was from supermarkets.

"Now it's definitely more business to business, so we're picking up from growers, producers and manufacturers.

"In month one of lockdown we conservatively rescued over 121 tons of good, surplus nutritious food, which equates to over 348,000 meals. Rather than being dumped, this food is doing good. Fair Food offers a pragmatic solution to tackle food waste and food insecurity, nourishing our communities in need - and this need will be ongoing for some time," says Shale.

She says this has had a positive impact on those receiving food parcels with an increase in the amount of protein in their diets.



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# Food & Beverage

"In the past, we've struggled to get good protein as meat, chicken and dairy are expensive and what we've been rescuing is restaurant quality stuff. We were also lucky to be able to take 26,000 eggs off a nationwide fast food chain that was unable to utilise them for products on their breakfast menu during lockdown," she says.

Shale says while they're grateful for the support of The Trusts, businesses and the community need to work together efficiently to redistribute surplus food.

"What I'm saying is if you are a food grower, or manufacturer there are food rescues all around New Zealand who would gladly distribute that food and there are people out there that really need it," says Shale.

Matt Williams, acting CEO of The Trusts says they are working with a range of community organisations who have had their usual source of funding disrupted during the lockdown.

"There is a growing need from charities who have been cut off from their normal supply of resources which is impacting on their ability to support members of our community.

"We want to encourage other corporates who are in a position to help to reach out to these groups and find a way to help them, whether through financial support or even lending warehouse space and logistical support," he says.

## Soljans Estate Winery

Situated at the gateway to Kumeu Wine Country, Soljans Estate Winery is only 20 minutes from the heart of Auckland City. Exchange vows amongst the vines, or in our beautiful Mediterranean inspired indoors. The Soljans wine range complements head chef Paul Reid's menu, and cellar door staff provide tutored tastings to help you make the best wine choices.



## The Gallery Sushi & Café

The Gallery Sushi & Café offering Free 10 dumplings or spring rolls with any takeaway order over \$40 for this uncertain time.

About us we offer a delicious all day café menu and full range of Japanese meals for lunch and dinner to give you the ultimate culture experience within your meal. Our community is continuously growing and our menu satisfy our customers and keep things exciting for you all.

We are undertaking rigorous cleaning procedures after every single cooking, using disinfecting spray to wipe down all high-touch surfaces. We are also vigorously cleaning our hands throughout the whole food preparation process to ensure we adhere to the best hygiene practices possible.

For more detail about menu and takeaway options please check our facebook page ([www.facebook.com/thegalleryjapaneseandcafe](http://www.facebook.com/thegalleryjapaneseandcafe)).

The Gallery Sushi & Café - 329/A Main Road Huapai, Kumeu. Phone 09 412 8983.

## Hallertau

People are often curious about why we are called Hallertau. Hallertau is a region in Bavaria, Southern Germany which is the world's oldest continuous hop growing region. Almost half of Germany's 1300 breweries are situated in Bavaria resulting in a strong regional and locally supported beer scene. Whilst we don't have German heritage, we admire their traditional and localized beer culture and Hallertau Riverhead has always aspired to replicate that. We have certainly felt the support of our locals during these Covid 19 times and have been fortunate to be able to continue supplying our beer directly via contactless delivery. We just wanted to take this opportunity to say thank-you and to acknowledge how proud we are to be a part of our local community. Genuinely looking forward to getting back to business and facing future challenges together.

Steve, Hayley & the Hallertau team.



## Café Botannix Westgate

We are so grateful for the support that we received from the local community over the past couple of months!

We are proud to be back open, providing you with sweet treats, delicious cabinet food and barista made coffee.

We have updated our menu, there are still some of your favourites on the menu such as



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# Food & Beverage

the Botannix Big Breakfast and the Crispy Pumpkin Brekkie. We have added Buttermilk Banoffee Pancakes to the menu for a delicious breakfast or brunch. With the cooler weather starting to set in, why not treat yourself to our creamy Seafood Chowder or delicious soup of the week?

We can't wait to see you! Phone 09 810 8385 | [www.palmers.co.nz/cafе-botannix](http://www.palmers.co.nz/cafе-botannix). Open Tuesday to Sunday from 9am.

## Peko Peko

We can't give thanks enough to our loyal Peko Peko customers for supporting us during these difficult times, such a great community we are living in. We have temporarily changed our hours, menus for only takeaway options during Covid-19 period. However, all our customers have welcomed us no matter what and have enjoyed our food as usual. Takeaway only business reminded us of our old little food truck times too :) Please follow us on our Facebook and Instagram pages for our latest updates and we look forward to seeing you soon. Unit 6/102c Hobsonville Rd. 09 416 1197.



## Jenna-Maree Cakery

At our Cakery in Hobsonville you will find a wide range of delicious sweet treats available daily. We have ready to go cabinet cakes, cupcakes, macarons, slices, cookies, fudge, scones and more as well as Gluten Free / Dairy Free & Vegan options.

