

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES PLENTY AT 98TH KUMEU SHOW

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KUMEU CENTRAL ALL GO

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 Contact Geoff Dobson on 027 757 8251 or geoffdobson2017@gmail.com March 2020



Greetings

Development continues apace in the wider Kumeu District.

Now Kumeu Central construction has started on about 10 hectares behind the Kumeu Village and up to New World Kumeu.

It will have about 300 residential units comprising 174 terraced houses, 104 apartments and 22 live/work units where apartments sit on top of commercial uses when completed, according to the Kumeu Central website.

Nine commercial lots are also included, plus two hectares of reserve land and a two-metre wide esplanade reserve along the Kumeu River with public walking and cycling facilities.

Developers tout the many benefits of living in the district, such as local restaurants and bars, shopping, and the considerable recreational aspects including forest and beach use.

More about the project features in this issue.

But questions I'm sure many people will have is how much will this add to the existing road congestion, especially in the absence of a commuter rail service, and will this project force the provision of improved services?

Add to that the Huapai Triangle development, which includes the Country Club Huapai retirement village on the former Nobilo Wines site with first stage villas completed and the main building and apartments due to open September.

Plus there are the many other housing developments around the area.

Similar projects are well underway on former rural land near where I've lived for 45 years, helping prompt a move with family to a four-hectare block down a no exit gravel road just a few kilometres away.

I've been concerned for some time about where the traffic is going to end up from the projects around us, the road past our front door becoming a rat run, more frequent late night police chases (plus police helicopter fly overs), speed limits ignored and the safety risks to cycling (it's popular with cycling groups).

I'm sure it's the same story for many other parts of North West Auckland.

The price of progress perhaps?

Geoff Dobson, editor



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People & Places

Kumeu Central all go

A multi-million-dollar development called Kumeu Central at 94-104 Main Road is well underway and will include Burger King and Anytime Fitness on the commercial side, plus housing and live/work units.

The development sees Golden Homes seeking consent for the first 47 new terrace homes in stage one.

Golden Homes architectural designer Calum Stent says the residential aspect of Kumeu Central has been designed to provide high-quality, architecturally designed spaces that are sympathetic to the ambient countryside around Kumeu.

"These designs incorporate a range of rich and natural cladding types, eliciting a mid-Canterbury village vibe that's exclusive to a vibrant community in a lush natural environment."

Colliers International is selling the homes off the plan, with a range of one, two and three-bedroom options available.

The homes are appealing to people who want a rural lifestyle with amenity, Colliers Residential Projects National Director Pete Evans says.

"Stage one is nestled next to all of the amenity of Kumeu Central within easy walking distance to the town centre shops and natural parkland environment," he says.

"Kumeu Central's terrace houses are perfect for people who want everything at their doorstep in a charming rural village."



Golden Homes prides itself in providing the best quality products and specifications, with brands including Fisher and Paykel, Methven and Michel Cesar ensuring all builds are quality assured for years to come.

Prices start from \$521,000 for one-bedroom to \$780,000 for a three-bedroom two-bathroom terraced home.

There are also 22 apartments in the live/work area with two bedrooms from \$599,000 and 22 retail/commercial units of 55 square metres each from \$499,000 plus GST.

Construction of stage one will start shortly with completion expected later this year or early in 2021.

On the commercial side, Burger King and Anytime Fitness should be ready about August.

Developer Matvin Group has worked with both these tenants before and recently completed a similar development at Glendene.

Builder Mako Commercial is now well underway on site, with two shops soon available for lease in front of Burger King then a separate building behind which will have three shops, a café and two offices above.

The rear building units will be for sale or lease, one of the offices already sold to local company Williamson Water & Land Advisory Ltd.

The café for sale or lease will face the New World Kumeu carpark and have an attractive outdoor space.

Other commercial sites are also available for sale.

For commercial inquiries contact Caroline Cornish on 021 390 759 and Craig Smith on 021 490 580 from Colliers International.

For residential inquiries contact Duncan Macdonald on 021 903 237 or email Duncan.macdonald@colliers.com for details.



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People & Places

Waimauku Lions Gala March 29

The annual Waimauku Lions Gala is at the Waimauku Village shops on Sunday, March 29.

The garage sale starts at 7.30am, and other stalls open from 8.30am to 3pm.

All funds raised go to the Westpac Rescue Helicopter Service which will have a helicopter simulator there.

Pony rides, a bouncy castle, face painting, food, candy floss and more will be available, with buskers providing entertainment.

Everyone is welcome at the fun family community event.

Email lionswaimauku@gmail.com if you have garage sale items, want your own stall or to busk.



Fifty years of service for Huapai-Kumeu Lions

Three original members of the Huapai-Kumeu Lions Club are likely to attend its 50th jubilee celebration lunch on Saturday March 28 at Soljans Estate Winery in Kumeu.

Graham Andrew - one of three charter members along with Colin Leitch, centre, and Eric Cole, right - will be there as president for the third time.

A lot of reminiscing is likely, and Graham expects the club's many new members will hear some tales.

Dedicated to serving the community, the club soon found a cause to support after forming in March 1970 with 28 members. It has 22 members now.

"Right from our first meeting the club was determined to form a fire brigade as the closest was in Herald Island," Graham recalls.

The need for a local brigade was apparent after several fires, including the loss of a Station Road home.

Keen interest was shown by Huapai/Kumeu people in the project and it was only six months later that a Skyline garage and a fire engine were secured for the old council depot at Huapai (now the Kumeu Arts Centre site).

By the end of October 1970 a team of volunteer firefighters was in



training, Gary Moss says in his 'Highlights of the Years' brief history of the club which will be part of a jubilee booklet.

Naturally, the Kumeu Volunteer Fire Brigade - now housed further up the main road - will have its own 50th jubilee in October this year.

It will also host its own fundraising annual Huapai Hillbillies Hoedown on April 4, with tickets available from March 1.

Back in the day, the brigade was supported as much as possible by Lions.

The Lions donated a metal cutting saw in 1973 (an improvement on the square-mouth shovel and broom they donated prior), for instance, and the club has remained closely involved with the brigade since.

Graham says another early fundraising project for Lions was gate keeping at the popular Kumeu Show. Manning every possible entry to the Kumeu Showgrounds meant gate takings increased by thousands of dollars, the Lions project continuing for about 12 years.

"Being a young club, several projects were being done," Graham adds.

The annual Christmas parade which the club took over from Kumeu businessman and rugby identity Barrie 'Tank' Herring was run for almost 25 years by Lions.

Lions members were also involved in planting the 'Lions Gardens' along the roadside strip next to the railway line between Kumeu and Huapai.

Graham recalls members also helped those in their local area, painting and cleaning up homes and properties.

