



kumeu **Courier**

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES
COUNTRYSIDE LIVING ZONING CHANGES

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

PARENT VILLAGE LINKS FAMILIES AND COMMUNITY

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June 2021



Greetings

Winter's coming.

Well, officially it's already here as June 1 is considered the start – although others will tell you it's not really begun until the shortest day on June 21 (winter solstice).

Winter is generally also considered the start of the flu season – so have you had your flu shot yet?

Most of us are also due to get our COVID-19 vaccination, although I was told to wait at least a fortnight (about 14 days) between flu and COVID injections as a precaution to manage any side effects that come with vaccinations.

I did get a sore left arm a day or two after the flu jab (which inoculates you against four key influenza strains) but nothing else, so bring on the COVID-19 one!

District health boards will confirm the vaccination sites closer to the time, with about two million Kiwis (Group 4) due to get the COVID jab from around July.

Those at high risk (Group 3, which includes over 65s and those with certain underlying health issues), numbering about 1.7 million, are due to get a DHB invite any day.

The Ministry of Health says it has secured enough Pfizer vaccine for everyone in New Zealand aged 16 and over to get the two doses they need against COVID-19.

I've heard some are dubious about getting the COVID shot but Medsafe is ensuring the vaccinations are safe, so if you have concerns contact the Ministry of Health which lists possible side effects.

The Centre for Adverse Reactions Monitoring (CARM) holds information about adverse reactions to medicines and vaccines in New Zealand – so in the remote chance you do get a reaction to the COVID-19 vaccine then let them know immediately.

The clinical trials performed on the Pfizer vaccine show it's about 95% effective against symptomatic COVID-19, seven days after receiving two doses.

However, vaccines are not the only way of keeping COVID-19 out of New Zealand.

"We need to keep washing our hands, staying home if we're unwell and using the COVID Tracer App or keeping a record of where we've been," the ministry's website says.

With much of the rest of the world still battling COVID-19 there's probably a long way to go before we're free of it.

Geoff Dobson, editor



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COVER PHOTO: Rowan and Miranda Aish with children Dory and Amira. Photo:

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People & Places

Parent Village links families and community

Rowan Aish of Muriwai Beach co-founded Parent Village to connect families and their community and support each other after suffering a disconnect himself while living further north.



"We have young kids and struggled to find community connections and support," says Rowan, adding that it was their children, Dory and Amira, which inspired him and wife Miranda to establish Parent Village.

So you could say Parent Village was created by a family - for families.

Parent Village is an online platform helping families develop strong community connections, with the goal of fostering a positive sense of identity and belonging in children, parents and whanau.

"We strive to ensure families in every area of New Zealand are able to find and access their local family supports and services, so that every Kiwi family has the opportunity to thrive," Rowan says.

He is pleased to have the support of local businesses, including Smashing Promotions and The Web Co, which are keen to stand behind initiatives that help local families.

Parent Village is releasing a pilot here first, before rolling it out nationally.

Rowan, who has psychology and social anthropology degrees, works in advocacy and support and has diverse social service experience, including working with the locally based Kia Timata Ano Trust (Kindred Family Services) which also runs the Turning the Tide fundraising walk along Muriwai Beach.

A surfer who grew up in Muriwai, Rowan returned to the area with his family after a spell in Whangarei and is now looking to develop the whole Parent Village concept.

Miranda has a degree in psychology and is completing a masters in developmental and educational psychology, plus she has a background in people management and in-depth knowledge of the various support services available to families in New Zealand.

Parent Village can be reached through www.parentvillage.co.nz and offers three village types - Mums, Dads and an all-in Parent Village so people can reach out to each other and access a vast range of services and activities.

It can put people in touch with services such as one for fatherless boys called Big Buddy, products and services for babies, school holiday events, places of interest and much more.

Rowan says the Parent Village website is being updated, particularly as he found many parents signed up but didn't connect - perhaps because they were too shy or unsure.

He says people who join can have a look around online first, join a discussion forum when they're ready, and arrange to meet in person at a village meet.

"We're also trying to differentiate Parent Village from social media - providing a guiding hand."

There's so much more to Parent Village, and Rowan is keen for



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people to check the website and see for themselves.

Contact Rowan on 027 979 5723, rowan@villagekiwi.co.nz, or Miranda on 021 025 11265, miranda@villagekiwi.co.nz for further information.

Kumeu Women's Institute celebrates 90 years

June 2 will be a big day for members of the Kumeu Women's Institute as they celebrate their 90th anniversary with a luncheon at Soljans Estate Winery and Cafe.

Rona Attwood has been a member for 64 years and will be joining in the commemorations. She and husband Graham featured in the Kumeu Courier July 2017 issue.



Members have continued to meet in the Kumeu Community Centre every first Wednesday of the month since its inaugural meeting in 1931, making it one of the oldest organisations still in existence in the NorthWest.

The Kumeu/Huapai district of 1931 was a lot different from how it is today.

It was then a community of small farms and orchards.

The Post Office was part of the Railway Station, and a visit to Auckland entailed catching the early morning train and returning late in the afternoon.

The Kumeu Hall was the centre for social gatherings and was demolished in 1980 to make way for the present shopping complex, replaced by the Kumeu Community Centre.

Since its beginning, the Women's Institute has been involved in the community.

Over the years, members have served on both the hall committee, the Kumeu Show committee and the Plunket committee.

It was responsible for the formation of a Plunket committee, and thus a Plunket nurse, in 1938, and started a library for members in 1936 which later was housed in the hall as a public library, the forerunner of Kumeu's modern library.

Past minutes show the contribution members have made to worthy causes over the years.

During the 1930s members had a stall each year at the Kumeu Show to raise funds for the Blind Institute (Royal New Zealand Foundation of the Blind).

They also sold poppies on Poppy Day to train passengers at the railway station, raising funds for the RSA.

During the Depression, rugs were made from knitted peggy squares to distribute, along with clothing, bedding and fruit, to needy families in the community as well as in Auckland. In World War II, members adopted a "local lad" with whom to correspond, and letters in reply were read out at the monthly meeting.

Parcels were also sent. These included knitted articles such as a balaclava or socks, toiletry items, a tin of home-made shortbread and a packet of PK chewing gum.

In more recent years the Women's Institute has donated "pre-knitting" to the Neonatal Unit at Auckland Hospital, other baby knitting to Waitakere Hospital and "fish and chip" jumpers to needy babies and young children in South Auckland.

The West Auckland Hospice and the local Women's Refuge are the two main charities the Kumeu Women's Institute now supports.

The New Zealand Federation of Women's Institutes is celebrating its centennial this year.

It was founded by Miss Jerome Spencer, a foresighted retired teacher from Hawke's Bay who saw the institute's work in England during World War 1 and introduced the organisation to NZ women in 1921.

The word "institute" can mean a place for learning.

Before the advent of night schools and WEA classes, many women had no means to extend their knowledge, apart from books, especially if living in a rural community.

Joining an institute not only provided social contact with other women, but also gave them the chance to learn a new skill such as a hand-craft, floral art, sewing, cooking, acting or singing in a choir. As there were also regional Women's Institute competitions for many of these new hobbies, members were given an incentive to improve their skills.

In 1944 a Kumeu Women's Institute Drama Group was formed.

This proved to be successful in competitions, as well as popular with the locals when they entertained at various functions such as the annual "Honouring Age" Christmas Party.

The Drama Group was re-formed in 1989 and first entered the Women's Institute national Drama Competition in 2001.

Kumeu Women's Institute was awarded first place in the Nelson final with its play Celestial Pursuits directed by member Wanda Brittain.

The Kumeu Women's Institute Choir was formed in 1968 and has

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entered local and Women's Institute competitions with increasing success, winning the Women's Institute National Choral Competition held in conjunction with the annual National Conference on at least five occasions.

It now exists as the local Kumeu Blend Choir under the leadership of Margaret Lindsay.

To mark both the Women's Institute's centennial in New Zealand and the local institute's 90th anniversary, a special display features in the Kumeu Library during June.

The institute was previously known as the Country Women's Institute but has reverted to its original name, partly due to increasing urbanisation.

New members are always welcome.

Contact President Joan Pickering on 09 411 8964, or Secretary Catherine Agent on 09 412-9107 for more information.

History showcased by NorWest Heritage Society

The NorWest Heritage Society had photos, displays and information at its stands at the Kumeu Show on March 27 and The Very Vintage Day Out on April 10.

Early years of orcharding in Kumeu and Huapai were depicted at the Kumeu Show display which included a 1966

Eichner (German) tractor that was used in the La Ronde orchard in Huapai, provided by tractor owner Monte Neal.

People very much enjoyed seeing all the many historical photos and maps from the area on large display boards, NorWest Heritage Society secretary Bunty Condon says.

Stand visitors were also able to reminisce with NorWest Heritage committee members who are knowledgeable on families from the district, plus enjoy locally grown apples and grapes, she adds.

The local society was back for a very wet The Very Vintage Day Out, also held at the Kumeu Showgrounds, again providing an interesting display of historical photos, maps and early orchard equipment.

The display this time included a 1978 Massey Ferguson Tractor still used in orchard work from owner Monte Neal.



Another attraction at the NorWest Heritage Society's stand was Bunty Condon's 1951 Jowett Jupiter.

While the day itself was wet, many visitors to the stand greatly appreciated seeing the historic photographs, maps and talking with the NWH committee.

One visitor later expressed her gratitude in a letter for the information she received from those at the stand, many others at both shows also verbally outlining similar sentiments.

"We are inspired and re-assured that there is a need for the NorWest Heritage Society and its objectives to preserve the history of North West Auckland," Bunty says.

The society will be heavily involved in next year's Kumeu Show centennial celebrations and is keen to hear from anyone with photographs and memorabilia from early Kumeu Shows.

New members, photographs and any historical information are also welcomed by the society. Contact Bunty Condon, secretary, email info@norwestheritage.org.nz, visit www.norwestheritage.org.nz/, or search for the NorWest Heritage Society on Facebook.

Rodney Local Board to be quizzed

Rodney Local Board members will be asked about their roles and other questions such as transport options at the Kumeu Community Action's next public meeting on Sunday June 20 at the Huapai District School, 3pm-5pm.

The questions are expected to include how the Auckland Council is structured in terms of councillors, council-controlled organisations (CCOs) and boards as it is a relatively complex structure.





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It's a deeper look at what the local board is responsible for and the roles that board members have, Kumeu Community Action (aka the Kumeu Huapai Residents and Ratepayers Association) chair Guy Wishart says.

He says this includes how the relationship between the board and Rodney councillor Greg Sayers works, and how the board sets its priorities for minor improvements like footpaths.

A quick update on State Highway 16 Stage 1 and 2 works, the Station Rd intersection, SH16 bypass, park and rides and other issues are expected too.

Guy says other questions are likely to be around what the present public transport options are for Kumeu-Huapai-Riverhead-Waimauku and timings around such services.

"What is the board advocating for in terms of transport options for the future, what is happening with the Huapai indoor courts, the timing of the release of land for further housing developments and the timing of a structure plan for Kumeu?"

Some reporting back is also possible of budgets or results of other council feedback that has been sought, Guy adds.

"Given the lack of Auckland Council funding for the level of infrastructure needed in the NorthWest, what are some possible solutions?"

Guy says the board may also be asked what balance provision for the infrastructure needs is across different communities here to ensure there is equity and attention to growth.

"Most of the local board representatives for this area are not well known, so what ways does it see to improve communications and relations with the community to address this?"

Guy says that given the knowledge the future bypass won't solve traffic congestion in the area, he wonders what plans are being developed now to address gridlock.

He also asks if there is any engagement around the Fletcher Residential land purchases for development in Taupaki and Riverhead.

"And how does the board intend to deliver the unspent portion of the Rodney Targeted Rate?" Guy asks.

"Most of the expenditure has been on bus services (\$3.8 million)

followed by park and ride investigations (\$901,521), bus stops (\$399,737) and footpaths (\$12,641)."

A further \$5 million is earmarked for Warkworth's Park and Ride.

Helensville Rugby Golden Jubilee

The Helensville Rugby Football Club celebrates its 50th anniversary during the Queen's Birthday holiday weekend.

Events are running from Friday June 4 to Sunday June 6.

On June 4 the club is open from 2pm for anyone who would like to view photos and memorabilia on display at 162 Awaroa Road, Helensville.

Tea and coffee and biscuits will be available and the hosts are Barry Coles and John Glasson.

A Golf Day at the South Head Golf Club tees off at 10.30am with an Ambrose style format, teams of four costing \$25 per player.

To book call Craig Mowat at the South Head Golf Club on 0211 896 919 or David Reyland on 021 657 840.

Only a few places remain so those keen to play should book as soon as possible.

June 5 sees Junior Rugby kicking off at 9am, with as many of the Helensville teams as possible playing.