Our speciality is our custom made celebration cakes. From our 7 Tiered Cakes down to our 4" Baby Cakes, each one is made with the same amount of love and care. All our cakes are made using high quality ingredients and only ever flavoured by nature.

Our Cabinet cakes and cupcakes make a great option during this period where you are unable to celebrate with large groups. You can still have your special cake but the size is more suitable for just your bubble!

There are many options available for our corporate clients as well





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 Email: [waimauku.fc@xtra.co.nz](mailto:waimauku.fc@xtra.co.nz)

- we can print your Company logo on to cupcakes and our cabinet cake range. These make great gifts for staff and customers.

Visit our website where you can order online or pop instore anytime to discuss options. We also do FREE local delivery! We look forward to seeing you.

102c Hobsonville Road, Hobsonville - [www.jennamareecakes.co.nz](http://www.jennamareecakes.co.nz).

## 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 with no fillers or concentrates added. Although no 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 and Organics Out West. See [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz) Noshortcutsnz on Facebook, noshortcutschutneys on Instagram.



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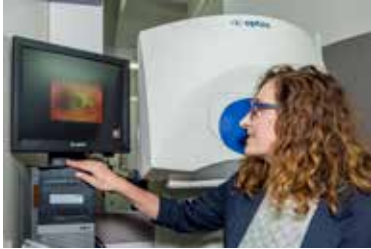
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# Health & Beauty

## Eye care in Kumeu

For over 20 years For Eyes have been a part of this local community - we care about our patients, know many of you by name and constantly strive to offer the best quality service, staff and products right here in the Kumeu Village.



We enjoy an enviable track record and reputation for competence, trust and commitment - a reward for our dedication in staying up to date with the most current research and findings in the medical sector and our investment in leading edge equipment for diagnosing eye conditions that need prompt referral to save vision.

We offer ophthalmology co-management for many eye conditions and are able to monitor your eyes in between specialist visits.

In addition to eye examinations and our fashion-forward eyewear we offer specialty lenses to correct colour-blindness, and specialty lenses to improve reading/alleviate migraine (for both children and adults).

Optometrists Matthew and Molly Whittington - Phone 09 412 8172 for appointments.

## Getting back into the normal dental care routine

Welcome back everyone!

We all know the last couple of months have been very unusual and difficult with COVID-19 creating a massive pause on our normal lives. We are very excited here at Kumeu Dental as we are now able to resume non-emergency routine dental care for our lovely patients.

A regular dental checkup is important because they help keep your teeth and gums healthy. You should have a regular dental visit at least every 6 months or as recommended by your dental professional.

There are 2 parts to a regular dental visit - checkup/examination and a scale and polish.

At the dental check up your dental professional will check for cavities or any other dental problems. A scale and polish involves the removal of superficial tartar build-up around the teeth and gums. The tartar build-up at this stage has not caused much damage to gums and bone.

Remember to keep up with your regular dental exams, to catch any dental problems as soon as they develop to keep costs lower & teeth happier & healthier. To book in now call Kumeu Dental on 09 412 9507.

## Lightning crotch during pregnancy

Not all woman experience this, but those who do sure know about it. A sudden sharp, deep pain in your nether regions, often described like you have been punched (hard) in the vagina. It may be a stabbing, jab, electric shock, deep ache, pins and needles, burning or stinging. But no matter how you describe it, it'll take your breath away, make you feel like your legs are about to give away and potentially linger for a few long seconds. It is considered a "normal" part of pregnancy, however it is happening often or limiting the amount of exercise/movement you can do, then it is worthwhile getting it looked at. Live Chiropractic is your local family and pregnancy chiropractor and can assess your function to help you get the best out of your expanding body.



Contact us on reception@livechiropractic.co.nz to find out more or book online www.livechiropractic.co.nz.

## The Hand Institute is back seeing patients in the clinic

Alert levels 3 and 4 have brought us all challenges. We have been treating people using Telehealth (video) appointments which have been incredibly successful.



Thinking laterally has had us teaching people to make their own finger/thumb splints using plastic milk bottle handles.

At Alert Levels 1 and 2 this type of appointment is still available and recommended if you are immune compromised or feeling anxious at this time.

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Phone: 09 412 8172  
email: foreyes@foreyes.nz  
website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993  
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu



# Health & Beauty

We are health professionals who will use correct protocol to keep you and our staff safe.

Please call us if you would like to make a time to see us in the clinic or to make a Telehealth appointment on 09 412 8558.

## Pure Allies

Wow, what a really weird time the last few months have been.

We hope that you have managed to stay well.