Lions helped with 'Telethons' too - even stopping traffic to ask for donations.

"Our club as very active in the first 25 years, but we had to reduce a lot of our work because of regulations and health and safety rules," Graham says.

The club is now mainly involved in book fairs and the like.

Graham and other long-serving members have seen many other changes during the past 50 years, watching the district shift from a largely farming and fruit growing area to today's busy urban and commercial development.

"So providing half a century of service to the district is quite an achievement."

The club is keen to establish a 50th jubilee legacy project in the area and hopes to provide outdoor tables and seating at the Kumeu Arts Centre adjacent to the Huapai Hub recreational space in which it has also had a hand in developing.

Another significant moment for the club this year is the recent election of a past president and secretary Roger Davis as first Deputy District Governor, due to become the Governor of District 202K in 2021.



Pete Sinton
Managing Director

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People & Places

Graham sees the club undergoing a rejuvenation with more younger couples joining to continue Lions' service to the community.

Club highlights

After learning about Lions, Tom Spraggs started rounding up potential members in 1969 and, sponsored by the Henderson Lions Club, a charter meeting was held at the Kumeu Showgrounds on March 24, 1970.

Although the Kumeu Volunteer Fire Brigade was the club's favoured organisation, early support was also given to other emergency services. The club ran the San Marino sponsored golf tournament at the Huapai course in 1973 and raised \$6000 for the West Auckland Ambulance appeal. San Marino became Kumeu River Wines and the Brajkovich family continue to support the club.

The club also focussed on fundraising for and building the Kumeu Community Centre, especially the Library room addition.

The first 10 presidents included Tom Spraggs, Colin Leitch, Graham Andrew, Ian Jackson, Terry Smyth, Martin Soons, Brian Keys, Eric Cole, Terry Casey and Colin Moors.

Lions worked at weekends and even weekday fundraising projects such as sponsored golf tournaments, fishing contests along Muriwai Beach, collecting items for 'Paddy's Markets' or scrap metal drives.

The Lion's Christmas Parade was first run by Graham Andrew in 1974. It became a key event in bringing the local community together.

In 1980 some members (including Graham and Eric) starred as extras in a TV series Mortimer's Patch, with offers of other film work following.

Then Prime Minister Sir Rob Muldoon officially opened the Kumeu District Community Centre in February 1981.

In 1983 the club hosted the Lions' District Convention with 300 participants in the new community centre - dubbed the Spring Chicken Convention because of support from the Poultry Association as well as Kumeu River Wines. Lion David Mason caused a stir, dressed as a squawking chicken.

The Heart for Toby Appeal was launched to support member Toby Nicholls who was booked for a heart transplant in London. Unfortunately, it was not to be for Toby and the club made the \$41,700 funds available nationwide. Brian Keys convened a committee tasked with distributing portions of the money as a start-up source for other groups faced with raising funds for heart transplants which at that time were not done in New Zealand.

Fundraising housie nights were held at the Huapai and Riverhead taverns to support children with special needs and on occasions to assist someone wanting to go on an Outward Bound course and other local causes.

The club staged 'horse race' meetings and also funded the Skills for Adolescents teacher-training programme (an International Lions project) at Huapai District School.

Helping with community collections for the Blind Foundation,

assisting with Daffodil Day cancer appeals, Blood Bank collection days, Riverhead Forest rallies, ushering duties at Warrior' league games, an unusual 'screws, nuts and bolts' project selling surplus hardware, playground projects, assisting sports clubs and more occupied the years.

In 1995 the club's 25th year had a series of social events including a grand dinner at the community centre, the guest of honour the US Ambassador Josiah Beeman.

Founding President Tom Spraggs was elected President in 1995 and under his watch the club got behind several local humanitarian initiatives.

To mark the millennium, historian Deborah Dunsford was commissioned to write the district's history with Doing It Themselves - the story of Kumeu, Huapai and Taupaki launched at a November 2002 gala occasion sponsored by the club.

Club membership and participation began to falter from 2005, the club establishing book fairs from May 2007 to support a range of community activities.

Fundraising for a Kumeu Cemetery shelter became bogged in red tape and saw \$10,000 diverted to the Christchurch earthquake appeal in 2011.

The 40th jubilee dinner had then Helensville MP and Prime Minister John Key provide an entertaining address.

In 2013, The Vintage Shop was taken up by Lions. It was established by West Auckland Hospice in the historical Pomona Hall and relocated within the community centre grounds.

The shop brings in about \$15,000 annually for the club to disperse to worthy causes.

In 2017, the club was again able to support the Kumeu Volunteer Fire Brigade with a donation of \$5000 towards a First Response vehicle.

Plenty at 98th Kumeu Show

A strongman contest, shearing championships, international woodchopping and more return for the 98th Kumeu Show on March 14 and 15.

And the Kumeu Courier has Show tickets to give away to the first to email us on editorial@kumeucourier.co.nz with their names, address and contact details.

A variety of entertainment features at the show this year, helping attract an expected 25,000 visitors during the two days.

Prime Minister Jacinda Ardern may be among them as she enjoyed



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People & Places

last year's show and was frequently included in 'selfies'.

A massive stage presence is planned this time, with The Tinsel Town Paupers and the Pop Rock 'n Soul Music Variety Show on the Saturday and Steel n Beats on Sunday, joined by dance groups both days. Highland dancing and line dancing are again featured.

New this year is a focus on 'clean' and sustainable actions at the show such as managing waste through recycling and composting, show manager Lizelle Westman says.

A tractor parade from vintage to modern machinery led by a Highland pipe band will wend its way through the showground's rounds rather than circling the main arena as in the past.

The ever popular Mahons Amusements again hosts a wide variety of rides and events, an early bird 'happy hour' special applying from 10am until 11am with two for one rides offered under the carnival coupon system.

The Stihl International Woodchopping Championships covered by Sky TV is hosted by the Auckland Axemen's Club both days, world champion chopper Jason Wynyard expected to attend. Jason has won more than 100 titles during his career and was appointed a Member of the New Zealand Order of Merit in 2017 for services to the sport.

Another big attraction will be the ANZ Northland Shearing Championships grand final on the Saturday at the shearing shed, along with the Kumeu Show shearing competition as well.

Not forgetting the many animals on display at the show too. The much-loved alpacas are back, along with goats, a special Farm Zone where children can get up close to the animals, and a Kumeu Small Landowners display.

Sadly, cattle are unable to be displayed again this year because of continuing concerns about the mycoplasma bovis disease.

However, the Auckland Poultry and Pigeon Association will be back with another huge indoor display of our feathered friends, including turkeys.

Equestrian events feature on the Saturday, including show jumping and the Waitemata Hunt running several such as the pleasure horse and pony ring for horses and riders not included in other show categories.