The Helensville Premier 2 team hosts Northcote at 1pm, and the Raging Bulls Presidents Grade game starts at 2.45pm.

The clubrooms will be open from 11am with speeches starting at 11.30am from various club members, with an open mic for anyone keen to share memories about the club.

Finger food and tea and coffee are served at 12.30pm and the bar



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People & Places

opens at 2pm.

The cost is \$15 and attendees are asked to wear their Helensville blazers if possible.

On June 6 the club opens at 1pm with a festival game of rugby kicking off at 2pm.

Teams will be decided on the day with all ages welcome to dust off their boots and have a run around.

Refreshments are provided in the changing sheds after the game and upstairs.

Contact Andy Cummings on 021 685 199 for further information.

Tyler Soljan in Young Viticulturist of the Year

A grandson of Soljans Estate Winery and Café owner Tony Soljan is competing in the New Zealand Young Viticulturist of the Year competition in the Auckland/Northland regional final on June 3 at Goldie Estate on Waiheke Island.



Tyler Soljan works at the Kumeu estate on State Highway 16 in mainly marketing and sales, also producing its regular Soljans Cellar Press newsletter and putting out events and specials on social media.

He and fellow Soljans Estate representative Tai Nelson, who becomes vineyard manager and winery assistant in June, will be competing against six others on June 3 - the competition followed by an awards dinner at Wild on Waiheke.

Tai is pictured at left with Tyler.

Supporters are encouraged to attend both events.

The winner of the Auckland/Northland contest goes on to compete in the national final in Marlborough this August.

While the Auckland/Northland competition has been running since 2016, it's the first time a full eight contestants have been involved.

The NZ Young Viticulturist of the Year began in 2006 with the aim of discovering and growing future viticultural leaders. It helps promote viticulture as an exciting career path and to attract and retain talented young people to the industry.

As well as competitions, the programme offers support, training and

education.

Six regional competitions are now held.

Contestants undergo both practical and theoretical challenges, covering all aspects of viticulture as well as leadership skills.

They also have an interview and give a speech at each region's awards dinner, while national finalists also have to do a short research project.

Visit www.nzwine.com/en/initiatives/young-vit/ and www.facebook.com/YoungViticulturist for more information.

Gearing up for the 100th Kumeu Show

Former Prime Minister and Helensville MP Sir John Key is the keynote speaker at a 100th Kumeu Show fundraiser luncheon organised by the Kumeu Show Committee for Friday October 15 this year.

Sir John was also the Kumeu Show patron from 2002 to 2016 and he continues to support the event.

The aim of the fundraiser is to raise awareness about the 100th show on March 12 and 13 next year and to make it a big event.

Sponsorship is needed to help celebrate the 100th show anniversary.

The first Kumeu Show was held on March 19, 1921 in what was known as Kinloch's paddock (now Western ITM) and the nearby Buckland's sales yards (now Z Energy). People came by horse and wagon, buggy and cart, or on foot.

Richard Kinloch was elected the Kumeu Agricultural and Horticultural Society's first president and honorary veterinarian.

Since then only one show has been cancelled due to World War II, so the society is celebrating the 100th show and not 100 years of the event.

The COVID-19 pandemic didn't prevent the show running last year, although Auckland's restrictions meant it was delayed this year and returned to a one-day event on March 27.

It will resume the two-day format next year.

Tickets for the fundraising lunch go on sale at the end of June, with local businesses invited to support it.

Contact the Kumeu Showgrounds on 09 412 9322 for more information.



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Blackout Electric - residential and commercial

Blackout Electric is a local family owned and operated business run by Sebastian Weaver, a registered electrician with more than 16 years' experience in the industry.

After completing his apprenticeship and spending a number of years working for various companies learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business from the ground up, which he did in August 2020.

Since then, he hasn't looked back.

After only a few months, Blackout Electric had generated enough business to bring on an apprentice. The company approached Kaipara College and its Gateway Programme and found Branden, who is currently enrolled in his first year of an Electrical Apprenticeship.

Seb is incredibly passionate about passing on his knowledge to others who want to be in the

trade, and really enjoys seeing them succeed and become successful electricians themselves.

Branden has been a fantastic addition to the Blackout Electric family and continues to develop his skills under Seb's ongoing guidance.

In December 2020, Seb's wife Toni joined the team in a full-time capacity running the office and administration side of the business.

"Since starting Blackout Electric, we have experienced a huge amount of loyalty from local customers and businesses alike," Seb says.

"Customers who not only continue to use our service but refer and recommend us to their own family and friends.

"This is a testament to the service we provide, and the reason we continue to grow as a business."

Blackout Electric strives to be the number one choice for local electrical services.

"We hope that as time goes on when people think of electricians they will think of Blackout Electric."

Blackout Electric specialises in all forms of residential and commercial electrical work.

That includes new builds and renovations, alarm systems, CCTV and AV, and general



maintenance - From something as simple as a new power point to an entire house rewire, Blackout Electric is happy to help.

Seb is highly experienced in delivering cost-effective, high quality workmanship - offering solutions.

"At Blackout Electric, we pride ourselves on exceeding client's expectations," he says.

"We build a relationship with our customers that begins on the first day of contact, and only ends once they're fully satisfied with our work."

Contact Blackout Electric for all your electrical service needs - visit www.blackoutelectric.co.nz or email info@blackoutelectric.co.nz for more information.

The Riverhead - an icon

The Riverhead has gone through quite a transformation over its long history.

The building is original, built by Thomas and Eliza Deacon in the 1860s to give waterborne craft access to the NorthWest region via their hotel.

Remember, at the time there were no roads or railway to the NorthWest, so Riverhead became the 'gateway' to the area.

Thomas had a 'grog shop' on the point to the south of where The Riverhead stands today, but he knew that by developing a wharf at the point where the water is deepest then ferries from Auckland could dock and transport people to his new establishment...and come they did!

Over the years the tavern has been the hub of Riverhead.

It had a top-class reputation for the best hospitality and was run diligently by several owners, sometimes not by choice, but rather circumstance.

Elizabeth Deacon was left widowed after World War I and managed the tavern and its often dubious guests with the help of her two children.

In the middle of the 1900s it was owned by the big breweries with managers running the tavern and it was largely beverage focused.

During the 1990s and early 2000s it was owned by a local gang, became rather run down and gained a reputation as a rough place to hang out. It eventually went into receivership.

This was lucky for the current owners, who managed to purchase the historic building and its landholdings at the end of the global financial crisis (GFC).

They have ploughed their energy and considerable funds into making it a family friendly, safe, food focused establishment.

Today, its flagship The Landing Restaurant has a diverse menu that attracts families and larger groups along with people wanting an intimate and romantic evening overlooking the water with the fairy lights under the trees.

Current owners Paula and Stephen Pepperell are extremely proud of the team that choose to work alongside them and have instigated some measures that keep propelling the service level toward perfection.



They decided a couple of years ago to make 'being employer of choice' a key framework of the business. Together with their team they are working on this lofty goal.

They have put in place a profit-sharing mechanism for all the team - from cleaners to managers - and are already seeing tangible results in the quality of service, food offer and overall work satisfaction with a highly reduced rate of staff turnover.

The Riverhead is a long-standing icon of the NorthWest.

With the love and care that has been ploughed back into the buildings and the structure of the business, it's hoped that it will remain so for another 160 years.

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Safer Communities



As we approach winter now is a good time to have your chimney cleaned and your fire box checked before lighting it. Chimney fires are relatively common and can cause significant damage to your house. You can reduce the risk by having them both cleaned and checked by a professional.

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

Making your kitchen fire safe is an important part of having a fire safe home. Here are some simple things you

can do to reduce the risk of a fire starting in the kitchen:

When you're cooking

- Don't drink and fry. Alcohol is involved in half of all fatal fires. Instead, pre-prepare a meal, get takeaways, or use the microwave. Never attempt to drink alcohol or take medication that makes you sleepy when cooking.

- Don't leave the room when cooking. If you need to, always turn off the stove first. Unattended cooking is the leading cause of house fires in New Zealand.

- Keep curtains, tea towels, oven mitts and any flammable items away from the cooking area when you're cooking.

Keeping a clean and safe kitchen

- Clean your stovetop after each use. This prevents spilled fats and burnt food from building up.

- Clean rangehood filters regularly.

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

Remember to discuss an escape plan with your families, check out this link for further information.

www.escapemyhouse.co.nz/

Keep safe!



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Community News

Kaukapakapa Village Market

Sunday 20 June 8.30am to 1pm. Guaranteed to put a smile on your face on a winter morning with plenty of quality stalls to enjoy and a fun and relaxing atmosphere. 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 more.



Bring the kids along for free face painting and enjoy live music from duo Barry and Denise playing a selection of easy listening classic from 10am to 12pm. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.

The Mobile Car Specialists

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have lodged and etched themselves to it. Airborne contaminants like metal filings, paint overspray, acid rain & hard water spotting.

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Prices average \$100 - \$320 +gst depending on the size of the vehicle and the nature of the contaminants.

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Koru Care high tea

A high tea on June 27, 2pm at Laingholm Primary School (54 Victory Road, Laingholm) along with silent auctions and raffles will help Koru Care raise vital funds for seriously ill, disabled and disadvantaged children throughout New Zealand.



For more than 35 years the Koru Care Charitable Trust New Zealand has been working hard to bring some joy into the lives of such children, usually by taking them on a fortnight's trip to California or an eight-day adventure to the Gold Coast.

Unfortunately, due to the COVID-19 pandemic Koru Care could not do these trips.

Instead, it has completed an eight-day trip in Auckland and Rotorua with 20 special Kiwi Kids, who had an amazing time and met life-long friends.

"We would love to be able to do this again so our fundraising continues," Koru Care says.

Renee Absolum from Buzz Club Laingholm has since offered to hold a high tea to help.

Most of the money raised for Koru Care comes from generous business donations of vouchers or items which can be auctioned or raffled.

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Community News

If you can help contact Renee on email buzzclubnz@gmail.com or Janine Godfrey janinegodfrey@xtra.co.nz 021 159 4540 for more information.

SeniorNet Club

Last month we started with a fabulous home baked spread supplied by one of our members. As someone said the best coffee and cakes in



Auckland. We then had a presentation by Graham McIntyre in his fireman's uniform about safety around the house whether regarding fire or safety at home. It went down well and everyone went away with a greater understanding. We also had our usual Nigel's News where anything new in the world of computing was presented to the members. Then presentations on the two courses we are running this month, learning all about tabs and picture manipulation and improving them. Last month we also had our popular drop in morning to fix problems. We meet the first Wednesday of the month at 10 am at St Chads Church hall in Huapai all welcome.

St John Huapai store opens

A new St John store which opened in Huapai on May 15 will benefit local community health initiatives.

The store at 306 Main Road, Huapai, was blessed and officially opened for business, the 45th St John Store nationally to be launched.



In line with other St John stores, it aspires to be a hub for the community, where people can donate their belongings, support one another, and grow stronger together.

St John Huapai Store manager Ferne Shaw says community support has been outstanding.

"We've had the most amazing support from the community. They've been so generous with donating a great variety of wonderful quality goods. We've really been taken back by how we've been embraced by the local community."

The store offers a range of quality, affordable, new, and pre-loved clothing, household items, bric-a-brac and upcycled furniture.

Donations of goods from the local community are welcome.

Local GP and St John Helensville Area Committee Chair Dr John Elliott says proceeds will fund the committee's ongoing projects which help build community resilience and improve the health and wellbeing of locals.

"The St John store will form an absolutely vital part of funding our local initiatives including the installation of automated external defibrillators (AEDs), replenishing lifesaving equipment for the emergency ambulance service, and sponsoring the St John Youth programme," he says.

Dr Elliott gave the opening address while Kaipara ki Mahurangi MP Chris Penk cut the ribbon on the Huapai store.

It is open to the public Monday to Friday, 9.30am-4.30pm and Saturday 10am-2pm.

Volunteers are now needed to help run it. Anyone interested in retail and customer service, and who can offer some free time should contact Ferne Shaw at ferne.shaw@stjohn.org.nz, call 027 235 7900 or apply online at join.stjohn.org.nz for more information.

Visit www.stjohn.org.nz/Shop/Opportunity-Shops for further details about the shops.

Nature's Explorers

This month we had a disco for our Nature's Explorers tamariki. We moved all our furniture around to create a massive open space, closed the curtains and we had a strobe light that was synced to the music. Tamariki dressed up in their favourite costumes, along with their teachers' and tamariki were encouraged to tell us their favourite tunes. We had a wide variety of music ranging from Footloose to Frozen. Tamariki had a blast, twisting, twirling, jumping, and singing along to a variety of songs.



"I liked the Goodbye Snowman song." - Zara.

"I liked the lights. They were so cool." - Charli.