But now that school, work, kindy etc. are all back up and running, and not to mention winter's well and truly here, it's likely that all sorts of bugs will present again. At Pure Allies we can provide you with some relief of your symptoms and hopefully help you recover quickly. We can make up balms to help with sore throats, runny noses and coughs, or to help with sleeping or pain relief.

Popular at the moment are our natural hand sanitisers. We will custom make for your requirements and needs.

Contact us at: [pureallies@gmail.com](mailto:pureallies@gmail.com).

Keep well, and take care.

## Shoe Talk's tips on how to strengthen the arch muscles

Some of us have high ones, some of us have flat ones and some of us having collapsing ones we all however have arches in our feet. You may or may not know that we have 3 arches that make up the foot, the arch under the foot is the one everyone will know. You may not be aware that you also have an arch that runs alongside the outside of the foot and one across the bridge of the foot.



Like all muscles in the body, to keep them in tiptop shape they need to be used. Arches can flatten as we age, which can in turn put pressure on joints and in some cases lead to requiring orthotics in our footwear.

So try this simple exercise and work it into your schedule a few times

each day and use these muscles to improve your arch.

You can either stand or sit:

- Place your feet flat on the floor and make sure they are parallel position and straight.
- Keep your toes relaxed, do not scrunch them up and pull the ball of your foot and the dome of your heel towards each other, imagine a balloon inflating under your foot. The movement will not be huge but you should be able to feel all three arches working

Hold for a few seconds and then release.

Repeat 3 times.

## Who do you turn to for help?

I hear stories all the time of people who struggle with their health and well-being for years before finally finding a practitioner who helps them. Sometimes that practitioner is another doctor, a specialist, a dentist, naturopath, homeopath, yoga teacher, physical therapist, spiritual guru, psychologist or pharmacist.

Each of these practitioners has a different "tool kit". Each can take a slightly different view of you and your health.

I attend lectures from lots of health experts from lots of different backgrounds. The thing they have in common is that they all recommend eating well, moving your body and reducing stress. These are simple but incredibly powerful tools.

For example, I recently listened to a dentist who explained that changes in the mouth often point to an imbalance of the bacteria in the mouth and therefore an imbalance throughout the rest of the body. This imbalance is called dysbiosis, and is a big risk factor for heart disease, diabetes, and even dementia. He emphasised what you eat can dramatically affect your oral health and therefore, your overall health. No surprises that he was very anti sugar.

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**Shoe Talk**<sup>™</sup> we talk shoes



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

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

# Health & Beauty

Just one more piece of evidence that suggests we need to eat well. Eating well means lots of veges, some fruit, adequate good quality protein and fats, as well as fibre. Avoid processed foods such as takeaways, and refined grains such as white bread, pasta and rice. We were all able to avoid takeaway foods for 6 weeks during lockdown. Let's extend that good work.

If you want your own personalised health plan, feel free to contact the team at Massey Unichem Pharmacy. We are operating a virtual Nutrition Medicine Clinic to safely assist you to achieve radiant wellness from the inside out. The team at Massey Unichem Pharmacy can give you details. Martin Harris 396 Don Buck Road, Massey 09 833 7239. Stay Safe.


## Are you thinking what eye'm thinking?

Having now returned to some semblance of normalcy, the team at Westgate Optometrists are thrilled to be reopen and back doing what do we do best - providing exceptional service for all your eye care needs. To ensure a safe experience for you and our team we have some special procedures in place including appropriate PPE, social distancing and hand sanitiser available at relevant stations. We are now located at our contemporary new space but will endeavour to continue to provide the same great variety of services you have come to expect from us including cutting edge contact lens designs, all of the latest spectacle lens technologies, a quality and extended range of designer frame brands - with styles to suit everybody, in-house treatments for dry eye symptoms and much more. Make an appointment to see one of our therapeutically endorsed optometrists via our website: [www.westopt.nz](http://www.westopt.nz) or phone our friendly team on 09 831 0202. We look forward to seeing you soon. Located at 4/46 Maki Street, around the corner from Goode Brothers, opposite Kiwibank and NorthWest Mall.



## Warm Up, Feel Great!

Beat those niggles, aches, and pains during the colder months. Whether you have low back pain, neck pain or shoulder pain we can help you ease your discomfort. If you are frustrated with limited



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**Registered Osteopath  
ACC Accredited**

**36 Sunny Crescent  
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Auckland 0810  
Ph/Fax (09) 412 5977  
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[gill.wiltshire@gmail.com](mailto:gill.wiltshire@gmail.com)**

range or getting pain with certain movements, we can help.

At Top Notch, our team are specialists in keeping you moving and feeling better. Give us a call today 09 212 8753 or book online [www.topnotchbodyworks.co.nz](http://www.topnotchbodyworks.co.nz).

## Hobsonville Optometrists and Gifts

Hobsonville Optometrists and Gifts are now open!

We are looking forward to seeing everybody.