At least 300 trade displays are expected across the showgrounds, covering almost everything you need for the farm or lifestyle block.

The nearby Kumeu Film Studios will also have a stand and may perhaps include some of Amazon Studios' television project based on The Lord of the Rings.

A feast of home baking and preserves, arts and crafts, a photography exhibition and more are included in hall displays at the nearby

Kumeu Community Centre.

Show patron and Helensville MP Chris Penk will have his own stand, while Rodney councillor Greg Sayers usually has a presence there too.

Broadcaster Howard Dobson will be master of ceremonies for the show, Delectable Cuisine run by Rachel and Regan Tatlock of Waimauku do the official show catering, and Hallertau Brew Bar will run the show bar.

"There's plenty at the show for everyone," Lizelle says.

The full show programme will be available on the Kumeu Show's Facebook page, or contact Lizelle on 09 412 9322, email info@kumeushow.co.nz or visit www.kumeushowgrounds.com for more information.

Check out Nigerian Dwarf dairy goats

The first information and public open day hosted by the Nigerian Dwarf Dairy Goat Association is on Saturday March 28 at the Kumeu Showgrounds, 11am-3pm.

The goats were introduced to New Zealand four years ago and are now officially recognised here as a miniature dairy goat.

They can be registered and exhibited at A&P shows.

These delightful little goats are the future "mini milkers" for the home and farm, the association says.

"Not only can they supply your household with beautiful creamy milk, they also bring their cuteness and fun-loving nature, making them ideal pets or greenkeepers on small blocks."

The association says the March 28 event is the first information and open day where people can meet, find out how to care for and become involved with these lovely little goats.

Some adult breeding goats are available now for sale for the first time and to approved homes.

Visit www.nigeriandwarf.co.nz or email nznigeriandwarfgoats@gmail.com for more information.



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Safer Communities



The Waitakere Fire Brigade continues to send personnel to Australia to assist with the fire control efforts. Even though the media reports flooding in New South Wales and Queensland there are still fires burning that need extinguishing.

If you would like to find out more about what we do, follow us on

Facebook - Waitakere Volunteer Fire Brigade

The dry weather while fantastic for the beach is a real concern to Fire and Emergency NZ as these conditions

are also dangerous if a fire takes hold in grass, shrub or forest. We are in a Prohibited Fire Season so please do not light a fire and if you see smoke call 111.

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Community News

Cantorum to sing Choral Evensong at St Chad's Huapai

Following a very well received Evensong Service as part of St Chad's re-opening celebrations last year, the Auckland based chamber choir Cantorum have been invited back to St Chad's to sing Choral Evensong on Sunday 15th March at 5.00pm.



The choir will sing anthems by Batten and Gibbons and the Evensong setting by Charles Wood. This is a rare opportunity to take part in the very traditional Anglican Choral Evensong service based on the 1662 Book of Common Prayer.

Cantorum usually only perform in All Saints Church in Ponsonby but were delighted to be invited to come "out west" once again. The choir grew out of the very famous Auckland choir Musica Sacra. When Musica Sacra finished in 2013 a group of their choristers decided that they wanted to continue to perform music from the traditional, largely religious, choral repertoire. The choir normally performs 3 concerts a year and is now led by well-known music director Anita Banbury.

Everyone is very welcome to come along and enjoy what we are sure will be a wonderful event.

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

Kaukapakapa Village Market

Sunday 15 March 8.30am to 1pm. There is always something fresh to experience with different musicians, entertainment and new stall holders joining the market each month - a great morning out for the family with free face painting for the kids plus a great selection of quality stalls with everything from locally hand-made crafts, fresh fruit & vegetables to pre-loved treasures, clothing and collectibles, books, plants, freshly made coffee, great food, sausage sizzle and much more. This month our live music is from the always entertaining Ukulele Union performing between 10am and 12pm. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.



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Community News

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SeniorNet Kumeu

As seniors, it's important to understand and embrace the huge benefits technology can bring to us in our golden years, whether its smartphones, social media, tablets, laptops or "Smart Homes". There's no way to avoid it, and nor should we, because learning how it can help us can be enjoyable and rewarding.



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

If you would like to join our friendly and informal club, just come along to our next meeting on March 4th at 10am at St Chads Church Hall Huapai, or contact: Brian Lacey on 022 1831811 brian@lacey.nz or Nigel Dempster at nigeldem@outlook.com.

Membership is now open to Seniors, who have an interest in meeting like-minded people and want to have fun learning how to get the most from their computers, smartphones, iPads, Samsung (or any other make of pad) etc.

Just Kidz Huapai

Just Kidz Huapai is a beautifully designed three room centre located at 335 Main Road, Huapai. Our boutique little preschool caters for up to 43 children from birth to 6 years. We are open from 7am - 6pm and offer half day sessions, 'school' days or full days on either a full-time or part time attendance.

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Take advantage of our 'New Year' special, 50% off your first two months fees. Pop in for a tour at 335 Main Road, Huapai or contact us on 09 412 2025 or Email:Huapai@justkidz.co.nz for more information.

Taupaki Karate and self defence

Karate won't stop you from being assaulted but it can certainly help change the expected outcome. Confidence in your ability to fight back largely determines if you'll survive an attack and this



is not something that can be gained from a few self defence classes. Techniques must be practised repeatedly until a response becomes automatic; If you have to think about how to fight back, it's usually too late! Karate increases self-confidence exponentially, teaches you to stay calm and, critically, to remain confident during an attack.

Being physically weaker than an attacker should not be a disadvantage and at Taupaki Goju Ryu Karate we teach effective ways to defend yourself from an aggressor who is likely to be larger and more powerful than you and/or armed. Most attackers will rely on their physical presence to overpower their victim(s), however precision, timing and accuracy to land a single blow can stop them in their tracks. So while an attacker may try to hit you as hard as they can, we teach you to hit "just right".

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Community News

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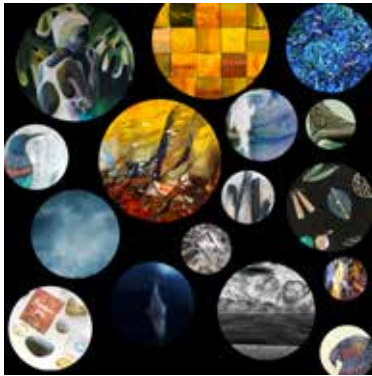
The heart of Karate is learning how not to get hurt.

By joining our Dojo you will learn self-preservation in a friendly, safe environment while also bettering your health and general level of fitness. People of all ages can practice karate, in fact Shaolin nuns were practicing martial arts over a thousand years ago.