"I liked the song, Underneath the Hot Sun." - Finn.

"I liked the Jingle Bell dance." - Harriett.

"I liked dressing up as a cowboy." - Mitchell.

Discos provide a wide range of learning opportunities for tamariki.



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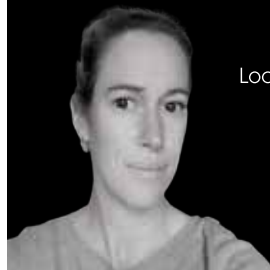
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Community News

They learn how to gain confidence in and control of their bodies, by developing their fine and gross motor skills. This can be from gripping the ribbons and materials and moving them in different ways to jumping, twisting, and balancing as they move their bodies. Tamariki develop non-verbal communication skills as they are using gestures and movement to express themselves. Their emotional wellbeing is being nurtured, as they are learning to manage themselves and are enjoying themselves in a positive way. Tamariki learn a range of strategies and skills to play alongside others, such as problem-solving skills and communication skills. These are just some of the learning opportunities that were present at our disco, we look forward to hosting our next one.

To enquire about joining our Nature's Explorers whānau please call 09 412 8800 or send us an email at office.kindergarten@xtra.co.nz.

June at Kumeu Arts

Kumeu Arts are thrilled to announce an exciting exhibition for the Auckland Festival of Photography. 'Analogue' will bring together sixteen female photographers using film. The event has been organised by Huapai resident Abbie Cossey. Abbie says "The process of shooting film is somewhat a state of mind. It slows us down and makes us more intentional". The opening night on Friday the 4th between 5-7pm will be a chance to meet the photographers (some prominent in photography circles) and celebrate the festival right here in Kumeu. A second photography display in the smaller Pod Gallery will showcase the work of Kumeu Arts Members. Along with these exhibitions Kumeu Arts have new painting courses, workshops,



language classes and much more. This month the ever popular Kumeu Live concerts include The DeSotos and Jed Parsons. Visit Kumeu Arts behind the Library or online on Facebook or www.kumeuarts.org.

Kumeu Friendship Group

Last month was our AGM and we saw out the old and welcomed in the new. We welcomed our new President Geoff Hickman, he sees the purpose of the Kumeu Friendship Club as to enable members to meet others, learn about new things from guest speakers, and have some fun together. Last meeting, we had a fascinating speaker, Andrew Barber who kept us all entertained and explained about dung beetles and why we should be having them in our farm land. Last month we also had another outing this time to Alberton, Eden Park & Bricklane Restaurant. All agreed it was a wonderful outing. We meet on the fourth Thursday of the month at 10am in St Chads Church Hall at 10am we would love to meet you.



Gently Loved Markets

After successful markets in April and May the Gently Loved Markets team are doing it all over again on Saturday 26th June in the Kumeu Community Centre.

Gently Loved Markets love a sustainable lifestyle and what better way to do that than buying preloved. With 30+ stalls selling preloved, vintage and retro clothing, accessories and homewares for all ages. Grab a coffee, your favourite fabric bag and come have a preloved treasure hunt with us.

All stalls are within the hall, so the event will go ahead no matter the weather. Plus, with changing rooms at the venue so you can try before you buy. The event is cash only. Gently Loved Markets will be held each month, keep an eye on their Facebook page for the upcoming events dates @gentlylovedmarketsnz

To inquire about a stall contact Donna Buchanan at



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Community News

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Gently Loved Markets, Saturday 26th June, Kumeu Community Centre, 35 Access Road, Kumeu.

Positively growing

Jojo's is very proud to share some of the great feedback we received during our recent ERO review.

'Children are keen learners and engage well with their peers. Kaiako provide a curriculum that promotes older children's agency, independence and decision making. Children are confident and have a strong sense of belonging in the centre.'

Kaiako who work with infants and toddlers maintain a calm, slow pace that reflects concepts of aroha. This good practice demonstrates that care is understood to be an integral part of the curriculum. Leaders and kaiako collaboratively develop and maintain responsive and respectful relationships with children and parents. They seek and use parents' views to develop a responsive and meaningful curriculum.'

We continually strive to provide a meaningful, caring, environment for our families and feel these comments really reflect what we set about to achieve. We welcome you to visit to see for yourself.



Kumeu Library

Repairs to the roof at Kumeu Library will continue throughout June - but we're still open inside our shroud of plastic and scaffolding. Normal service has resumed and all our regular programmes for both adults and children are running. There will be some noise and disturbance still during certain stages of the building work, for which we apologise - we will be managing this as much as possible to ensure the comfort of our customers and staff.

The longer, colder winter nights are a great time for snuggling up in a warm spot with a good book, and our latest display of the first books in a series is a great place to find something new to try that will keep you going all winter long. Make sure you come in to the library and check it out.

In June we're changing the way we offer our services to this community by bringing together council and library services. The Huapai Service Centre closes on Friday 18 June, and from Monday

21 June you will be able to access Council services at Kumeu Library - you can pay for property rates, check if you need a consent and register your dog.

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

Voices from the Past

Kaukapakapa Historic Library - Sunday 20th June, 9am to 1pm. The Helensville Museum holds a substantial collection of recorded interviews featuring the stories of people from Te Awaroa/Helensville and the surrounding districts, or from public gatherings. These provide both individual and general information on early families, the lifestyle of their times and records of significant events since the start of the Te Awaroa/Helensville settlement. A list and summaries of the recordings will be available at the library and orders for copies will be taken on the day. Come along and listen to recordings from Neill Barr, Phyllis Hooper, Roger West, William Tangaroa and more. Kaukapakapa library open in conjunction with the Kaukapakapa Village Market. For more info contact Megan 021 959 017, email threehorses@xtra.co.nz.



Vive La Dance 2021

Come and dance with us to celebrate French (14/07) National Day. Event by Boutique Tours France, Riverhead Tavern, Auckland. Saturday, July 17, 2021 at 7 PM UTC+12. Tickets; eventfinda.co.nz/2021/vive-la-dance/auckland/riverhead. Come and join us for a celebration of the -14th of July - the French National day. This event is a dance night. Come dressed up in the French colours. DJ Erik will play a mix of French and international hits that will make you want to stay on the dance floor all night. Bar will be open till 12 am and snacks available during the night. Free parking.






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In Brief

Brainfit for Life

BrainFit for Life classes are available again, this time to be held at the Te Manawa Library in Northwest Mall.

It is a four-week course, each week is an hour and a half of tips and strategies that will give you the skills vital for maintaining a healthy memory and independence during aging.

You will be taught Dr Allison Lamont's six key memory skills and a toolbox of strategies that enable you to keep these memory skills sharp throughout the aging process.

It is fun and it works.

The next four-week course starts Saturday mornings 10.30am till 12pm, August 7-28.

The cost is \$197 and it includes follow ups and handouts.

Contact Victoria on 022 033 9552, email Victoria@brainfit.nz, or visit www.brainfit.nz for more information.



Craigweil House

The residents of Craigweil House have been keeping busy with in-house events, special visitors and unique outings. Recently a group travelled to the Air Force's largest operational air base, RNZAF Base Auckland in Whenuapai-Hobsonville. Group Captain Andy Scott and Executive Assistant to the



Base Commander Alison Elford warmly welcomed our residents to the historic airfields and spoke of its interesting history. The team had prepared a plane, the C-130 Hercules Loadmaster, to show residents and give them an inside look. Avionic Mechanic Hope Gregory was there to answer questions, and residents took turns sitting in the cockpit. It was a fun outing and for many a chance to reconnect with old interests.

Another recent special event was a 'note-worthy' music therapy session in which Craigweil House was a symphony of laughter, music and chatting as Retts van Dam (Mapu-I-Musika Therapy Fale

founder) facilitated playing instruments, dancing, listening to music and writing songs. We find music therapy to be a fun opportunity for expression and creativity, and it brings us together as a community.

For Anzac Day, in collaboration with the Kaipara Memorial RSA, Craigweil House held a traditional service to remember and pay tribute to the Anzac service men and women of our dear country. We were joined by Steve Wilson (RSA Vice President) and Rex Keane of the Kaipara Memorial RSA who spoke stirringly of the courage, camaraderie and determination of the Australian and New Zealand Army Corps.

If you would like to enquire about Craigweil House for your loved one, please get in touch. We are a boutique countryside facility with personalised compassionate support and care for rest home, hospital and secure dementia levels of care - 09-420 8277.

Scouts

The 2nd Saturday of May is an important day Internationally for Scouting. Jamboree on the Trail (JOTT) is an annual day (or as close as possible to the day) for the World Scout Movement to hike together. All Scouts, whatever their age and wherever they may be in the world, are invited to participate in whatever way they can.



The Youth and Adults of the Waitoru Zone were no exception and gathered at Hobsonville Point on the afternoon of Sunday 9th May.

We had 3 different walks to cover Keas, Cubs and Scouts. These ranged from walks from 5km to just over 8km and included several activities along the way, including Frisbee Golf, Building Da Vinci Bridges and crawling under cargo nets.

We were also stopped at the Engine Testing bay, where the Kaipatiki Project Plant Nursery is based. The youth were given a tour of the facility and were informed about composting and the conservation work around *Epilobium Hirtigerum*, a rare plant that was found at the Hobsonville Point housing development a few years ago. The team at the nursery have worked hard to protect and cultivate this plant that is still listed as an At Risk species. This is a very important wetland and coastal plant that settles into disturbed ground and they then grow and help to create a forest, this counted toward the Better World Conservation Badge.

Conservation is an important part of Scouting, where youth are taught to leave the world in a better place than we found it. You may see Scouts picking up rubbish and popping it in the bin without being asked, or helping with a community planting project to list a few of the events that we do. If you have projects similar that you

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In Brief

need help with, please let us know or if you are interested to know more about Scouting, please visit www.scouts.nz or drop me an email: zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

45th anniversary - where have the years gone?

Exciting days ahead for Waitemata Scottish Country Dancing Club. We will be celebrating our 45th Anniversary Ball on 19th June. People come from the far north and as far south as Hamilton and Cambridge. We have a live band that you can't help dancing to, and a sumptuous supper. Although usually held out West, this year it is being held in St Aidans Church Hall, Remuera. We dance our favourite dances which we will be practising on Club nights leading up to the ball.



We welcome all interested people, and even run a Beginners Class at 6.45 - 7.45 pm every Tuesday evening at Kelston Community Centre before the regular club night from 7.45 pm. If you join Country dancing you soon realise it is a worldwide organisation which enables people from most countries across the world to meet and dance. It is a friendly supportive activity where you can join on your own, with a partner or a group. No previous experience is needed to join.

Flip for fun and health

Did you know....?

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



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

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

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process too - bonus!

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

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

Looking for house and land

Hi I'm Neville and this is part of my family. Having grown up in Hunter Rd, Taupaki, I would love to return to the area to treat my wife and teenage daughter. We have done the city living and made do with compact sections, it is time to spread our wings and come back to my roots. We have sold our house and are looking for land around 1 to 2 acres and a 3 bedroom or more home. A shed for a man-cave would be a bonus as there is a woodturning lathe to be housed and a good collection of drying wood. Close family live nearby in Kumeu so we are very keen to return. If by any chance you are thinking of selling, could we please have a chat. Neville - 022 320 3047.



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Property

Property market report

The buying splurge housing investors went on after the lifting of loan to value ratio (LVR) limits last year has seen their share of the mortgage market heading back towards the high levels seen in mid-2016 prior to them being hit by deposit restrictions the first time around.

Figures released in the Reserve Bank's latest bank loans by purpose monthly release show that in the six months to the end of March 2021 investors increased their share of the mortgage 'stock', the total amount outstanding for mortgages, by \$6.713 billion. That made up some 36.6% of the \$18.346 billion increase in the total bank mortgage 'pool' during the six month period. Total bank mortgage debt outstanding has now topped the \$305 billion mark. There's been a recent string of record monthly additions to the overall stock total, with more than \$3.7 billion (new record) added in March.

It's worth taking a snapshot of where we are with these various figures at the moment because the recent re-imposition of LVR limits and policy changes by the Government could see things changing quickly in the months ahead.

In terms of the overall share of that mortgage stock, investors now have \$84.323 billion outstanding in mortgages, which makes up 27.6% of the total outstanding mortgage stock. In the six months to the end of March that share increased quite sharply from 27.1%. But it is still some way shy of where it was at the end of 2016 (which is as far back as this data series goes), when it stood at 29%.

Through the early part of 2016 the investors had regularly been accounting for about a third of new mortgages every month. But that was stopped when the RBNZ clapped 40% deposits on them in mid-2016.