Book an appointment on 09 416 3937

Visit our gorgeous gift shop at 413A Hobsonville Road, Hobsonville.



## Fraser Dental's proactive safety measures

Fraser Dental is excited to be open to see patients again. As dentists, we already practiced a high degree of infection control measures but have now taken extra steps to further protect our patients' health and safety.

One issue that we have considered carefully is aerosols. These are invisible airborne particles, easily inhaled, which potentially carry droplets of water, blood, saliva, micro-organisms or infectious materials. Many routine dental treatments use instruments which produce aerosols, so as dentists we must be extra vigilant in our measures to control them.

Therefore we have invested in two important measures: HEPA Air Purifiers and Laminar Airflow units. The Air Purifiers purify the air inside our clinic by filtering and destroying contaminants, helping to remove bacteria and viruses. And our Laminar Airflow units (also used in hospital operating theatres) create negative pressure, removing any aerosols produced during dental treatments.



## Norwest Podiatry Clinic

General foot care	Ingrown toe nails
Painful corns and callouses	Warts or verrucae
Painful feet, Orthotics	ACC registered

Call 412 77 40 or Book online  
[www.NorwestPodiatry.co.nz](http://www.NorwestPodiatry.co.nz)

321 Main road Huapai, 0810 (inside The Doctors Huapai)



# Health & Beauty

We are proactively implementing the highest standard of protection possible so all of our patients can feel completely confident when coming to an appointment at Fraser Dental. Contact us on 09 416 5050 to schedule an appointment with our friendly team.

## Did you know that exercising can help with immunity?

By using our muscles during exercise, we increase blood flow and the circulation of lymph fluid throughout the body. Lymph fluid is incredibly important for immunity as it contains our white blood cells - our first defense against infection and inflammation. This fluid moves through a network of vessels all over our body and is filtered in the lymph nodes which, when detecting signs of infection or inflammation, then initiate the production of bacteria fighting antibodies. Regular (moderate intensity) exercise ensures a healthy movement of lymph fluid around the body, improving our ability to detect and effectively fight off any intruders.

If you would like to utilise the free immunity boost offered through exercise but need some specialist guidance for getting started, contact Yolanda (Clinical Exercise Physiologist) for a free initial consultation.

Email: [yolanda@kinetex.co.nz](mailto:yolanda@kinetex.co.nz) or check out the website - [www.kinetex.co.nz](http://www.kinetex.co.nz).

## Hobsonville Podiatry

We are coming out of the summer months and our feet have been out and about in jandals. Here are some awesome foot pampering tips that will get your heels looking soft, smooth and glowingly healthy.

1. Foot Scrubs: Foot scrubs are incredibly beneficial for your skin, they exfoliate all the dead dry skin cells resulting in soft and hydrated feet. You can buy foot scrubs from most pharmacies or make homemade foot scrubs, check out our "Foot Scrub Recipes" Blog.

2. Epsom Salt Soaks: Epsom salts are made-up of two compounds; magnesium and sulfate. Magnesium helps to increase neurotransmitters which are responsible for reducing stress and



inducing sleep. A warm Epsom salt bath is a great way to unwind while also softening your skin.

3. Moisturising Daily: It is important to moisturise daily, if your skin loses moisture, it loses elasticity (stretch). Dry skin can lead to cracks in your heels which predisposes you to infections on your feet. Keeping your feet hydrated allows your skin to stay healthy and smooth. We recommend using a foot and leg cream with a high content of urea in it such as Gehwol. Urea reduces water loss in the upper layers of the skin resulting in softer more supple feet. Gehwol is available from our online store.

4. Foot Massage: can be done after soaking in Epsom Salts, or on its own. Either use your thumbs or a tennis ball to massage the tight tissues under your foot. A summer of jandals/bare feet results in the muscles of our feet having to work a lot harder than when they are in shoes. If they are left tight, this can lead to injury or pain.

If you think your feet need a little more TLC than the treatments recommended above we can help. Book yourself in for a consultation and we can get your feet looking and feeling great in no time. Book online at [Hobsonvillepodiatry.co.nz](http://Hobsonvillepodiatry.co.nz) or call us on 09 390 4184.

## DT Denture Clinic

Did you know that all our dentures, partial dentures, chrome partial dentures, mouthguards and bite splints are all made in New Zealand? In fact, they are all fabricated on site. This means that we can effectively quality control every step of the fabrication process. This is something that you cannot do if the work is being sent overseas for fabrication. As we make our dentures in-house we can offer urgent denture replacement services, same day relines, repairs and tooth additions as well as our usual services. Our lab has been servicing dentists in Auckland and around New Zealand for 15 years. The clinic where we see patients directly has been open for nearly six years. Please call our friendly team for a free consultation and treatment plan 09 416 5072.

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# Area Columnists

## Bridgestone Kumeu – over 25 years and counting

Well done NZ and our Community for locking down Covid 19..