Why not come and see what we do? Taupaki Goju Ryu Karate - Taupaki Hall. We would love to see you any Tuesday or Thursday night. Junior training (7+) - 6-7pm. Senior training (ages 13+) - 7-8.30pm. www.taupakikarate.co.nz.

March at Kumeu Arts

We are thrilled to announce an exhibition by the Muriwai Arts Open Studio Collective. This comprehensive show across both gallery spaces will feature works (priced at \$200 on 200mm x 200mm sustainable bamboo blocks) from a number of established Muriwai artists. Prior to that, we're hosting Rod Mackay whose incredible wood carvings depict European historical figures and narratives alongside 100 shields representing different surnames- will your name be included? Gabriella Williams, who is well known locally



as a teacher says she loves 'giving children creative learning opportunities' and her passion for art and nature has led her to create a stunning series on display in the POD gallery until the 14th. We also have lots of upcoming workshops and new regular groups such as The Co-Creative Space for women, Meditation Music and Life Drawing. Want regular updates? Follow us on Facebook or subscribe to our newsletter through our website. www.Kumeuarts.org.

With a little help from my friends

At Kumeu Montessori Preschool we value self-directed learning, a multi-age grouping environment, and dedication to each individual.

Our environment fosters tuakana-teina relationships by having mixed aged spaces, an infant/toddler room (3 months to 3 years), and our preschool room (3 to 6 years).

Tuakana-teina is an integral part of Te Ao Māori (Māori world) and is a model for peer learning. It refers to the relationship between an older (tuakana) or more expert person, and a younger (teina) or less expert person.

The benefits are many. Children of differing abilities, and ages are



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



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

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

A beautiful environment, a low teacher to child ratio, a top review from the Educational Review Office, and NZ Family owned and operated (no corporate owners here!)

Call us or come in and visit. Ask us about our current pricing specials. Limited spaces available.

For children 6 months
to 6 years

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8 Grivelle Street, Kumeu



Community News

able to learn from one another. Older children take on leadership roles and support those less capable and competent than they are, while at the same time building their own self-confidence and self-esteem.

Young children engage in powerful learning through relationships with others and the environment. Tuakana-teina relationships foster skills relating to nurturing, empathy and the disposition to willingly help others. Kumeu Montessori Preschool - learning skills for life.

Muriwai Open Studios update

The Muriwai Open Studio Artists are enjoying bringing art to the Northwest area with their mix of exhibitions, free workshops and Open Studio weekends. They kick off the sizzling hot 2020 with an exhibition at Kumeu Arts. Here they will showcase new work created by this diverse yet cohesive group within their chosen theme of 200 x 200 x 200. Not sure what this is about?... be sure to pop into the Kumeu Arts centre, 300 Main Road, between the 17 March and 9 April and check it out.

Artists exhibiting are Tanya Blong, Joss Hong, Judy Stokes, Pat Henley, Liz Smith, Lesley Dixon, Gaylene Earl, Suzanne Way, Laird McKechnie and Karuna Douglas with their mix of painting, photography, jewelry, embroidery and ceramics.

Opening Night is Tuesday 17th March 5-7pm - we'd love you to join us.

Make sure to keep an eye on the Facebook page and Instagram for this year's workshops.

Is your child suffering from nature deficit disorder?

Did you know that the average American child is said to spend only 4-7 minutes a day in unstructured outdoor play and over 7 hours a day in front of a screen? No wonder they came up with the condition Nature Deficit Disorder.

Here at Natures Explorers we teach our children from a young age the value and fun in nature. This week our wonderful teachers and children went into the Riverhead Forest for a yoga session. What fun they had! Getting at one with nature and their bodies.



Kids who play outside are smarter, happier, more attentive and

less anxious than kids who spend more time indoors. Getting into nature helps children to; Build confidence, promote creativity and imagination, teaches responsibility, provide different stimulation, get kids moving, make them think and reduces stress and fatigue.

For enrolment enquires please call Nerys on 09 412 8800 or email office.kindergarten@extra.co.nz.

Pendants made with fingerprints

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

Imagine wearing a piece of jewellery that has been touched by the ones you love. Not a copy or a mould, but the exact piece they touched.

Capturing their unique print for you to treasure forever.

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

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



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DIRECTOR/LAWYER

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In Brief

The Mobile Car Specialists

Lately we've had a lot of responses from people after having their cars cut and polished that go along the lines of this...

"Wow. That looks amazing!"

"I can't believe how good that has come up"

"That is incredible."

And we love each and every one of those responses. All we can say is... we have the process down pretty darn good by now.

But don't take our word for it... please take a look at our reviews on Facebook and NoCowboys (links can be found on our website below) - you'll see plenty more of those types of responses there.

Our services include: Dent removal - small to large, high quality paint correction / cut and polish, ceramic coating paint protection, yellow / foggy headlight restoration, signwriting removal.

We are a fully mobile operation, meaning we come to you to make your life easier.

Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.



Group spotlight

This month we profile one of our Zone's Scout Groups. Whenuapai Air Scout Group has been part of the Whenuapai community since 1956. The Group is located at the corner of Kowhai Road & Puriri Road in Whenuapai.

The group is on land at the northern end of the Air Forces runway and has a long history with the Air Force with many past scouts, parents and leaders having been associated with the Air Force at some point.

Air Scout Groups have a very similar Scout programme as "Land and Sea" Scouts and take part in all the same activities and events as the other Scout groups.

Air Scouts take part in additional specialised aviation related activities, such as plane identification, Welsh Flying School and Leaders can gain their Air Charge Certificate.

Whenuapai Air Scout Group have a modern well-equipped hall with



central heating and open wide outdoor space for the youth to get outside and learn.

Whenuapai have excellent numbers in all youth sections, to the point where Cubs are at capacity.

But the group is short on Leaders and needs more. The Scout group is currently trying to recruit new Leaders to help their youth grow into outstanding members of the community.

If you are over 18 years old, perhaps associated or have been associated with the Air Force, or just want to help the community, then please get in touch.

We will provide training and guidance for the Leaders and often Leaders also grow and develop their own new skill sets becoming more confident and able Adults.

Please email the Group Leader if you can assist and they will help you and can answer any questions for you

You can email Whenuapai Air Scouts Group Leader at: whenuapai@group.scouts.nz. Craig Paltridge - Waitoru Zone Leader. Zl.waitoru@zone.scouts.nz.

Kaukapakapa Library

"What Is the use of a book" thought Alice, "without pictures or conversations?" - Lewis Carroll. Sunday 15th March 2020, 10am to 1pm.

Meet Louisa VEVERS, scrapbooking, stamping and papercrafting enthusiast. Having always created scrapbooks, Louisa for the past five years has been the NZ Consultant for international company "Close to My Heart", and can offer advice on their product range whether you're a novice or a whizz. People regularly employ her to create scrapbooks for them, and her weekly get together helps to draw out the creativity in a social and relaxed environment. Come along to the library and find out more, you may unleash a whole new addiction. Library open in conjunction with the Kaukapakapa Village Market, contact Megan 021 959 017, threehorses@xtra.co.nz.