As of the start of May, we officially have 40% deposit rules for investors again, and a lot of talk from the Finance spokesperson that more regulation will follow. It seems that this crowd have one hand on the helm and the other on the Rum bottle and seem incapable of understanding the simple premise of supply and demand. On that note, let's have a look at last month's sales volumes:

Coatesville	\$1,950,000 to \$3,075,000
Helensville	\$593,000 to \$1,845,000
Huapai	\$1,080,000 to \$1,490,000
Kumeu	\$1,056,000 to \$2,250,000
Muriwai	\$1,665,000
Parakai	\$650,000 to \$882,000
Riverhead	\$1,100,000 to \$23,000,000
Swanson	\$1,020,000 to \$2,100,000
Taupaki	\$1,160,000 to \$2,400,000
Waimauku	\$1,120,000 to \$2,035,000

Waitakere	\$1,880,000
Whenuapai	\$1,100,000 to \$1,290,000

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Selling a property when you're splitting up

The decision has been made, the personal items and small household items have been allocated, the bank accounts separated as have the bills, but you can't come to a decision around the family home. You have a registered valuation and you have two independent property appraisals completed from reputable and AREINZ qualified real estate people. So you understand the value, you understand the process to cash up and one party says, no. I'm not moving, I'm staying put and I've changed the locks. Not ideal, highly stressful and unfortunate for all parties involved. If you are the party that says no, consider the facts. The family court can order the property to be sold. However this will take time and money which ultimately will reduce the amount each party receives from the property due to cost and fees, but also the court dictates the sales process, the minimum (or reserve) price and the marketing spend. This process can cost tens of thousands of dollars and take 12 months to get through the courts. For more information on working through this property these two links may assist: www.justice.govt.nz/family/separation-divorce/divide-relationship-property/ and www.communitylaw.org.nz/community-law-manual/chapter-24-relationships-and-break-ups/relationship-property-dividing-your-property-when-you-split-up-chapter-24/. Each party should have a competent solicitor to allow a common sense approach to progressing the decision, and a clear decision made early provides clarity for all parties affected to move forward. Your chosen real estate professional will explain the communication path with all parties and ensure decision makers are updated and informed weekly. Working with an AREINZ Real Estate Agent ensures your working with an agent that is at the top of their profession and ensures that any issues are forecasted and dealt with quickly and effectively.

Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).



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Property

Owning 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. Phone 09 973 5102 if you have more questions.

Why do I need a lawyer to buy or sell a property?

So you are ready to sell your property. You have an agent lined up, you know how much it is worth, you know how much commission and tax you will pay and have even worked out how much cash will be in the bank if you get the magic number you are looking for.

Then you are asked for the name of your lawyer and you want to

know why you need to engage a lawyer for this simple transaction. It feels like it's just another somebody clipping the ticket on the way through and no one can really explain why you need a lawyer to complete the sale.

There are many reasons why engaging a lawyer early on in the sale process can be beneficial and we will discuss those later but the simple question of 'why' deserves a simple answer so let us get to that first.

The current land transfer registration system, known as the 'Torrens System' is a compulsory electronic system recording all New Zealand land transactions. No legal interest in land may be created except by registration under the Transfer Act 2017. Lawyers or conveyancing practitioners are the only people who may certify electronic instruments. This is codified in Section 28 of the Land Transfer Act 2017. Lawyers and Conveyancers (Practitioners) lodge all documents relating to land with Land Information New Zealand. Records are kept of any changes made to titles, such as transfers of ownership, discharges of mortgage and new mortgages. Every transaction relating to land is recorded on a separate record of title for that land.

So there you have it, a Practitioner is required for every property purchase or sale. The reality however is that a specialised commercial property practitioner can provide a range of services during the course of the sale of your commercial property which can add value to the transaction and ensure things run smoothly.

Specialised property practitioners have a wealth of experience and can advise on all aspects of the transaction. It's normally recommended to engage a Practitioner when planning the sale. That way you can get independent advice, from an individual engaged to act in your best interest.

A good Practitioner will offer advice as to the type of conditions to be included in the agreement for sale and purchase and ensure you have all of the information required to make an informed decision on the sale. Kate Chivers, Principal Barrister & Solicitor - email Kate@klegal.co.nz or phone 021 460 937.

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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 transactions that have occurred. To receive the full summary simply email the word "full statistics" to hobsonville@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	1,675,000	1HA	213M2	1,950,000	PARAKAI	800,000	511M2	165M2	882,000
	2,500,000	1.64HA	244M2	3,075,000		750,000	531M2	155M2	859,000
HELENSVILLE	1,575,000	1.7HA	267M2	930,000		640,000	0M2	100M2	650,000
	880,000	1.13HA	174M2	1,200,000	RIVERHEAD	1,300,000	806M2	206M2	3,025,000
	1,800,000	1.71HA	208M2	1,815,000		1,330,000	801M2	276M2	1,650,000
	710,000	165M2	780M2	870,000		1,225,000	1500M2	230M2	1,340,000
	1,600,000	4HA	182M2	1,845,000		1,100,000	762M2	201M2	1,476,000
	730,000	913M2	105M2	980,000		890,000	893M2	139M2	1,100,000
	730,000	635M2	152M2	890,000		3,275,000	4.2HA	120M2	23,000,000
	550,000	455M2	100M2	593,000	SWANSON	1,055,000	3509M2	226M2	1,515,000
	7360,000	608M2	146M2	990,000		850,000	376M2	178M2	1,125,000
HUAPAI	1,075,000	626M2	199M2	1,300,000		870,000	482M2	160M2	1,020,000
	1,040,000	689M2	202M2	1,290,000		1,080,000	1080M2	229M2	1,500,000
	1,100,000	1516M2	220M2	1,490,000		750,000	527M2	180M2	1,100,000
	1,150,000	643M2	225M2	1,260,000		685,000	809M2	109M2	1,020,000
	780,000	635M2	101M2	1,080,000		1,875,000	4.6HA	370M2	2,100,000
	950,000	611M2	168M2	1,105,000	TAUPAKI	1,650,000	1HA	355M2	2,000,000
	920,000	461M2	165M2	1,141,000		2,175,000	4HA	230M2	2,400,000
KUMEU	860,000	1384M2	108M2	1,110,000		940,000	1136M2	165M2	1,160,000
	2,175,000	3.6HA	204M2	1,950,000	WAIMAUKU	1,650,000	1611M2	380M2	2,035,000
	1,100,000	756M2	221M2	1,400,000		1,250,000	1HA	183M2	1,630,000
	1,775,000	7650M2	301M2	2,250,000		1,150,000	801M2	183M2	1,120,000
	1,100,000	702M2	216M2	1,356,000		1,300,000	1841M2	247M2	1,700,000
	1,125,000	646M2	226M2	1,305,000	WAITAKERE	1,685,000	3.2HA	376M2	1,880,000
	870,000	1108M2	97M2	1,056,000	WHENUAPAI	990,000	1024M2	280M2	1,290,000
MURIWAI	1,325,000	8100M2	173M2	1,665,000		895,000	228M2	167M2	1,100,000

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

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

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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This page is sponsored by Mike Pero Real Estate, Kumeu

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Brand & Territory Owner
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By Negotiation

8 Reserva Crescent, Kumeu
By Negotiation

Modern construction, quality finishing, up-spec and up-graded soft furnishings, make this your next step. An excellent corner site home providing peace, privacy and single level living. In every aspect the home is cleverly designed and decorated to make the very most of its sunny corner site aspect. Two generous bedrooms and an open plan Kitchen-dining-lounge that opens to north facing sun-drenched decking. Certainly a home that will appeal to first home buyers and downsizers wanting a one level easy care section. Modern colours throughout the home, with fencing to keep precious little ones where they should be. Single garage and an outside carpark is included. Close to Primary Schools, Transport Links, Huapai Reserve and Convenience shopping.

www.mikepero.com/RX2847127



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



EASY LIVING - AFFORDABLE - #1 CHOICE



By Negotiation

66 Whenuapai Drive, Whenuapai
By Negotiation

Near new, with established plantings, easy lock-up and leave, and low maintenance for the first home buyer that is wanting instant gratification, it's all here. If you wish to have the best of both location and near new build, this is a home that delivers with a clever two level home offering open plan living and entertaining downstairs with alfresco and parking while upstairs enjoys two generous bedrooms and bathroom. Quiet, North Facing and safe. Neutral colour palette inside and outside, the home is fitted with sunscreens, insect screens, curtains and drapes. A home that delivers the perfect backdrop for all that individualism that your wish to display. Vacant and ready to move in, this Fletcher Home still carries the guarantees and warranties of its recent build.

www.mikepero.com/RX2855289



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

By Negotiation

129A Colwill Road, Massey
By Negotiation

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

www.mikepero.com/RX2768266



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09 412 9602

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HOUSE AND MINOR DWELLING - THE GOOD LIFE 5 2 3

By Negotiation

147 Mangakura Road, Helensville
By Negotiation

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

www.mikepero.com/RX2721189



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AFFORDABLE LIFESTYLE - #1CHOICE NEAR TAUPAKI 4 3 1

By Negotiation

175 Wairere Road, Waitakere
By Negotiation

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

www.mikepero.com/RX2849527



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COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES 6 6 3

By Negotiation

911 Old North Road, Waimauku
By Negotiation

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

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Hot Property



Affordable lifestyle - #1 choice near Taupaki

Waitakere Township and its sister Taupaki was largely a transit point in the late 1800 for the Kauri logging and gum explorers. In the 1960's the townships grew to Aucklanders' wanting to flee the crowding cities and boroughs and enjoy the good life, with land, chickens, bees and glasshouse. It is similar today with many West Aucklanders' wanting to migrate to property with sunshine, views and enough land to grow, nurture and manage, in an environment

that is not over encumbered but offers choice and expression.

Two land parcels are on offer on one incredible lifestyle block offering the good life, extensive views and an exquisite village feel.

This elevated family home delivers excellent peace, privacy and personality from the flowing open plan living to decking and the bedrooms and bathroom off the central hall.

Downstairs has a spacious office, double garage and store plus an independent double tandem garage which could suit art studio or man cave. In every aspect the home is cleverly designed and finished to make the very most of its sunny aspect and alfresco living. Even the positioning of the kitchen so you look through to the deck and the bush and valley views is divine. Certainly a home that will appeal

Hot Property



to full nesters with "The Good Life" options for gardening, chickens and small furry critters. Whether tending bees and collecting fresh eggs or searching for fairies and embracing solitude, the property offers to a broad spectrum in a sought after price point.

Close to Waitakere Primary School, Convenience Store, Public transport link and a short drive to bush walks and wide open beach excursions.

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



Central's Tips

June 2021



Time to plant strawberries and protect vulnerable fruit trees from frost damage. Add some stunning winter vegetables for eye-catching colour. Check the bargain bin for tulips at your local garden centre.

Winter flowers

Add the plants that love winter conditions such as camellias and hellebores, plus scented shrubs.



In the Edible Garden

- **Cover the worm farm for winter.** Rugs and old carpet are excellent for this purpose
- **In go the strawberry plants.** If you have runners coming off last year's strawberry plants, snip them and plant into fresh soil. Add plenty of compost and sheep pellets as they will use food quickly when they begin to grow
- **Stake or build supports around broad beans** - If the plants are bushy and plentiful you can pinch out the tips and use in stir-fries
- **In frosty areas, build shelters for Citrus, tamarillo and avocado trees and cover passionfruit vines.** Or, frost cloth or newspaper is also a cheap and easy option on the nights where the temperature dips
- **For eye-catching colour** in the vegetable garden plant rainbow stemmed chard and beetroot. Small beetroot leaves jazz up winter salads. Structural plants for vegetable gardens include artichokes, cavolo nero and kale
- **Garlic and shallots should be planted now** - traditionally near the shortest day of the year. While technically you can plant bulbs of supermarket garlic, the ones sold in garden centres are certified free of disease.

The rest of the Garden

- **Plant any tulip bulbs** left on sale in the garden centres - it's been a warm season, and the cooler soil is better for these bulbs
- **Winter scent in the garden:** plant daphne, wintersweet, boronia and the Burkwood viburnum, all of which flower over the next three months and have fragrant blooms
- **Plant winter roses (hellebores)** in raised beds or on banks to view the remarkable and varied interior petals of their beautiful flowers
- **Camellias** are a wonderful winter flower with shades from white and soft pink though to deep rose and red. Sasanqua varieties make excellent hedges and will flower earliest in the season, avoiding petal blight that damages blooms in spring
- **Liquid frost protection oil** can be sprayed on susceptible plants, to provide a protective coating on the outer leaves
- A good way of **encouraging new plants** in the garden is to **liquid feed them**, sending nourishment directly to their roots. Aquaticus Organic Garden Booster is ideal.

Project for June

Condition soil by adding compost and sheep pellets.

Compost breaks down clay and enables the soil to retain moisture, which will help when weather turns drier. Sheep pellets add nitrogen. For heavy clay soil, adding gypsum will assist in making it more workable.