Thank you to the Kumeu Courier Team for setting up the local business directory during lockdown – locals helping locals.

We fixed punctures and replaced tyres for essential services during the Lockdown and they were grateful that we left the our homes and family to get them safely back on the road. We told them that is what we do, we are passionate about tyre safety and we were happy to do our bit to support them. We saw the nurses, the courier drivers, the supermarketees, the service station gas technicians, the pharmacists and many other essentials leaving their families, doing full days at work then often coming home to school children - you guys are AWESOME and we salute you.

It is time to get back on the road and we'd love to help you make sure you are safe, we are always available at the red building, 43 Main Road, Kumeu - tel 09 412 9111. Johnny and the boys will be happy to give you tyres a thorough no obligation safety check. Johnny is now checking the tyres of the children and even grandchildren of his customers .... With grey hairs (and receding hairline) comes wisdom they say but he always has a smile and good advice.

Credit to us all for doing our bit to flatten the Covid 19 curve, we will get through the next part by supporting our locals #weareallinthisogether #loveyourlocal.

## The numbers game

The danger of dealing in numbers is that sometimes we forget the faces of real human beings behind them. Of course it's inevitable that policymakers, politicians and professionals in general need

to survey the statistical horizon. Relying solely on anecdotal data to the exclusion of empirical evidence would be at least as great a mistake to make as doing the reverse.

Bearing all that in mind, I've been reflecting on the past couple of months' work that I've been doing as a local MP. I've never been so busy, with uncertainty and fear driving much of the correspondence that my office and I have received.

The numbers that we're hearing every day now are quite frightening. Some weeks after we were advised that Covid-19 had been "eliminated" in this country, rather than focusing so intently on the number of new cases we're now needing to look closely at the number of jobs being lost.

That's the unfortunate reality for the rest of our year and indeed the rest of our decade too, I fear. As we stand at the base of a mountain of debt, it's hard to see how tens of billions of dollars' worth of repayments does not add up to an economy being buried alive. Certainly we will all need to work determinedly to open up opportunities for workers to keep working and allow those who have lost their jobs to get working once more.

This is the tenor of many of the hundreds of emails that I receive each week. I'm replying to them as best I can, of course, as always. Please know that you're always welcome to contact my electorate office (currently operating with physical distancing restrictions, for obvious reasons), including by email to [chris.penkmp@parliament.govt.nz](mailto:chris.penkmp@parliament.govt.nz) or phone to 09 412 2496. And take care out there.

Cheers, Chris Penk MP.

## Looking for short term tenancy?

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

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

The single bedroomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of bush, sand dunes and the sea. We have upgraded the sofabed in the lounge with a luxurious queen size tilt down bed. Easy to access



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# Area Columnists

and tilt away when you want to sit on the sofa.

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

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

## Country Bears – children resettling during the “levels”

Country Bears had a few families who were needing care as they returned to work under Level 3. We only had the 1 bubble during that stage, but we were happy to open and support the needs of our community. We are happy to say that during the return at Level 3, this was a smooth and calm event, with our children being excited and happy, much to everyone's relief.



As we entered Level 2, this felt like a smooth transition from Level

3, as the systems and procedures had already been produced, needing just a little tweaking. As the children numbers started to grow, we saw the same - happy and excited children, eager to return to connect with their teachers and friends.

Country Bears continues to remain to be a place that we know and love and the key changes around safety and hygiene that were implemented during Level 3 will remain the same moving forward. The changes to our systems and procedures to keep us all safe have been going well and have caused no disruption. This gives us the confidence to approach each stage after absorbing the announcements around what we can expect over the coming months.

We are placing wellbeing and happiness as our top priority as the children and staff begin the journey of returning to a state of normality. We are so fortunate to have so much space, including our forest, which the children have been eager to visit on their return. We look forward to reconvening our whittling and fire lighting with the children, creating opportunities of learning of life skills.

If you would like to visit our wonderful Centre, exclusively designed with children in mind, to provide freedom to safely explore and discover in an authentic natural and native environment, please send your homing pigeon or give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out either our Facebook page: [www.facebook.com/cbearsecc](https://www.facebook.com/cbearsecc) or our Website: [www.countrybears.co.nz](http://www.countrybears.co.nz)

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



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[WWW.COUNTRYBEARS.CO.NZ](http://WWW.COUNTRYBEARS.CO.NZ)



# Area Columnists

## Life in Lockdown

Who would have thought that 2020 would bring such a turbulent and unprecedented time not only for New Zealand but for the world? Craigweil House and its residents have however managed to stay safe and stay happy in their bubble. In fact, there has been some very neat and interesting things happening in the home that have been helped to be made possible by our amazing and dedicated Diversional Therapy Team. Residents enjoyed new exercise classes, first time face time sessions and a growing competitive spirit amongst some of our prize hungry activity attendees.