Kumeu Library

You're now able to stream hundreds of documentaries, indie films and classic movies using your Auckland Libraries membership. Our new streaming service, Beamafilm has a unique collection of documentaries, movies and subject-specific content available to




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In Brief

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And our largest eBook platform, OverDrive, now brings you not only eBooks and eAudiobooks, but also feature films, documentaries, how-to videos and children's videos.

Getting a library card is quick and free for Auckland residents - either fill in the online membership form on our website, or apply at one of our 55 libraries (please bring photo ID).

To keep up with Kumeu Library's events and news, follow us on Facebook (www.facebook.com/kumeulibrary).

Kereru Kindy

2020 started on a high for Kereru Kindy Huapai, winning the 'People's Choice' award at the Kumeu Rotary Christmas Parade. A just reward for the hard effort put by the parents with the support of the teachers.

January has seen a change of ownership with the new owner, Helen Henshaw picking up an active role in the daily administration of the centre. One reason she was attracted to this centre was its unique offering not found in other centres in the area; small numbers, good ratios and adventure learning.

With the change of ownership comes a change of name and the centre will shortly be changing its name to Kindy Kids Huapai.

What has not changed however, is the centre's fabulous big kiwi backyard playground, the learning philosophy of providing authentic hands on experiences and of course the wonderful teachers.

If you are interested in checking us out phone 09 412 2624 to make an appointment.



Anna Jeffs Private Investigator

Anna Jeffs is the director of Fox Private Investigators Ltd.

Fox Private Investigators Ltd is a highly professional and experienced team including ex NZ and UK Police and legal personnel, both with over 20 years of experience and ex-army personnel.

Marja Lubeck

Labour List MP based in Rodney

Please contact me for appointments and assistance:

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@ marja.lubeck@parliament.govt.nz

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Kumeu Blend Choir

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

Rehearsals for our next concert started on 3 February in St Chads Church, Oraha Road, Huapai. We got our first look at four new pieces. Break, Break Break is a poem about the sea by Alfred Lord Tennyson, set to music by Ruth Morris Gray in 2007. Keeping to the sea theme, Songs of the Fleet from 1910. Northern Lights, a song about beauty by the Norwegian composer, Ola Gjeilo written in 2007. Finally, the well-known Maori song Hine E Hine, arranged by the New Zealand composer, David Hamilton.

We welcomed three new members, who seem to be enjoying themselves. We welcome all new members whatever their voice, standard and experience. Previous choral experience and ability to read music is helpful but not essential.

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



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Property

Property market report

The recent changes in the housing market is coinciding with an upsurge in the numbers of people stretching themselves further financially to buy houses.

A snapshot of the residential mortgage lending by debt-to-income ratio shows that the amount of money borrowed on high debt-to-income ratios has lifted sharply recently, after declining though 2018. The figures indicate that both first home buyers and other owner-occupiers are now financially pushing themselves harder to get into houses. This is happening both in Auckland and across the rest of the country. But, while owner-occupiers are stretching themselves more too, it's the figures for the first home buyers (FHBs) that are the most eye catching.

In December 2019 (the latest month available), the first home buyers nationwide borrowed \$1.216 billion for house purchases.

Of this some 39.3% of the amount advanced was on mortgages where the amount borrowed was more than five times the annual income of the borrowers. In other words, a ratio of over five is getting up there. For the same month a year ago the amount of money borrowed by FHBs at DTIs above five was 31.2% - so that's quite a rise. In Auckland (as you might imagine) the figures and ratios are even more bracing. In December 2019 Auckland FHBs borrowed \$555 million for house purchases. Of this, some 55.3% was at a DTI of above five. For the same month in 2018, the percentage was 50.8%. The DTI data produced (it's monthly figures, but released only quarterly) by the RBNZ is a fairly new series, so covers only back as far as 2017. What the data shows though is that DTI ratios were high in 2017, declined in 2018 and are now ramping up again.

The November figures showed exactly the same pattern, i.e. of a sharp move upward in the amount being borrowed at DTIs of over five. On a nationwide basis, other owner occupiers borrowed \$2.769 billion in December 2019 to buy houses. Of this, 33.8% was at DTIs above five. A year ago, in December 2018, the percentage borrowed by this grouping on DTIs above five was 30.7%. In Auckland, owner occupiers borrowed \$1.178 billion in December 2019. Of this, 46.9% (up from 44.1% in December 2018) was at a DTI of above five. It's all going up

The other point to note is that these percentages are all moving up at a time when much more generally is being borrowed. In December 2019 the amount borrowed was up nearly \$1.2 billion compared with the same month a year earlier. And the first home buyers continued their march, moving to a new record high share of the amount borrowed, at 18.5%. The total amount advanced in mortgages last month was \$6.536 billion, up from just \$5.371 billion in December 2018. What will the RBNZ make of all this? It will be watching closely that's for sure.

In both early 2018 and 2019 the RBNZ officially relaxed its loan to value ratio (LVR) limits. This has made it easier for people to borrow

- as of course have the low mortgage interest rates. So, a word of caution, be careful about your investing, be prudent about your debt servicing. Let's have a look at the sales this month:

Coatesville Lifestyle	\$1,570,000 to \$4,000,000
Helensville Residential	\$445,000 to 749,000
Helensville Lifestyle	\$1,230,000 to \$1,593,000
Huapai Residential	\$965,000 to \$1,080,000
Kumeu Lifestyle	\$2,580,000
Kumeu Residential	\$882,000 to \$1,360,000
Parakai Residential	\$465,000 to \$546,500
Riverhead Residential	\$815,000 to \$1,400,000
Swanson Residential	\$585,000 to \$1,310,000
Waimauku Residential	\$690,000 to \$1,025,000
Whenuapai Residential	\$872,000 to \$1,285,000

We have a big cupboard full of buyers and the banks are saying yes more than they are saying no. Therefore if you would like to sell.... it's time. Call me today on 0800 900 700, text me on 027 632 0421 or email me at graham.mcintyre@mikepero.com. See more at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Deceased Estates

At Gina Jansen Lawyers, we understand that losing a loved one is a time of immense difficulty and hardship and the onset of legal issues can add undue stress to grieving families. Our solicitors guide you through the process of estate administration by explaining who has the responsibilities and liabilities, obtaining formal administration of the estate, such as Probate or Letters of Administration from the High Court, managing assets, paying off any estate debts, filing tax returns and distributing estate assets to the beneficiaries. Gina Jansen Lawyers are experienced and bring sensitivity and compassion to help our estate clients.