For great soil advice visit www.centrallandscapes.co.nz





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Home & Garden

Triangle Park Community Teaching Garden

385 Don Buck Road, Massey (next to the Massey Community Hub). Promoting gardening and healthy eating. Workshops: 10am-12noon. Wednesdays & Saturdays.

Gardening is one of the most pleasurable activities one can have. What other activity provides hours of joy, exercise and puts food on the table. Many of us can remember our parents' or grandparents' wonderful gardens and the produce. The tastiest tomatoes, peas, strawberries, huge cabbages, carrots and parsnips and the taste of sun ripened strawberries straight from the vine, simply delicious!



The Triangle Park Community Teaching Garden started as a simple shared community garden and now flourishes as somewhere people come to connect, share knowledge, and to grow and harvest food. We grow fruits, vegetables, herbs and flowers using organic principles. You can help at the garden whatever your skills are - we share the produce between the participants after a session. Maybe your children want to be involved, they sure love all the bugs and bees around. Come along, grow food and have fun.

Our upcoming workshops and events are:

Gardening with the Seasons with Judy Keats - Wednesday 02 June, 10am - 12:30pm,

Winter planting will be the focus of this workshop, with emphasis on soil fertility, crop planning, and crop selection for transitioning one season to the next. Everything you need to know to build

confidence in your growing skills.

\$20pp Register triangleparkgarden@gmail.com 021 934 971

Winter Pruning with Ben Cheah - Saturday 12 June, 9:30am - 12:30pm.

Join us for a hands-on workshop on winter pruning. Facilitated by Ben Cheah, you will learn how to prune fruit trees for tree health, shape and to increase fruit production. We will cover the different types of pruning cuts, tree shaping and tool maintenance.

\$20pp Register triangleparkgarden@gmail.com 021 934 971.

Composting Systems Tour - Thursday 17 June, 11am-12:30pm.

This Compost Systems Tour and 'How To' will be facilitated by Judy Keats and offers an introduction to different ways of composting. Come and discover what suits you best.

This course is proudly supported by Auckland Council and delivered by the Compost Collective. Register through the compost collective website: www.compostcollective.org.nz/events/compost-systems-tour-triangle-park-4/

Want to know more? Keep up to date with all events on Facebook- Triangle Park Community Teaching Garden, email us triangleparkgarden@gmail.com or just pop along to one of our weekly practical gardening workshops on Wednesday & Saturday 10am - 12pm.

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Home & Garden

your building project to the highest possible standard. Our locally owned and operated network of three Auckland stores ensures we can provide our products and services with prompt delivery to your site.

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

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

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

Do you have a project or plans you would like priced? Then contact our experienced Sales Team today! Email: kumeu@westernitm.co.nz or phone 09 412 8148

Western ITM. Locals Supporting Locals. 3 Auckland Stores - Open Mon-Sat. Whenuapai | Kumeu | Swanson. www.westernitm.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 an excellent range of camellias in many different colours with more coming in. 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 or visit www.awanursery.co.nz.

Planting season

It is planting season, our favourite time of the year. Now is the best time to start planting native trees and shrubs as part of your restoration efforts. For those of us with large properties, this might involve upward of 5,000 plants each season which can take a while.

NZ Biosecurity has planting teams to help out on those days when you need to get a large number of plants in the ground. We also attend community planting days to help out, where we can organise the plants for you, set them out in the best locations and at the optimum spacings, assist volunteers to plant the plants, and run





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Home & Garden

a yummy BBQ for everyone after the hard work is finished. No matter how big or small your planting event is, give NZ Biosecurity a call and we can help out on 09 447 1998.

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 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 for more information.

It's autumn - are your kikuyu lawns thatchy?

Typical of the change of seasons we have been asking, "is it still summer?" with the warm northerlies bringing long periods of unusually high temperatures. Only to then need to break out the extra blankets for several cooler days. Even some of the plants are confused with some daffodil bulbs already about to flower in some areas.

But what about the lawns? They are confused too - the higher temperatures and lower amounts of rain have seen them continue to grow, some quite vigorously, but others sort of weakly and some kikuyu lawns are becoming very thatchy. It's as if the kikuyu has decided to grow it's stolons (the long vine-like runners above the ground) rather than the leaves on top, and this after an extended period of strong growth. How can you tell if your regularly mown kikuyu lawn has become thatchy? Walk over it and even though it is regularly mown is feels spongy underfoot and your foot sinks in = thatchy. While mowing does your mower sink in, lift up chunks of kikuyu and maybe clog? That's got thatchy. Or does the mower leave lots of brown areas where it has cut off the green grass and exposed the brown underlying thatch but the mower is already set very high? That's thatchy.

What to do? There is only one thing to do - remove the thatch and lower you Kikuyu grasses growth back to close to the ground. That is called dethatching. You can hire a specialist dethatching mower which is quite expensive, or you can mow your lawn very slowly and on a very low setting with a side throw mower and then rake up and remove or mulch in those clippings. There will be a lot of clippings from this (way too much for your catcher mower to handle) and your lawn will look terrible till it grows back. Do it when there is some growth and a bit of rain so it recovers as quickly as possible, best is early autumn and spring. If you do it in winter you can create a

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Home & Garden

muddy, messy lawn which stays this way for months.

Doing it at the right time of year is the key, and you will be amazed at how quickly it grows back and how nice it looks. Gary Turton, Franchisor - Jim's Mowing.

Solarcraft commercial - free solar report continued

Our new commercial solar reporting system is an efficient and straightforward way to demonstrate how a solar power installation on your business or commercial building can greatly reduce your power overheads or eliminate them entirely.

More and more businesses are installing solar systems. It makes a lot of sense as the energy from the sun is at its best during business hours, so you can utilise that energy as it is being made. Bypassing your power bill altogether.

Any excess power generated is then exported back to the grid for a credit on your bill. Commercial roof spaces are excellent for BIG power output. You can also claim tax back on this asset.



Plus there are all the associated environmental benefits of a renewable energy system; reduced carbon emissions etc...

Solarcraft can create a free 24-page custom-report for your business so you can discover all the benefits as we highlight what your new solar system can do for you...

Contact us any time on info@solarcraft.co.nz with commercial solar report in the subject line or phone 0508 272389 www.solarcraft.co.nz.

Get started on your new build NOW

1. Visit a show home in person or take a virtual tour: We currently have 3 show homes in West Auckland. There is nothing better than viewing a home in person, you get a real feel for the floorplan, run your hand along the quality finishes and collect interior style inspiration. If you would prefer to see a show home from the comfort of your couch, you can view our show homes via virtual tour on our website.

2. Crunch your numbers: Our property finance experts at One50



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group have been supporting customers through the ups and downs of the property market for over 18 years. Take advantage of unique finance products and record low interest rates. Their friendly team of experienced mortgage brokers can talk you through the finance opportunities available and help develop a personalised solution.

3. Find a floorplan that suits: Now comes the fun part: finding the perfect floorplan. Are you looking to upsize or downsize your bedrooms? Do you want flexible spaces? Is a master suite high on your priority list? Have you considered features such as a butler's pantry? Begin by exploring our range of floorplans - get to know the specs and how they fit with your family's lifestyle. Imagine how you see yourself using the space, now and into the future.

4. Refine your style: Social media is a new home builder's best friend. The Signature Homes Facebook page features style inspiration, news and build advice, while the #signaturehomesnz offers interior ideas and experiences shared by New Zealander's building with us and our local teams. Pinterest is another great way to gather inspiration, we have boards for each room of the house and others that feature different interior styles and finishes.

5. Learn what to expect: Your home is one of the biggest investments of your life. It is vital you find a builder who you can trust and that you know what to expect from the process before it begins. Signature Homes offers peace of mind with the best building guarantees in New Zealand. Check out our testimonials to hear first-hand from real customers as they talk through their own build experience, the challenges and opportunities they encountered, and their considered advice for creating your dream home.

6. Take advantage of the Signature Homes blog: Get educated on all things finance and guarantees. Learn how to choose the right white. Look through real homes and learn tips and tricks from the homeowners. Get inspired here: <https://www.signature.co.nz/blogs>

7. Browse the brochure library: Prefer to get your information in real life with easy-to-read format? Signature's comprehensive brochure library is online. Have a flick through our available tools including a Building Guide, collection look books and construction guides then order away.

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8. Secure the perfect House & Land package: Looking for land? A House and Land package brings together a block of land and a home design that perfectly suits that block for a fixed price. It is an easy, secure way to buy a new home. Our expertise in House and Land means we have a large range available to suit all budgets and the most discerning of tastes in the most popular locations, all at fixed prices.

9. Get your questions answered: Ready to begin your dream home journey or just want a casual chat about your options? All Signature Homes New Home Consultants are available for a no-obligation call or visit.

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/page/westdesignbuild.

The answer to clean and safe water

Water tank owners are now able to clean their tank and keep the water too, thanks to an innovative new service.

Safe H2O Auckland chief executive Hamish Grey has brought his country-first water tank cleaning technology to cover the Kumeu district, as well as greater Auckland.



"The Safe H2O mobile unit is equipped with state-of-the-art nano-filtration which filters out anything larger than 0.001 micron," Hamish explains.

"Tank sediment is vacuumed from the bottom of the tank and the balance of the water is cycled through the system removing e-coli, giardia, lead, pesticides and other contaminants to make your drinking water safe. The purified water is returned to the tank ready for use."

The Safe H2O process retains and purifies your precious water, meaning there is no requirement to purchase replacement water. The process has the added benefit of not risking damaging the insides of your tank.

The Safe H2O system has been successfully running for six years elsewhere in New Zealand. Hamish decided to bring the service to the northern market after observing the recent droughts and the difficulty in sourcing water in the greater Auckland region.

"Water is a precious commodity, and especially as climate change continues to affect weather, it's important not to waste it."

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Home & Garden

Clean and safe drinking water is critical to ensure the good health of you and your family. And it is something we often take for granted, as various recent incidents with water quality around the country demonstrate.

The Ministry of Health recommends water tanks are inspected and cleaned annually, and Hamish says it is important to continually do a visual check of sediment build up.

"Whether its birds, rats, possums, pollen or someone spraying in the area, contaminants build up over time. This can apply for rain or bore water."

Hamish says a regular tank clean will not only provide clean and safe water it will also allow household filters to work better and last longer. Ultimately this saves costs, on top of being better for your health.

"We regularly hear the comment that 'we have built up immunity' to whatever is in the tank water," Hamish says.

"We had one farmer who had not cleaned his tanks for 20 years and suffered from shingles for over a year with his medication making no impact on the disease. We cleaned his tank and water and he contacted us two weeks later to say the shingles were clearing up.

"Your health and that of your family and friends is not something to compromise on and we can help by providing affordable, safe water, fast."

Safe H2O Auckland - Premium tank cleaning and water purification. Call on 027 2766950 for bookings or visit FB @safeh2oauckland for more information.

Waimauku Garden Club

I do love this autumn weather. Guess you'd like an update on what we have planned for the next few months?

'Good from Scratch', did we have a wonderful day at the van der Elzens Home Cookery School...we certainly did.

Firstly morning tea and welcome, followed by a walk up to the vegetable garden and nursery.

Adrienne, the gardener and Bea van der Elzen explained plantings from garden to table. Everything is picked fresh daily.

Next, coffee/tea and lunch, a caramelised onion and feta tart plus salads. A time for a catch up and viewing the beautiful valley view.

May 20: Eden Gardens and Tip Top

June 17: Bridgeway and Northcote Tavern

July 15: Riverhead Tavern: Mid-Winter Christmas + speaker

August 19: RNZYS to see the America's Cup and possibly lunch at Buoy

September 16: Cornwall Park/Astrodome October 21: Possibly Maungaturoto

November 28: Lavender Gardens

December: Christmas Lunch date to be advised Come and join us. New members always welcome.

Contacts: Ann 021 035 7406 Diana 027 478 8928 Donna 021 233 0974 Judith 027 272 9994 Moira 027 498 9152.

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Pets

Shorthair Cat Show

Shorthair Cat Show - Sunday 20 June 2021 - 10.00am To 3.00pm. Kumeu Community Centre, Access Road, Kumeu.

TOSCA Cat Club is running a show in June featuring all Shorthair breeds of cats and kittens, along with our specialist breeds of Siamese and Oriental Shorhair (the tall slinky ones).

Our annual show features beautiful champions strutting their stuff (and yelling about it) as well as divine kittens. Our judges come from all over New Zealand and will be giving a commentary on the cats as they are judged.

Come in the morning to watch judging, or come in the afternoon to see the winners with their ribbons and our prizegiving.

All welcome to come and view for a small door charge of \$4 per adult and \$2 for children (sorry, we don't have Eftpos, please bring cash).

If you have any queries, please call our club secretary Sue Starrs on 09 833 5200.