As the lockdown started, Craigweil House generously received a couple of donations, from some local growers including a wonderful donation of Avocados and some very pretty Carnations. These growers were restricted from trading and chose to offer these gifts to Craigweil House instead of letting them go to waste. A very bright way to begin the bubble indeed! Thank you, Linda Anderson and Steve Krzystynika.

Being in lockdown meant that it was important to keep active and fit. Isolation can leave some feeling vulnerable and lonely. The residents enjoyed the various exercise classes that were on offer. One exercise class in particular, was a "Push Up" challenge. The residents enjoyed participating together with staff or perhaps just a chance for a lay down. A standing wall press was also ok.

Over the course of the last 5 weeks, two friendly and resident turkeys decided to move in, frequently being seen on the front lawn clearly, they did not get the social distancing memo! - "hey two meters apart guys!" (or, were they girls?). They are yet to receive names.

Facetime and Skype have been the new norm in outside

communication. Some residents loved the idea of using the tablets to call their family and friends, this was particularly important during Mother's Day when simultaneously the team held a YMCA dancing competition as flowers from families and hugs were of course not possible.

Other activities have included a day following the ice cream cart and tasting the different flavours, also on offer was a chance to take part in the nationwide Teddy Bear bubble effort. The team wanted to let the community know that there was good spirit from within the 'bubble'. During the Teddy Bear colouring in competition - The Teddy Bears were cut out and stuck on the inside of the front sunroom windows to be seen by people walking and driving by. Well done resident Michael Milburn for getting 1st Prize!

If you are needing care for your loved one, our fabulous team at Craigweil House are here for the community and can deliver quality, excellent heart-warming care inside and outside a bubble 24/7!

We currently have vacancies for all levels of care including Rest Home, Hospital and Memory Care. Please contact our facility and make an appointment to view our care suites - at this time we continue to provide quality care whilst working alongside the guidelines from The Ministry of Health.

Call us today! Facility Manager - David Halewood.

## 7 lockdown lessons: Some lasting positive impacts

Brought to you by New Shoots Early Education

During lockdown you may have endured days that dragged, enjoyed moments of bliss and felt every feeling in between these two extremes. As the team at New Shoots looks forward to seeing some of our children again soon, we wanted to take a moment to consider the positive lockdown lessons we've learnt along the way.

Lesson one: we can do anything.

In early childhood education, we teach children they can do anything they set their minds to, but somewhere between childhood and adulthood, this lesson gets lost. We tell ourselves there are things we can do, and things we can't - and we get stuck in these limiting boxes.

A lasting lesson from lockdown is that you can do anything. Even something that seems impossible, daunting, scary and out of the



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# Area Columnists

ordinary. After all, months ago, you would have laughed at the idea of staying home for a whole month, but you did it. We are stronger and more adaptable than we give ourselves credit for.

Lesson two: family time is precious

From dance parties to dinners, forts to family walks, we have found endless ways to bond. There may have been times when you were tired of being stuck inside, wanted more personal space or craved a change of scenery, but you continued to find new ways to help everyone around you enjoy family time.

Through this, we have learnt how lucky we are to have our families, and realised that being stuck at home with our loved ones is pretty precious.

Lesson three: teachers are incredibly valuable

Parents have dug deep and found ways to connect with, teach and entertain their children around the clock for weeks. And in doing so, they have been reminded of the valuable role early childhood centres and schools play in their lives. Teaching is a hard, fun, rewarding and challenging job - and Kiwi parents understand this first-hand.

Lesson four: we can save the planet

Before this pandemic, sustainability was on the forefront of many people's minds, yet the state of Mother Earth kept looking more and more dire. We wanted to stop pollution, limit waste and reduce consumption, but busy lifestyles meant significant change was hard.

Suddenly, we are all at home, rarely driving cars, shopping only for essentials and going for plenty of local walks. There has been reduced pollution and less waste as we return to slower, simpler,

more sustainable lifestyles.

Lesson five: people are pretty creative

The New Shoots team has loved seeing so much creativity across New Zealand over the past month. Local organisations and artists have gone above and beyond to find clever ways of entertaining children by:

Live streaming feeding hour at the zoo

Hosting digital toddler time at local libraries

Performing songs for children on Facebook (shout out to Anika Moa and her Songs for Bubbas!)

Not to be outdone, everyday Kiwi families have also gotten into the creative spirit by:

Making music videos

Inventing board games

Acting out children's books

Hosting online dinner parties.

Lesson six: New Zealanders are friendly folk

From smiles on the streets to bears in windows, Kiwis have found ways to be friendly, kind and caring towards one another from a distance. People have dropped groceries at the door of the elderly. Neighbours have chatted over the fence. Strangers have waved to each other from across the road.