We provide an efficient service to swiftly handle simple or complicated estate matters. We can provide advice on Probate and Letters of Administration from the High Court, estate administration, and distribution of assets to beneficiaries, executor's duties and jointly held assets. Estate administration involves advising and helping executors to understand their role and responsibilities, legal liabilities, tax obligations and filing tax returns for the estate and the deceased, paying estate debts and distributing the estate either according to the Will of the deceased or via the Administration Act if



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Property

the deceased passed without a Will.

When any assets are jointly owned, such as bank accounts or property, it usually becomes the property of the surviving spouse (depending on how the property title is held) and therefore is not included in the estate. We help to transmit the property to the surviving spouse. Lapses in time to effect this can complicate the process so it is essential to transmit property promptly. Probate is obtained from the High Court and is necessary in order to have the Will of the deceased formally accepted as the last Will. Probate is required when the deceased person has a Will and had assets in their name exceeding \$15,000.00. Gina Jansen Lawyers are experienced at promptly preparing and filing for Probate in the High Court. Where the deceased has passed without a Will, the estate is administered in accordance with the Administration Act 1969 and an application must be made to the High Court for Letters of Administration. We can advise you how the estate must be distributed to beneficiaries under the Act. We also guide executors on the assets and liabilities of the estate, how to pay bills and debts on behalf of the estate, as well as advise on tax obligations and filing of tax returns. Want to know more? Contact Gina Jansen Lawyers on 09 869 5820 or email us at gina@ginajansen.co.nz.

What is in a name?

The legal professional in New Zealand is made up Barristers and Solicitors. What's the difference? A barrister will represent a client in open court and may appear at the bar. A barrister does not deal directly with clients but does so through a solicitor. Typically a barrister will specialise in a particular area or court i.e. family, civil, and criminal.

A Solicitor on the other hand is actually a Barrister & Solicitor and whilst they tend to deal with more transactional work such as the conveyance of property, raising and discharging mortgages, subdivisions, drafting wills and estate planning, negotiating disputes and settlements, a solicitor may also represent clients in court. One main difference is that a solicitor can operate a trust account for handling client monies, but a barrister cannot.

Both barristers and solicitors can also be referred to simply as 'lawyers'. 'Attorney' is the American equivalent, or 'Advocate' in Europe.

In New Zealand we are only permitted to refer to ourselves as being a lawyer, barrister or solicitor if we hold a current practising certificate with the New Zealand Law Society.

ClearStone Legal incorporating Kumeu-Huapai Law Centre are



a firm of Barristers & Solicitors. Phone 09 973 5102 to make an appointment.

Planning for financial year end

There are several things you can do to get your business organised now for the financial year end on 31st March which will help make the process easier and quicker. Depending on your inventory management system, you may need to do a physical stocktake on balance date, so schedule this in with extra hands on deck if necessary. Now is also a great time to physically dispose of any obsolete stock so this can be excluded. In order to claim a deduction for bad debts, these must be written off prior to 31st March, so write these off now in your accounting software. Take some time to look at your fixed assets register and ensure it is up-to-date with details of any purchases costing more than \$500, as well as any disposals. This is intended as a general guide. For more tips on planning for the financial year end please contact Mark Foster and the friendly UHY Haines Norton accounting team on 09 412 9853 or email kumeu@uhyhn.co.nz.

Titles and land covenants

Most land agents will tell you to get legal advice before you sign an agreement. This is good advice because it gives you and your lawyer a chance to look at a title to see if there are things that limit your future use and enjoyment of the property that are validly on your title. Failing that, we always recommend that you only sign an agreement with a due diligence clause which allows you to withdraw from the agreement if you are not satisfied about the title. Title issues include that the land covenants are too vague for you to be sure that the vendor has complied with them. This is especially so where the style of building or materials used is something must be approved by the developer. It often cannot be known whether the developer ever approved these things or whether it can lead to expensive remedial work after you are committed to the purchase. Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email luke@kempsolicitors.co.nz.

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



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Luke Kemp
LL.B., B.COM., DIP. HORT

Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COASTEVILLE	2,000,000	5140M2	260M2	1,570,000		2,000,000	1358M2	312M2	1,360,000
	2,150,000	1.44HA	146M2	1,860,000		980,000	415M2	201M2	940,000
	4,131,250	6.48HA	340M2	4,000,000		970,000	400M2	200M2	900,000
HELENSVILLE	510,000	463M2	70M2	565,000		930,000	400M2	180M2	882,000
	670,000	688M2	130M2	685,000		1,100,000	432M2	234M2	1,135,000
	680,000	663M2	113M2	749,000	PARAKAI	540,000	451M2	102M2	475,000
	410,000	503M2	49M2	445,000		640,000	0M2	92M2	546,500
	1,775,000	14.74HA	366M2	1,593,000	RIVERHEAD	1,300,000	1011M2	278M2	1,400,000
	1,375,000	4.05HA	220M2	1,230,000		1,125,000	897M2	176M2	980,000
HUAPAI	1,100,000	604M2	209M2	1,050,000		870,000	1214M2	98M2	815,000
	1,050,000	624M2	215M2	980,000		1,175,000	1.14HA	170M2	1,035,000
	1,025,000	1211M2	236M2	1,015,000	SWANSON	870,000	595M2	181M2	890,000
	980,000	652M2	180M2	965,000		1,425,000	47100M2	320M2	1,310,000
	1,125,000	763M2	264M2	1,080,000		1,155,000	520M2	317M2	1,191,000
KUMEU	950,000	405M2	192M2	925,000		865,000	2942M2	180M2	889,000
	1,075,000	480M2	214M2	952,500	WAIMAUKU	1,025,000	1565M2	120M2	952,000
	2,350,000	5.9HA	256M2	2,580,000		1,025,000	1699M2	190M2	1,025,000
	1,150,000	702M2	237M2	1,230,000		660,000	1160M2	101M2	690,000

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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By Negotiation

2 Koraha Road, Kumeu
By Negotiation

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

www.mikepero.com/RX2249624



Graham McIntyre
027 632 0421
09 412 9602

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SEA VIEWS, EVENING HUES, AFFORDABLE LIFESTYLE 4 1 1

By Negotiation

7 Kaipara Lake Road, South Head
By Negotiation

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

www.mikepero.com/RX2039027



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE IN WAIMAUKU ON 1236 SQM OF LAND 4 2 2

By Negotiation

16 Denehurst Drive, Waimauku
By Negotiation

Open plan living and entertaining linking to north facing decking with large overhangs delivering the best of the sunshine and shade with the protection from the rain. An excellent layout including four bedrooms (master with ensuite and walk in wardrobe), two bathrooms and three toilets feature in this expansive two level home delivering space to work, live and play, all under one roof. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for a teenage retreat/ office or games area. Close to Waimauku Primary School, convenience shopping, cafés, reserves and a short drive to the iconic Muriwai Beach.