(Here is local boy Gixx on the left, coming back to defend his winning title from 2019 and his sister Min who is entirely unimpressed by his bragging and says she can beat that silly boy, just you watch - come and meet them at the show.)



Kanika Park Cat Retreat

What You'll Need: Cardboard boxes (at least 5 medium size boxes), Masking tape, Box cutter and ruler, Scrap paper, felt, or fabric, Decorative paper or fabric.

Instructions:

1. Choose a height for the pad (this is 4)
2. Measure and cut your cardboard in identical width strips. Cut so the ridges in the cardboard are going horizontally across the strips.
3. Start rolling the cardboard in your hands and bending at each corrugation, it will start to curl naturally.
4. Tightly wind one strip into a circle and tape closed. This will be the core of your round.
5. Add a new piece and secure with two pieces of masking tape. Choose which side will be the top and make sure that side is always even. It is less important if the other side is slightly uneven, it will still sit properly, and the top will look perfect.
6. Keep adding! Tape each piece right next to the end of the last



Feeling taxed by investment challenges?

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

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

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Pets

piece and keep the coiling tight.

7. Cut your pretty paper and wrap it around the outside. Tape to close.

8. Trace onto the scrap fabric or paper and cut out the circle. Tape or glue to the bottom so that if you choose to put catnip in it, it won't spill through.

9. Put on the ground, sprinkle on catnip, and watch as hilarious cat antics ensue.

VOILA! Kanika Park Cat Retreat - Phone 09 4115326, email info@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. Phone 09 412 2636 or 021 929 999 for further information.

Dog&Co.

With winter just around the corner, an outdoor pet photography session may not exactly sound appealing (although winter sunsets can be stunning). With this in mind, it is the perfect time to consider studio photographs. I have recently set up an indoor photo studio specialising in the photographing of dogs both by themselves and with their families (if you want to hop in front of my camera too). Sometimes it is the simplest of images which can be the most striking and that is why I love studio shoots. It allows the personality of the subject to shine through as they take centre stage against a plain black or coloured background. No distracting props, no fancy editing. Just your dog being your dog! What more could you want from a photo?



So if you have been thinking that it would be nice to have a photo of your beloved dog up on your wall then I highly recommend booking in a studio shoot. I have everything we need to get those special photos...endless treats, squeakers, toys, and a repertoire of silly noises to encourage those irresistible head tilt moments.

Get in touch anytime via my website or email to book, as I would love to hear from you. Website: www.dogandco.nz Email: kirsty@dogandco.nz

SPCA's Doggy Daycare

Tucked away overlooking the park in Rawiri Place, the daycare is overseen by Team Leader Rosie Goodman, who joined SPCA earlier this year.

"I've absolutely loved meeting all the gorgeous pups who come to our daycare from right across the North West," says Rosie. "Our team love coming to work each day and making sure the dogs are safe and happily tucked out at pickup time."



The dog daycare industry is thriving, but SPCA understands the nervousness owners can feel in handing their beloved furry friends over to strangers. Their mission is to provide locals with a trusted option that ensures high standards and meaningful experiences.

SPCA Doggy Daycare is not just a place where dogs can be babysat while owners are at work, it guarantees engaging enrichment activities, socialisation and exercise throughout the day.

"Our daily routine includes both high and low energy activities, so we can make sure all dogs have a great day, whether they like snoozing or love doing zoomies all day," says Rosie.

Alongside the modern facility, passionate staff are thoroughly trained in robust and safe processes for the dogs in their care and overseen by SPCA's expert science and animal behaviour team. The generous staff-to-pup ratio means dogs get the one-on-one attention they crave.

The Hobsonville community is growing quickly and SPCA is very excited to be part of it, building strong relationships with local dog owners, and their precious pups.

All proceeds from the SPCA Doggy Daycare directly support the amazing work SPCA are doing in the community to help vulnerable animals.

Enquire at www.spcan.z/daycare, check us out on Facebook or Instagram or give the team a call on 09 869 6700.

6 Rawiri Place, Hobsonville, opposite Hilton Brown swim school.



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Food & Beverage

Bienvenue!

Join us for our June themed dinner - French. Our chefs have put together a traditionally inspired French menu, and we'd love to have you join us to share it. Hosted by Tony Soljan, join us for a night filled with delicious food, even better wine, and great company. Book online at www.soljans.co.nz.

Feijoa frenzy

Hallertau Brewery's annual feijoa appeal met with an overwhelming response this year. The resulting Funded Feijoa Sour 5.8% packs an almighty punch with the addition of heaps more of New Zealand's favourite backyard fruit. A delicate aroma of ripe feijoas on the nose. Fruity & tart on the tongue, with a fat & creamy mouthfeel from the inclusion of a bunch of oats and a little lactose. Now pouring at Hallertau Riverhead & Clevedon, fill your flagon or grab some bottles from our fridge.



Homemade tonic water

Cinchona bark is the herb used to create tonic water. It has a unique flavour and is high in quinine. See our recipe below to make homemade freshly made tonic water in a concentrated form that you can enjoy with soda water and ice or also with the additional of gin.



Ingredients - 4g cinchona bark, 4g citric acid, 4g lemon zest (approx. 1 medium lemon), 75ml lemon juice, 3g lime zest, 30 ml lime juice (approx. 1 medium lime), 8g lemon grass, fresh and chopped roughly, 1g fennel seeds, 1g allspice berries, 1 x clove, 3g stevia leaves, fresh (approx. 8 x medium sized leaves), 1/4 teaspoon pink salt, 1g lemon verbena, fresh, (approx. 10cm or 4in sprig) 700ml water.

Method - Add all ingredients to a pot and bring to a simmer, Simmer for 3 minutes, then remove from heat and allow to cool, Strain, bottle and refrigerate.

Gin & Tonic - Depending on your flavour preference and how strong you like your G&T, you can adjust the amount of sparkling soda water and gin to suit yourself.

70ml of tonic water combined with 35ml of gin and approximately 200-250ml of soda water, served over ice and with a slice of fresh lemon in a tall glass.

For more herbal recipe ideas or to purchase Organic Herbal teas, visit our website: www.NewZealandHerbalBrew.co.nz.

Jesters Westgate

New seasonal pie in store now. We are welcoming the new Pork & Apple seasonal pie into our store this month. This pie has succulent pork paired with traditional spiced apples, sourced from our orchards in Hawkes Bay. This winter warmer puts a pie-tastic twist on the classic Sunday roast. Visit our store at Westgate Shopping Centre (next to Countdown) to try it. Also available from our Pie Van if your business is visited by us. Call to enquire 09 832 6060.



The Good From Scratch Cookery School

One of New Zealand's most loved chefs, Michael Van de Elzen, together with his wife Belinda, who is also a qualified chef, run the farm-to-fork experience, The Good From Scratch Cookery School, on their lifestyle property near Muriwai. The school is an embodiment of the Van de Elzen's combined philosophy; food is best when it's prepared from scratch.

Classes are a hands-on experience that take you on a culinary journey that involves picking and gathering ingredients for the day's menu while learning about why



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Food & Beverage

they're important nutritionally, how to master the cooking process, and the best ways to grow and pick seasonal food at home.

Visit goodfromscratch.co.nz to purchase vouchers for the ultimate foodie gift, look at what classes are on offer and to book yourself in for a fantastic day learning new skills and creating delicious fare, all while supporting local.

Peko Peko

We pride ourselves on serving fresh Japanese food of the best quality. We cook all our food and sauces from scratch in house and we are the only authentic Japanese family owned restaurant in the Northwest area since 2014. There is Japanese beer and Sake on the drink menu as well as NZ wines for the dining menu. We are located on 102c Hobsonville Rd next to the Hobsonville Primary School. Please check our Facebook and Instagram page for more info. 09 416 1197.



An eye-healthy winter warmer

Winter is here and the team at Westgate Optometrists are sharing one of their favourite eye-healthy winter warmer recipes: Creamy Pumpkin, Carrot and Fennel Soup.

Ingredients: 1) One small pumpkin, chopped. 2) 4 carrots, chopped. 3) 2 fennel bulbs, chopped. 4) 1 medium yellow onion, chopped. 5) 2 cloves of minced garlic. 6) 3 cups vegetable stock. 7) ½ teaspoon fresh thyme. 8) ¼ teaspoon Himalayan rock salt. 9) ½ teaspoon pepper. 10) 1 cup of cream or milk. 11) 1 tablespoon olive oil.



Method: In a large soup pot heat olive oil on a medium-high heat. Add pumpkin, carrots, fennel, onion and garlic and sauté for approximately 8 minutes or until onions are cooked and carrots are tender. Add vegetable stock, cover and bring to a boil. Reduce heat and simmer for a further 10 minutes. Add thyme, salt, pepper and cream/milk. Pour soup into a large blender or food processor and process until smooth. Serve with croutons/bread, chopped parsley, an extra drizzle of cream and/or roasted pumpkin seeds. Enjoy!

For more information on nutrition for your eye health visit our website: www.westopt.nz or phone our friendly team. Located at 4/46 Maki Street, opposite NorthWest Shopping Centre and Kiwibank. Phone 09 831 0202, email info@westopt.nz.

Big Hearts meet Big Pizza

When customer experience is the secret ingredient that keeps people coming back time after time, having a combination of passionate people, pliable process and perfect pizza is a combination that delivers in spades. We met up with Raman who is the Food and Beverage Manager



of Goode Brother Northwest, and after a few moments with him you understand that his passion is on delivering the very best customer experience possible. Not only is this about celebrating food and front of house service, it is about customer recognition, understanding what people like, what they drink, what they eat, and welcoming them by name. "It's not the one thing that people remember, it's everything that forms a great experience" says Raman. Goode Brothers Northwest started a school pizza drop off in celebration to the great work that teachers do within the community. They say "It takes a big heart and large pizza to shape little minds. We have some large pizzas to be dropped off every week to a big hearted teacher or an amazing school. Just comment your favourite school or teacher and we will try our best to shout them pizza".

This programme delivers on a feel good level and it's great to get such positive feedback on teachers within the community over our Facebook feed. This was one such comment, "Totally agree Nicole Stokes and the other awesome teachers at Helensville Primary. Nicole puts a huge amount of time and effort into organising all the school's sport teams and events, always encouraging kids to give their best and to aim high ... along with being an amazing teacher to her class". "It aligns with our culture" says Raman, "that people go the extra mile, deliver a better experience for those around them, and the outcomes are really appreciated" We can all do a job and satisfy our job description, however for me it is more about the customer experience when they get home and reflect on how they feel. You'll find Raman busy and bustling about at the very popular Goode Brothers in Northwest mall. For more information bring them up on www.facebook.com/GoodeBrothersNorthWest.

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Health & Beauty

Why go to Kumeu Chiropractic?

We have people who come in regularly for Chiropractic adjustments for the rest of their life. Why have they made this decision and commitment to their health?

They see and have experienced how a healthy functional spine, is paramount to a body that is constantly adapting to the rigours of a busy modern life. A healthy spine supports a nerve system that is then able to better coordinate all the processes needed to heal and remain healthy and vital.



The most common reasons people visit us are, Relief, Correctional, Maintenance, Prevention and Wellness. They all serve different purposes, and have different commitments attached to them. For some, pain relief is all they need. For others, it's a about maximising their health and wellbeing on an on-going basis.

Our job is to give you the best care possible, and your job is to decide how far you want to take it!

If it has been a while since your last Chiropractic adjustment, give us a call to get back into that regular tune-up.

Kumeu Chiropractic. 8 Shamrock Drive, Kumeu. Phone 09 412 5536.

Our real life Tooth Fairy

This month, Ashley one of our lovely hygienists/oral health therapists at Kumeu Dental visited the Secret Garden Preschool to talk about ways of keeping your teeth healthy through life. She enjoyed chatting about which toothpaste is best and demonstrated how to correctly brush your teeth.



Ashley also set up a couple of activities for the kids so they could play with some dental instruments and practice flossing. However best of all, Ashley brought along stickers and a toothbrush for all the kids. What a fun morning.

Prevention & education is key. It is important to bring kids in early and start building those great dental habits for life. We like to start

dental checkups at a young age, so we can start introducing them to the dental clinic and make sure that it's a fun and positive experience so they enjoy coming here and don't develop any dental anxieties.

We recommend regular visits to the dentist every 6 to 12 months depending on their dental health.

Call our friendly team at Kumeu Dental on 09 4129507 to see how we can help you or your children have a wide, healthy smile.

For Eyes Optometrists

My name is Anna, I have recently been lucky enough to join the team at For Eyes Optometrists here in the lovely Kumeu community. I grew up in Ireland and have been in New Zealand for 3 years. I previously trained as an optometrist in the UK but unfortunately the qualification is different in New Zealand so I am not able



to practise optometry here. However, I am really enjoying my new job with For Eyes and I am looking forward to meeting more of the friendly locals. Please call in and say hi.