Lesson seven: connection is important

One of the biggest lessons of social isolation is the value of connection. We have missed seeing others in the real world, from friends to family members, colleagues to our children's early

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childhood teachers.

As life slowly returns to normal, we won't take social connection for granted. Simple acts like sharing a meal, going out for a cuppa or taking the children to the park with friends will be treasured.

New Shoots Western Centres are located in Westgate, Hobsonville and Whenuapai.

If you're interested in learning more you can visit [www.newshoots.co.nz](http://www.newshoots.co.nz).

## Health and Safety business support

I and my fellow Securo Consultants have seven ways that we can you with tangible business support under Alert Level 2:

1. Social distancing practices: We can provide assistance with realistic on-site options for all workers so business can continue
2. Undertake Hazard Plan reviews: New Alert Levels bring new business hazards which need business integration. We can help
3. Personal Protective Equipment and hygiene advice: Let us review your PPE bespoke items and hygiene needs for safe working
4. Provide realistic health & safety guidance: Continue to work on Act compliance in changed business and social environments. We can help
5. Organise health & safety documentation: Ensure all your H&S plans, online documents, guidelines and directives are current and relevant. We can help
6. Registers for visitors and Onsite Rules: Undertake creation of complete register plus ensure tracking of visitors to premises. We can help

7. Take Toolbox Meetings: Work with your management team on compiling agenda items and addressing worker concerns. We can help

For full support contact me, John Riddell, by email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out our website [www.securo.co.nz](http://www.securo.co.nz).

## Tapping into employee knowledge and ideas

Tapping into the knowledge held by your team might be the answer to ensuring that your business is going to not only survive but continue to grow in a post COVID economy.

We have heard many say that the people in their team are their greatest asset, but how many of us actually use that asset to its fullest value?

Many small businesses are holding on to their staff as much as they can financially afford to. Their staff know their business, they have already been trained, and are often great friends in a small team.

On top of this you can tap into their knowledge to help provide some answers:

- What are the customers saying?
- What changes do you suggest we make?
- Where do you think we can cut costs without compromising service/quality?
- What other services/products would you like to see us offer?

You will be amazed at what your team will come up with, and it also helps them to feel appreciated and listened to, further strengthening the company culture.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with rebuilding your business, or for a free Business Diagnostic, contact Ann at [ann@oxygen8.co.nz](mailto:ann@oxygen8.co.nz) or 021 682 014.

## Helloworld Travel

We will be back in the office under Level 2 and we are open Monday - Friday 9am - 5pm.

We are able to help with your domestic travel, flights, hotels and tours and once the borders open, for Australia and the South Pacific. A lot of people will be wanting to take advantage of a winter break once these borders open as holiday destinations further afield are not an option for us at the moment. I urge you to book as soon as you are able and to have a couple of options should your first one



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not be available. I feel the Pacific and some Australian destinations are going to be popular over the next few months and the Pacific is awaiting our business as their source of income is tourism. A great thing is most of the Pacific is Covid free with only a few cases in Fiji and none recently making these islands a safe place for us to visit. Our staff are very knowledgeable on Australia and the South Pacific so we are able to help you choose which destination is best for your holidays whether it be for shopping, relaxing, adventure or creating those family memories we can help. Please call us on 09 416 1799 or email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz).

## Sayers says it

By Cr Greg Sayers, Councillor for the Rodney ward. Mayor Goff will be asking the public to support either a 2.5 or a 3.5 per cent rate increase.

Four councillors, including myself, wanted a zero per cent option included, but we weren't supported by other councillors.

Should the Council to be dipping further into ratepayers' pockets in a recession, particularly when so many individuals and families are under extreme financial hardship?

The unemployment rate is going to be far higher than what we



saw during the global financial crisis. That is going to further hurt ratepayers.

The public will be asked for their feedback this month (between 29 May to 19 June) about what level of rate increases they support. People can still submit that they prefer a zero per cent increase, or alternatively if they prefer the proposed 2.5 or 3.5 per cent increases.

Council documentation will outline the pros and cons of the different rate options. As your local Councillor I will be very interested to understand how people feel about this topic, so I can cast my vote correctly to support the voice of the people when the decisions get made in mid-July.

Auckland Council's historical financial strategy has been very different from most other councils. It has deliberately chosen to have most of its income generated from sources other than from rates. This is unusual.

Most of its income is from non-rateable charges like levies, development contributions, user-charges and the fuel tax. Consequently, the imminent recession will mean millions of dollars in lost revenue. To compensate Council will have to find savings.

Auckland Council must reset its budgets and cut its cloth to fit its purse.

Firstly, the Council must get leaner and more efficient. Because of having less revenue, it will have to find minimum savings of \$250 million even with a 3.5 per cent increase. It will need to save a total of \$309 million with a zero percent rate increase.