www.mikepero.com/RX2223811



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



BRICK AND TILE - MODERN LIVING 4 2 2

Asking Price \$759,000

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

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

www.mikepero.com/RX2163650



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09 412 9602

graham.mcintyre@mikepero.com



RUSTIC CHARACTER, BARNs AND MODERN STUDIO

6 5 2

\$1,995,000

41 Coatesville-Riverhead Highway, Coatesville
Asking Price \$1,995,000

The best of old and new blend seamlessly on this quiet and private estate of 4 acres comprised of established native bush and pasture delivering a private, tranquil and sunny glade. A statement of enduring connection to what is real, what matters and what feels right. A diversity of living rooms, separate dining room, four bedrooms, an office and two bathrooms while the hub is the open plan kitchen and step down entertainment lounge with high, wooden, cathedral stud and cascades of light. Two large barns, one open style and one a half round with a loft, providing storage or workshop options. In addition, a separate, near new studio comprising five rooms (ccc not issued) with additional parking.

www.mikepero.com/RX2166107



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3222 SQUARE METERS - BIG OPPORTUNITY IN WHENUAPAI

3 1 1

\$1,545,000

44 Puriri Road, Whenuapai

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

www.mikepero.com/RX2204835



Graham McIntyre
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09 412 9602

graham.mcintyre@mikepero.com



VALLEY VIEWS, PASTURE IN HUE - NEAR TAUPAKI

4 3 2

By Negotiation

81 Stoney Creek Drive, Waitakere By Negotiation

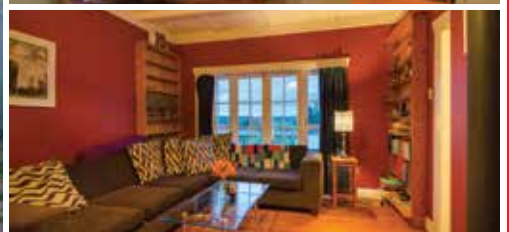
Pasture and park like surrounding ignite the most idyllic, peaceful and playful home, shedding, grazing and kids playground imaginable. A contemporary and modern four bedroom, two bathroom home, over two levels, elevated, tranquil and private with the most outstanding valley and bush views. Open plan kitchen and dining area flowing seamlessly out to a large deck, making entertaining a breeze. Separate lounge area which opens up to Westerly decking over-looking a lush garden, lawn and entertaining area leading to a grazing paddock. Internal access triple car garage makes life easier for the tools and toys, with a separate 12m x 9m shed providing workshop space and storage, includes a separate room and bathroom, delivers options for extra room for guests or independent family members.

www.mikepero.com/RX2109381



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09 412 9602

graham.mcintyre@mikepero.com



NORTHWEST ASPECT - COUNTRY COTTAGE IN HELENSVILLE

2 2 1

By Negotiation

203 Mangakura Road, Helensville By Negotiation

Nestled in a quiet glade overlooking most of it's 1.5 hectares is this very private country cottage. Offering a feel of ambience, a touch of nostalgia and a tranquil place of relaxing contemplation. If you are seeking land and home that oozes personality and character, this is one that will feature high on your list. Motivated owner and lots of little projects to enjoy, come and feast your eyes on this great delight. The CV on this property is \$1,075,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX2066202



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



LAND WITH VIEWS, MULTIPLE BUILDING SITES - WAIMAUKU

By Negotiation

Kiwitahi Road, Helensville By Negotiation

Hill top location, overlooking the Woodhill Valley over to the Tasman Ocean and up to the Kaipara Harbour. This truly spell binding, toe tapping and ear tingling opportunity to purchase the "full package" with over 2.9 hectares (7 acres) of rolling hill country delivering full fencing, good/ easy access. Includes a small parcel of covenanted bush which intersects with a small duck pond on the property. Delivering an ecological and naturalists playground. Title issued, no covenants affecting your plans on this north-west facing masterpiece. For additional support information please text or email me today, it's not going to be around for long, make your offer today. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX2066456



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE LIVING IN RIVERHEAD - ENTERTAINERS HOME

3 1

Asking Price \$879,000

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

A beautifully finished and landscaped contemporary bungalow in the heart of Riverhead's old world charm. Offering a very modern open plan living out to sunny North-West facing decking to melt away the day. Landscaped to deliver privacy and modern contemporary. An altogether picturesque country cottage entrance entices you through the door to an open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level. A hop, skip and dawdle to Riverhead School, Hall, Cafés, Restaurants, Parks, Inner Harbour and walks.

www.mikepero.com/RX1814073



Graham McIntyre
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09 412 9602

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Home & Garden

Monthly spotlight – 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 and downpipes. Whatever your needs...we can help! Give us a call and one of our experienced roofing team will get you sorted.



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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.

Autumn is nature's planting time

The ground is still warm and the first of the rain helps new plants, trees and lawns get established.



Now is the time to get ready for the joy of bringing beautiful bulbs to life in the coming spring. Bulbs can be planted in pots, tubs, or even old boots or wheelbarrows, if you're feeling creative.

We have all of your favourites like anemones, daffodils, ranunculus, freesias, hyacinth and more in store now!

Most bulbs prefer a period of coldness (especially in warmer climates), so it's a good idea to place them in a paper bag in the fridge for about 4-6 weeks before planting.

By planting your bulbs in groups, two weeks apart for a 6-8 week period over autumn, you can be rewarded with up to 3 months of blooms, with new blooms emerging as old ones die off.

If you need advice on what to plant in your autumn garden, or want to browse our range of bulbs, pop in and see us!

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- claim tax back on your system as a depreciable asset
- be a shining example to others by "walking the talk"
- switch on your system straight away to start all of the above

If you run a business out of a commercial building? We can have a good look at your power bills, supply a detailed report and answer any solar questions you may have. Contact us on: info@solarcraft.co.nz or phone us anytime. PH: 0508 272 389 W: www.solarcraft.co.nz.



The latest edition in Westgate

The founder of Exceptional Bathrooms Ltd, Garry, has had over 40 years of experience in the building industry. He's done everything from general building to specialising in kitchens and now is the expert on transforming bathrooms into functional and lovable spaces. After 7 years of operating Exceptional



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Home & Garden

Bathrooms Ltd, 7 years of designing, creating and building dream bathrooms for our clients, we are pleased to announce the opening of our very own Showroom. The Showroom is a unique opportunity for the public to come in and not only see trending ranges of vanities, showers, baths and tapware but it is an exclusive showcase of our expert tradesmanship. Come meet our team at 7 Northside Drive Westgate to see what it feels like to be in a truly Exceptional bathroom.