Music – food for the soul

Musicians are passionate about what they do and are prime candidates for injuries because they perform repetitive movements in awkward positions over a prolonged time. Tendinitis, hyper-mobility and trigger fingers are common problems amongst musicians.



Musicians may not be aware of the effect that overworking their forearm muscles will have on their hands. These muscles are largely responsible for controlling movements in the hand, so warming up, cooling down and stretching these muscles are important to prevent and address sprains and pain.

Musicians can also suffer trauma while performing sports or DIY activities. These injuries need to be managed in the context of their instruments and the demands placed on their hands.

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Health & Beauty

treatment and can work with you on developing healthy practice habits to correct a problem without sacrificing your performance.

Call the Hand Institute in Huapai on 09 412 8558.

Hobsonville Physiotherapy

Taryn Davis - Physiotherapist. BHSc (Physiotherapy), Level 1 Crossfit Trainer.

Taryn graduated with a Bachelor of Health Science, Physiotherapy in 2007. She has extensive experience working for our District Health Board in orthopaedics, post-surgical recovery, older adult rehabilitation and outpatient services.

Taryn has spent most of her life involved in various sporting pursuits including water polo and hockey. More recently she has discovered a passion for Crossfit and Olympic weightlifting, and is a Level 1 Trainer at Crossfit Red Dragon in Hobsonville. Therefore if you have any CrossFit related sporting injuries she not only really understands what's involved in the sport but she would love to help you get back to doing the sport you love and staying fit and active

Taryn has a keen interest in pre and post-surgical care, sports rehabilitation and older adult health.

When Taryn isn't with us at Hobsonville Physio, or working up a sweat at Crossfit Red Dragon, she is caring for her two lovely children.

Hobsonville Physiotherapy phone 09 416 4455, email physio@hobsonvillephysio.co.nz.



Sore feet? Is the problem in your feet or somewhere else?

As a chiropractor I love to adjust the feet. I am often asked why I do this, and my answer is that everything is connected. Sometimes, foot dysfunction can cause lower back and hip problems, or it could be the other way round.

Over the last month I have made several videos all about the feet with some simple things you can try at home. You can head over to our website to watch them. If you try them and are still suffering, then maybe it is time to step back and look at things a little differently. This is where chiropractic care could be an option for you.

Zash Hair

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

If you would like to discuss this further, please call me on 09 413 5312 and I can see what I can do to help. To find out more, check out our website www.elevatechiropractic.co.nz.

H. pylori and stomach ulcers

Should we blast it or nurture it?

The traditional approach to an H. pylori infection is to attack it with multiple antibiotics plus a proton-pump inhibitor. I think this logic is flawed. If you have symptoms of stomach pain and test positive for H. pylori, we need to take that seriously. There is no doubt that H. pylori can cause inflammation in the gut which can lead to ulcers and even stomach cancer in some people. Yet it also lives happily in the stomachs of many people without causing any problems. This indicates that it depends on the person as to whether this bacterium will be nasty or innocent. H. pylori is tricky to kill off and the treatment will fail in about 30% of people. There is a high level of relapse, presumably because we haven't fixed up the stomach environment. In contrast, if you have a well-functioning gastrointestinal system, you can live happily ever after with H. pylori.

A Healthy Stomach:

A healthy stomach is a hostile environment for H. pylori. So, what do you need to do to ensure a healthy stomach? My strategy to ensure a healthy gut (and a hostile environment for bacteria like H. pylori) involves five factors:

1. Increase stomach acid.
2. Improve the mucous barrier in the stomach.
3. Reduce the ability of H. pylori bacteria to adhere to the wall of the stomach.
4. Improve the stomach's antioxidant defence mechanisms.
5. Reduce stress (emotional or physical).

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Addressing all five factors will ensure you are less likely to have problems from H. pylori. If you do have problems already with H. pylori, addressing these 5 factors will ensure that the treatment will work better. To learn more about how to improve these 5 gut health factors and to nurture your stomach to be a resilient core of great health, speak to the health coaches at Massey Unichem Pharmacy. Martin Harris. 396 Don Buck Road, Massey. 09 833 7235.

Fallen arches

The arch of the foot can change shape for a number of reasons, dropping or flattening is the most common change that we see at Hobsonville Podiatry. This can be either painless or incredibly painful. Change in arch shape and function can greatly affect how you walk and run and be a crucial part of treatment of lower limb injuries.

Symptoms: Pain in the inside or bottom of the arch. Aching in the ankles. Pain on the outside of the foot. Difficulty walking or running - particularly the propulsive phase of gait. Unable to get up on to tip toes - either completely or not as high as previously. Change in width and length of the foot, making shoes fit tighter. Heel pain. Tight feeling in the bottom of the foot.

Causes: Weakness in the tibialis posterior tendon, the muscle that is largely responsible for maintaining arch shape and correct function of the foot when walking and running. This tends to happen gradually. Pregnancy - the hormone relaxin is released in pregnancy to help prepare the pelvis for childbirth, this hormone can affect the feet as well by relaxing the ligaments that support the foot, therefore leading to a flattening. Trauma/accident - ankle sprains commonly result in a change in foot posture. Nerve damage to the nerve that supplies the muscles of the feet. Prolonged pronation (rolling in of the feet) during gait increases the load on the tibialis posterior tendon.

Treatment: The first and most important step is ensuring you have good footwear that support your arch well. There are varying degrees of arch flattening, therefore varying levels of treatment based on individual needs.

Below is a list of the types of treatment we offer at Hobsonville Podiatry to help with dropped/fallen arches: In shoe supports to help re-align the foot - these can be simple or more comprehensive depending on the individual. Joint mobilisation to free up any restrictions that may be keeping the arch in a dropped position. Soft tissue release to free up restrictions. Strengthening exercises to help realign the foot/feet. Gait retraining - often compensations are made when the arch drops, therefore we help people train out of these compensations. Strapping - helps to hold the foot in a supported position and temporarily relieve symptoms.

Hobsonville Podiatry is located at level 1, 124 Hobsonville Road. www.hobsonvillepodiatry.co.nz.

Mats for muddy feet

Hobsonville Optometrists - Glasses and Gifts have a fun range of thick doormats to cope with the wet weather. Pop in and chose a mat to suit your home. Scarves are arriving weekly and this year's colours will definitely brighten your winter wardrobe. Don't forget to book an eye examination if you are experiencing any difficulties - short arms, night driving squints, computer headaches phone 09 416 3937.



Beat the winter blues - learn Reiki

As we head into winter, with changing weather, less daylight, some of us begin to feel the "winter blues", now is the perfect time for you not to be affected by the "winter blues" but instead, spend some extra time looking after yourself and look to recharge and re-energise yourself.



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Health & Beauty

Reiki is one of the tools you can use to recharge your batteries. Reiki is defined as "universal life force energy". Astramana™ Healing Services offers various training classes in Reiki. As with a lot of other things, there are many different types of Reiki. We are proud to offer training classes in the following Reiki Healing Systems, Usui Reiki, Holy Fire® III Reiki, Holy Fire® III Karuna Reiki, Gendai Reiki, (other systems are offered by request, please check our website for details). Reiki training class is taught by a person who has been certified and trained by Reiki Master -Teacher. A class usually lasts between 1-3 days. During the training you will learn about the history, hand positions, self-healing, working on other people and receive the appropriate attunements. Upon successful completion you will receive a certificate and training manual. This is a great way to give yourself the ability to recharge yourself and others.

With your new Reiki skills, you can volunteer in hospitals, rest homes and palliative care centres where permitted or you can set up your own business.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, he would be honoured to teach you the art of Reiki. Regular classes are held. Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to find out when our next workshop is. Remember you owe it to yourself to look after yourself and be fully recharged and keep the "winter blues" at bay.

Note: Holy Fire® is a registered trademark of William Rand.

Don't suffer menopause in silence

The greatest challenge we face today, as individuals, is that we are overly consumed by focusing on, and paying attention to everything that we do not want.

Our Hormone Empowerment programme is not designed to focus on your problems, it is a guide to uncover the truth within, no matter how uncomfortable that may be, and to teach you what it is you need to focus on, to draw you out of your frustrations and into the life you know you not only deserve, but the life you are truly capable of living. It's a community that is loving and supportive and it is a place to take complete control of your body and learn what's going on and how to fix it. Most women will go through menopause at some point in their life. Yet, similarly to menstruation, there is a stigma around talking about this natural part of aging. Why should women feel ashamed to talk about this? And why should they have to quietly suffer when struggling with the ongoing symptoms associated with it?

We are losing our fertility, our body has a mind of its own, our looks are changing, we are gaining rolls where there were never rolls before, our moods are a roller coaster of emotions, we are sweaty, bitchy, itchy and just damn right fed up.

Menopause is a major life transition for a woman. We also need to be aware that some women may very well not recognise or accept that they are entering menopause.

However, in whatever way we experience this transition through to menopause, we can help you embrace this transition so you can find your way through to the other side as post-menopausal women.

Think of yourself emerging from a caterpillar's cocoon into a beautiful butterfly. It's time to fly ladies! There is so much help and support out there for you, we don't need to suffer in silence. In fact, we don't need to suffer at all.

If you would like to know more about our Hormone Empowerment programme and how we can help you please go to www.hormoneempowerment.com or contact sarah at sarahb@sarahbrenchleynaturopathy.com.

How do I love myself?

Many people find that they are the hardest person to love in their lives. I know I sure did. I know everything I have done, good or bad, so I judge myself more harshly than anyone else. I know all the 'bad' things I think and feel. I judge myself on ALL my thoughts, feelings and behaviour whereas the world judges me mainly on actions.

Self-love takes work but is possible. It's a combination of self-acceptance, self-awareness, kindness, and respect for ourselves. Accepting what happens in life is part of the human experience. Learning to love myself was critical because no one was going to truly love me if I couldn't love myself. And I needed to love myself before I could love anyone else.

Here are some tips to help you love yourself (that worked for me): Forgive yourself for your thoughts, feelings and actions (if you don't nobody will). Stop criticising yourself. Praise and appreciate yourself. Appreciate & respect your body. Do something that makes you happy. Celebrate your accomplishments.

Need help learning to love yourself - get in touch. Lorraine Maguire - Rapid Transformational Therapist. www.lorrainemaguire.com.





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Area Columnists

Dust – a health and safety problem

Dust can cause irreversible chronic conditions. Getting it in our lungs can cause all sorts of problems and could lead to cancer.

The remedy, or at least one of the methods of preventing things being breathed in, is just like a defence we use to prevent us getting Covid, which is wearing a mask.

For those working with engineered stone, you could end up with accelerated silicosis.

Silica dust causes silicosis a progressive and deadly disease that causes fibrosis of the lungs from the inhalation of respirable crystalline silica (RCS) dust. It can also cause cancer. If you work in a quarry, roading, foundries, construction (using bricks, concrete, bench tops, fibre) or you're in the manufacturing of those products, wear a mask.

Wearing a mask is one thing, it is not the only thing, and even passers-by could be affected by dust. So, control dust with on tool extraction units, or by wetting the dust.

Wood dust is a problem especially the dust with elements of glues and resins and formaldehydes and other wood treatment chemicals. The fine particles of wood dust that you cannot see gets in your lungs (just like Covid droplets) and over time makes it increasingly difficult to breathe from the scarring of the lung tissue by the dust particles.

Dust can also get in your eyes.



PCBUs should be providing equipment (including PPE) to help lower the risk from dust inhalation. However how does a PCBU know that the equipment including the PPE issued is working? Monitoring of the environment you're working in (every five years) and of the workers (annually or every second year) is advisable, so that the early detection of dust inhalation can help prevent the long-term side effects of the harm from the dust.

Regular toolbox meetings on the subject may also be a good idea.

For further information on the above topic or other health and safety topics contact John Riddell from Securo www.securo.co.nz or email securo4@securo.co.nz.

Chris Penk MP

My personal philosophy is that you catch more flies with honey than vinegar, as the old saying goes. And I think that's generally true but every now and then I encounter a situation where the honey appears to be achieving very little, so it's worth giving vinegar a go.

At the moment (and basically every day I've spent as local MP for this area, for that matter), the vexed issue of traffic congestion is front of mind.

My approach to the problem has tended to be more along the lines of honey than vinegar.


I've been asking questions to find out the extent of planned improvements, writing polite but pointed letters to government ministers and meeting officials - along with anyone else likely to be able to help - in an effort to solve these problems. My belief has been that by acting in a constructive, good faith way to engage decision makers with the problem, they'll be more likely make the decisions we need to solve it.

Having tried that diligently for over 3 years now, I'm rapidly reaching the conclusion that some "vinegar" in our advocacy efforts may have at least as much chance of success.