To achieve these savings, the Council will be proposing to cut, or delay, infrastructure projects and will possibly cut some of our community services.

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Instead, I believe the bulk of the savings should come from internal savings in wages and the number of people employed by trimming back on non-essential services and improving productivity. However, services like libraries, rubbish collection and other core services must remain in place.

However, the majority of councillors are opposed saying they don't want to add to the unemployment numbers. This isn't equitable compared with the hard decisions the private sector is having to make.

While the Council wage bill is \$911 million, yet we still can't afford to get our roads sealed.

Secondly, with low interest rates, now would be correct timing for the Council to be borrowing, especially if used to build infrastructure creating jobs and employment for local businesses during a recession. However, due to huge past borrowings the Council has placed itself in a position where it would now have to break its borrowing limits.

Related to the balance sheet is the Council's ability to sell nonstrategic assets, although again there seems to be a reluctance to act on this.

Unnecessary Council regulations also need to be cut. The time delays and the cost to do business with Council remain out of control.

Auckland Council must to get back to basic core services.

This is what is required for a genuine "we're all in this together" response from Auckland Council.

## Support Kiwi business

We hope this finds you all safe and well?

Like many of you, whilst we've been in lock-down we've been 'stay-dreaming' about all the amazing places we'll explore when it's safe to venture out - first at home, then across the ditch and later further afield.

As New Zealanders we're lucky that there's no better place to live or to explore, than the place we call home.

House of Travel is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We're locals too, so we know what Kiwis want in a New Zealand holiday.

We're in the process of creating Holidays@Home, a collection of our favourite New Zealand travel experiences, incredible deals and our owner operators will share their best kept hometown secrets and hidden gems. Whether it's skiing in the Southern Alps, star gazing from your private glass roofed skybed, hitting the road, kayaking



the Abel Tasman, indulging in amazing gourmet experiences or something off the beaten track; New Zealand offers an abundance of unique adventures and cultural experiences.

Whatever 'your' perfect Holiday@Home is, we can make it happen. Now is the time to discover the best Aotearoa has to offer. If not now, when?

When travel is allowed to Australia and beyond please give us an opportunity to show you what a difference a locally owned, Kiwi travel company can make. #supportlocal.

Mike (Buzz) Thomson and the team at House of Travel Hobsonville

09 416 0700 Hobsonville@hot.co.nz 225 Hobsonville Point Road, by appointment only under level 2 lockdown.

## Frontline nurse uses social media to support colleagues

A nurse and social media influencer has used his platform to encourage the donation of products to help support nurses on the frontline of COVID-19 testing



Franz Arevalo, a senior clinical nurse, and fitness influencer @thenattynurse has secured thousands of dollars worth of products for his nursing colleagues.

Arevalo ran a COVID-19 funded clinical base assessment unit for 10 weeks with a team of nurses from around the city.

"I felt that they needed appreciation for their bravery and dedication and I was in a position where I can help serve other people through my social media," he says.

"I wanted to inspire the nurses I worked with and encourage them, and acknowledge the sacrifices they were making every day to combat this pandemic," says Arevalo.

"For nurses this is our season, and we have been able to show people how capable we are and what we can do," he says.

So far Arevalo has secured food from several restaurant chains and more than \$3,000 worth of bedding products for medical teams to get much needed rest post shifts.

"Often we were working six days a week and they were so grateful to be recognised for their work," he says.

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Emma Edwards spokesperson for Ecosa NZ says the company was more than happy to make the donation and thank New Zealand nurses for the incredible work they do.

"We are so grateful for the way nurses have tirelessly worked to help combat COVID-19 often putting themselves and their own health at risk for the sake of their patients," she says.

"We hope this donation goes in some small way to showing how indebted we are to these workers and that they get some rest as case numbers continue to drop," says Edwards.

Arevalo says he plans to continue to promote the good work of his nursing colleagues and hopes the Government will also recognise their contribution on stamping out COVID-19 by waiving student loans.

## What is next?

As we have moved out of levels four and three, we have all gain a different prospective on life and have learnt to appreciate the little things in life such as freedom.

To the essential workers in our community who have worked so hard to keep things moving along for all of us over the past several weeks we are truly grateful.

Despite an invisible presence YOU Travel Westgate, like other agencies have been working behind the scenes, while our shop has been closed, we have been offering continued support to all our clients from our homes. We have been processing refunds, travel credits and helping clients prepare for when the travel restrictions are removed. We have been here for YOU.

With news that we can start to travel domestically, it is a great opportunity for us to visit the many amazing places we have here in New Zealand. Whether you want to go skiing in Queenstown, panning for gold in Arrowtown, punting along the Avon River in Christchurch or being a tourist in Wellington. The choice is yours.

Now is the time for us to show support to our tourism industry, take this time to explore New Zealand and support the tourist operator who are struggling to survive.

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## Marja Lubeck

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