This is all a rather roundabout way of explaining that I'm in the process of arranging a rally or two to allow you, as residents in this area, to display your disappointment about the lack of transport infrastructure progress.

I should acknowledge in fairness that progress has been slow for many years (across the tenure of several governments) and I don't think that anyone would deny that. It's certainly the case, however, that in my time as local MP - when it comes to the timeframes involved for various transport improvements - there have been far more promises broken than kept by officialdom.

I'm inviting you and your family to join me soon at a "shovel-ready" event for this very reason, with details soon to be published on




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Area Columnists

my Facebook page. Please search "Chris Penk" and follow me to find out more. The idea is to turn up with a shovel or spade and demonstrate just how ready we are for the long-awaited, much-needed roadworks to get underway.

It's a serious problem, of course, but we'll have some fun too. I'd love to see you there.

Why are feelings so important?

At Country Bears we are always researching, whether something is happening that we are witnessing, or something that is of interest to us as a teacher. We feel it is important to be aware of new findings that maybe important to consider in our teaching practices. We also like to communicate on issues that are current, appropriate and personal. We feel that it may be of interest to parents, but very important to our children.



Feelings: Feelings are so crucial. Why? Because it is our feelings that lead to our behaviours. Feelings motivate us. Feelings result in actions.

Our society frequently overlooks the importance of feelings. We

focus on behaviour rather than on the feelings which cause the behaviours. We are often still blind to feelings, and this is something that we learn to block out, as we are born with the natural desire to feel and have emotions.

When exploring the embryology of feelings from our childhood, we find that our earliest feelings, combined with our experiences (and how these early feelings combine with each other), help to form our adult emotional life.

So how do we help our youngest members of our community deal with these emotions? Just by being there, side by side, may be enough for most children during these early years. It is how children learn to deal with feelings and emotions that will determine how they experience them in their adult life.

Intelligence: Over the past decade, studies have shown how bright infants and young children really are. It turns out they are much smarter than we used to think.

This creates a tremendous opportunity to get their cognitive development off to a good start. But just as important, intelligence also allows us to give the emotional development of children a huge head start. An emotional problem can rarely be solved by a logical solution.

Language: Young children usually begin to talk somewhere between the ages of one and three, however, long before this, they have an understanding of what is being said. As they begin to talk, their psychological world changes dramatically.

We use the term translation for the process of linking children's



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words to their feelings. Translation exponentially enhances the child's capacity for self-soothing, tension-regulation and character-building. We can help them to identify and put a name to their feelings, allow them to have those feelings, and be there with them through those feelings. Just by doing these simple steps, tells the child that you are there for them, unconditionally, that you get them. It builds up trust and connection.

Summary: These three elements - feelings, intelligence, and language - comprise the foundation of human development. They interact in important ways, giving us a remarkable opportunity to enhance development.

However, too often these elements are presented individually, as if each one is an answer unto itself. This is unfortunate - for the whole truly is greater than the sum of the parts.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our website www.countrybears.co.nz or our Facebook page: www.facebook.com/cbearsecc.

Return to Raro

Book now for your own slice of paradise, get some winter warmth in the Cook Islands!

Check out this link for some great deals. Send me an email with your preference of dates and preferred resort/resorts, and I will check availability. July is nearly booked up for the popular family friendly resort & self-contained villas, just a handful left, but June and August / September look good, as do the October school holidays.

Two of my favourite picks as below, just let me know if you want to upgrade to The Works on Air NZ, and stay on longer, as 5 nights is never enough, or upgrade the room type, or combine 5 nights on

Raro with a few nights out at the stunningly beautiful Aitutaki Island, or choose a different resort, there are so many to choose from!

Edgewater Resort, the best-known Cook Islands full-service resort, offering affordable luxury on the sheltered west coast of Rarotonga. Snorkel straight from their white sandy beach. The Edgewater offers a wide range of accommodation and dining options, with activities for all ages, this resort caters to all tastes and budgets. Free Kids Club & Kids under 12 Eat Free. Free Wifi, and buffet Breakfasts starting from \$1310 per person x2, includes Air NZ Seat & Bag flights, transfers, and 5 nights in a standard Garden View Hotel room.

The gorgeous Sea Change Villas has an amazing VIP deal for 5 nights from \$1860 per person x2, includes Air NZ Seat & Bag flights, transfers, and 5 nights in a One Bedroom Lagoon View Villa with your own private pool, a bottle of wine, and beers plus a breakfast starter pack basket on arrival, free use of kayaks, stand up paddle boards & bikes, DVDs & CDs. Escape to an intimate and multiple award winning hideaway nestled on the best part of the stunning Titikaveka Lagoon. Indulge in the spacious and luxuriously appointed self-contained Villas, including your very own private pool. Swim and snorkel off their secluded beach.

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Countryside Living zoning changes

The Countryside Living Zone is still under pressure from appellants to the Environment Court.

The district would be aware that Kumeu Property Ltd made a successful resource consent application to establish an "aged care facility" and "daycare centre" on land adjacent to Soljans Estate Winery and Cafe in Kumeu.

The 'aged care facility' was initially declined by the Auckland Council, resulting in an appeal to the Environment Court by Kumeu Property Ltd (Russell Bartlett QC).

The result was consent for a limited 114-bed structure by Judge Smith who said it was a balance and reduced the size of the building for an approval.

The structure has not been built, however Kumeu Property Ltd applied for a non-notified application just before Christmas 2020.

Auckland Council staff approved the non-notified application, increasing the size to a 164-bed structure.

The whole basis of the original consent was what the Kumeu Huapai



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Residents and Ratepayers Association (KHRRA) was concerned about - the council's defective zoning controls in the Countryside Living Zone allowing increased density for retirement homes and intensive residential development against the low-density individual dwellings there.

The council, realising the problem because of the court's decision, undertook a Plan Change 20. This changed the residential classification to "dwelling" in the rules.

The KHRRA submitted in time to the change but the council did not process the submission or acknowledge it, so Plan Change 20 went to the Environment Court to be resolved.

Retirement village operators Weiti Headwaters (Russell Bartlett QC) had appealed to retain the defective rules.

The association approached the court and after providing proof to the court that the council had made an error, was granted late access the day before the hearing to Plan Change 20.

We were granted approval on May 7 to appear and the hearing was on May 10.

The association had a very good hearing in front of the court and was able to indicate that the council hadn't prepared or made rules that would work for the community.

There is still a weakness in the Countryside Living Zone rules as the council's solution is only about half right.

The court minutes of the hearing confirm criticism of the council planners' handling of the plan change. Not a good look for the council, nor did their lawyer refute the comments in court.

The community now awaits the Environment Court's decision.

The KHRRA has partly supported the council, saying the scheme change does not go far enough to protect the more intensive type of development in the Countryside Living Zone as there are no rules to control these activities.

By Pete Sinton, town planner and formerly KHRRA chairman.

Sayers Says It

By Rodney councillor Greg Sayers.

Auckland's councillors are currently deciding whether to support a Mayoral proposal to increase rates next year by an average of 5 percent, or alternatively by 3.5 percent. There is also the additional 11 percent targeted for the Kumeu and Riverhead areas to be decided on.

Importantly, that process included asking Aucklanders which option they supported.

Council provided written consultation material, online information sessions, face-to-face public meetings, and social media videos to explain the different impacts between a 5 and a 3.5 percent average rates increase and the local additional 11 percent.

Overwhelmingly, very well-informed Aucklanders rejected the Mayor's budget.

Public feedback also included a need to find revenue and savings, internal cost reductions rather than just efficiency gains. Many people commented about the financial hardship they were under and having to make cost reductions, why wasn't the council doing the same?

True cost reductions will be impossible without council defining what its core business is. I will continue to push to ensure this happens.

Rejection of the 5 percent rates increase was even more pronounced from Rodney's residents with a massive 70 percent of people not supporting the Mayoral proposal. Most people's feedback explained they supported the 3.5 percent rates increase with many wanting even lower rate increases. Over 90 percent of local residents rejected the notion of an additional 11 percent rates increase for Kumeu and Riverhead.

Personally I have supported all of the advocacy points of the Rodney Local Board. However, I did not support their idea to increase the rates by 8 percent.

Feedback on the Mayor's proposal from Rodney's residents included wanting council to get back to core business, stopping wastage and overspending, a reduction in regulations and compliance costs, and a reduction in senior executive salaries.

Ratepayers disapproved of council planning to spend more than ever yet Rodney was being marginalised from that spending. Locals did not think Kumeu and Riverhead had comparable services to urban Auckland justifying a total average rates increase of 16%.

This has proven inconvenient for the Mayor, forcing him to promote a smaller Colmar Brunton poll, ahead of the official public feedback results, as the new source of truth. This poll cost ratepayers \$110,000 returning a favourable result of 9 percent more people supporting his budget than rejecting it.

I believe the poll was fundamentally flawed because it only had the 5 percent option, and it failed to mention the cumulative effect of 7 percent water rate increases or the regional fuel tax, or the Rodney Local Board additional transport tax, or the additional 16% rates increase for Kumeu and Riverhead - all of which was outlined in the council's official consultation documentation for a fully informed public.

Regardless, the people have spoken and have sent a very clear message. They want their elected super city representatives to uphold their democratic wishes, however, I am doubtful that will happen.



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Although the pros and cons around the rate increase options were clearly laid out in council's comprehensive consultation documents, many elected members have signalled they will support the Mayor's proposal.

Increasing rates is an easy fix for council. Digging deep and making cuts back to core business, as most businesses have to do in hard times, requires tougher calls to be made.

As a councillor I am refused a full breakdown of the amount of money being spent back into Rodney, or into each of the other wards across Auckland. This makes it impossible for myself, and my other likeminded colleagues, to effectively advance alternative budgets to find a middle ground more acceptable to Aucklanders.

However, it will be with a clear sense of duty and surety that I will be representing the people of Rodney when the rate increase decisions must be made.

Another feeling that came through in the public feedback was a continued lack of trust in the council. Well, maybe taxing by stealth and riding rough-shod over the people paying the politicians' wages is the exact conduct the public don't trust.

My prediction is in future years the council will be seeking from you even greater rate increases because of its increasing spending, spiralling debt and failure to peel back to core services.

Phelan's Local Board Update

Help for Volunteers. One of the objectives in our Local Board Plan for the next few years is to improve our environment, in particular dealing with issues around water quality and control of pests, whether that is plant or animal.

The work we started in assisting private landowners in fencing off and planting riparian margins to improve water quality in our rivers and harbours, has now received a huge boost with over \$100m being allocated by central government to address the sediment issues ruining the Kaipara Harbour.

This has allowed us to turn our focus onto other issues and explore ways to ensure we are accessing regional funding available for pest control from the Natural Environment Targeted Rate - known in council-speak as 'NETR'.

Over the coming year we will be continuing to offer support to community groups that want to do ecological work such as pest and weed control, and planting in public and private areas. Without the incredible work of volunteer groups much of the ecological work being done would never happen so we want to do everything we can to support you. We are doing this in a number of ways.

Firstly, we are looking at providing a coordinator to work with

local groups to support their work and tap into regional funding. Volunteers give up a huge amount of time and we want to do everything we can to support them to ensure they spend time doing the bits of their work that deliver results, often accessing funding and jumping through hoops can drain time and energy, reducing the effort on the ground which is what makes the difference. This new role would assist groups working on both private and public land.

Secondly, we are going to continue our funding for groups want to work in our public spaces. We have a Community Park Ranger who is there to provide support for groups wanting to do planting days and other environmental work in our parks and reserves. There are still a lot of groups unaware that we do this and we want to encourage groups to get in touch with us so we can put you in touch with the right staff to help. If you don't have a formal group set up but would like to do this, we want to hear from you as well.

You can contact your Local Board members below for assistance in access these programs; Brent Bailey brent.bailey@aucklandcouncil.govt.nz, Danielle Hancock Danielle.hancock@aucklandcouncil.govt.nz, Vicki Kenny vicki.kenny@aucklandcouncil.govt.nz, Phelan Pirrie phelan.pirrie@aucklandcouncil.govt.nz.

Marja Lubeck

Thanks to everyone involved in the many ANZAC Day ceremonies across the area. There's a lot of volunteer effort involved in putting the events on - honouring the contributions of so many service men and women throughout our nation's history. They are always thoughtful and moving occasions, and it's great to see their importance isn't lost through time.



Meanwhile, I know that the issues of transport and growth continue to vex us. I have written to my Ministerial colleagues on the concerns you raise with me - traffic congestion which gets worse by the day, Trains to Huapai, the need for a new secondary school in the area - and these are all linked, to the area's rapid growth. I also attended a briefing with transport authorities and other political representatives on these issues.

During May I also held 'pop-up' meetings at local cafes to ensure I'm available to the community. Watch out for more opportunities to say hi and raise any issues in coming months. You can contact me on marja.lubeck@parliament.govt.nz.

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