Promoting gardening and healthy eating

Workshops: 10am-12noon - Wednesdays & Saturdays.

Just come along! 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.

We are a teaching garden, apart from the everyday learning, we also offer regular hands-on workshops. Our upcoming workshops and events are:

Winter Gardening with Judy Keats - Saturday 21st March 2020, 10am. Learn how to achieve 'the best you can get' from your garden by building healthy soil and growing plants to enhance nutrition levels. Soil fertility, crop rotation and edible seeds selection for winter will be covered. Plus, ways to protect your seedlings for improving conditions to achieve optimal growth. \$25pp register judy@greensister.nz 021 635 607.

Massey Garden Ramble - Saturday 28th March 2020, 10am - 2pm. Free Event - A wonderful opportunity to visit 3 established Massey Community Gardens. Come meet the people behind the greenery with garden tours, and special activities in each location.

Where: Multiple locations; Triangle Park Community Teaching Garden - 385 Don Buck Road, Massey, Woodside Community Garden - 28 Woodside Road, Massey and Jadewyn Community Garden - 25 Jadewynn Drive, Massey.

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

Flower arranging - Easter theme

Sunday 29th March 0930am - 1130am.

After a really successful flower arranging workshop last Christmas, we've invited Bea Stumple back to present an Easter theme version. So if you would like to create your own Easter table settings or flower arrangements to celebrate the festival (and impress your friends and family) this is a not to be missed event.

Bea Stumple is an expert local florist.

She qualified as the top student in NZ when she completed her NZ Professional Floristry examinations 26 years ago and is one of only 16 people to have received the Ethel Black Award (a top accolade in the floristry world). She is also a registered examiner and accomplished tutor - so Bea knows her stuff (she's also a great presenter).

She plans to stroll around the gardens with attendees selecting appropriate plants and flowers and then show how to arrange them to best effect.



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Home & Garden

Within this interactive presentation Bea will be explaining: Appropriate plants and flowers that work well together, various arrangement techniques and concepts, how to make your creations last longer and tools and materials required.

After the workshop maybe spend more time in the Gardens which has a beautiful 1Km nature trail meandering through the idyllic Kaipara countryside.*

There is also a kid's play area as well as our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

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

* Trail not suitable for wheelchairs or walking frames.

The Christmas event was extremely popular so booking is definitely advised as spaces are limited. See below for contact details.

1481 Kaipara Coast Highway (SH16). Tickets: \$15 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

Waimauku Garden Club

By the time you read this we will have had our first trip for 2020.

We are always happy to welcome new members. Our trips are always on the 3rd Thursday of the month.

On the 20th February our trip included a visit to The Nathan Homestead where the Butler's Pantry served us tea/coffee and a small scone or muffin before having a look at the Homestead, art gallery and garden.

Next we headed to The Auckland Botanical Garden and Sculpture Display for a picnic lunch or food from Cafe Mico.

For March we are in the Drury/Bombay Area. We start at the Red Shed for morning tea before heading to Winsford Garden and to Addenbrooke Gardens for lunch and viewing the garden. Should be a great day out. Join us.

Contacts: Althea 09 412 7752, Ann 021 035 7406, Bette 021 14 51854, Diana 027 478 8928, Jan 021 108 7925, Judith 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

Don't let your outboard ruin your day

When you're at the boat ramp all geared up for an epic day's fishing, the last thing you want is your outboard motor to let you down. We've received our fair share of calls from disappointed boaties in this position. Thankfully most issues can be resolved over the phone but here are some tips to avoid this situation.

Firstly, it's always a good idea to run the motor up at home on idle for 10 minutes before you go. If you're planning an early morning mission then do this the night before. If there are any issues, it's likely you'll uncover them at home. At the same time, also confirm that your electronics are operational and bungs are in.

However, if you do get stuck, there are a few key steps to take depending on what your outboard is doing.

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Home & Garden

1. Has your motor fired, coughed or spluttered?

If so, open throttle lever wide open or lift up the cold start lever and turn over engine with no choke until it fires.

2. Has the motor turned over but there's no cough or splutter?

This usually means there's no spark or no fuel, or the fuel may be stale. Check the kill switch is in and confirm choke is operating by pushing key in and hearing a click or use a manual choke on the outboard. If the fuel has been sitting around for more than 6 months, replace it.

Also check the fuel connections on the boat and make sure they've not perished. If they have, you risk the engine sucking air and not fuel. It's a good idea to keep spare fuel connections on board just in case.

For more tips on enjoying trouble-free boating, go to gtmarine.co.nz or call 09 412 8348.

Livestock report

Cattle sold exceptionally well at Pukekohe, with prices fabulous for all classes of cattle. Recent strong grass growth and the promise of more rain has buyers in great form. Killable cattle just continue on recent strong trends, despite some cattle being more forward than actually fat. Young cattle from yearling to weaners, both heifers and steers, just sell very well.

Cattle	Lowest Price	Highest Price
Medium prime steers	\$1,700	\$1,715
Good forward 2-year steers	\$1,395	
Good 15-month steers	\$1,025	\$1,140
Other 15-month steers	\$900	\$1,030
Light yearling steers	\$700	\$825
Weaner steers	\$590	\$680
Best prime heifers	\$1,350	\$1,600
Light 20-month Hereford heifers	\$1,140	
Plain x-bred yearling heifers	\$680	\$950
Weaner heifers	\$540	\$760
Light heifers	\$400	\$488
Boner cows	\$1,070	\$1,650
Light cows	\$570	\$990
Bulls	\$1,640	\$1,950
Fat lambs	\$139	\$200
Spring lambs	\$159	\$181
Rams	\$130	\$135
Hoggets	\$120	\$130
Ewes	\$100	\$160



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At Western ITM we welcome do-it-yourselfers, whether you are about to build a new deck, a new fence or even a whole house... It's all possible at Western ITM. As your local timber, hardware and building materials suppliers, Western ITM is here to assist. You can call into any one of our three West Auckland stores and check out our selection of quality products and range of services. We also supply online and instore do-it-yourself guides and expert advice.

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Central's Tips

March 2020



The garden is bursting with produce. Harvest beans, tomatoes and corn. Place ripening melons and pumpkins on a bed of dry straw, to prevent them rotting. Protect ripening fruit and berries and start preparing the garden for autumn.



Get the spring bulbs!

It's time to start thinking about what bulbs you want to plant for the coming spring. Ask your local garden centre for planting tips.

In the Edible Garden

- A great harvest time in the vegetable garden with **corn, tomatoes and beans** on tap now. If heritage varieties (old-fashioned types that haven't been hybridised) have been planted, you can begin to dry and save seed for next year
- **Ripening melons** and **pumpkins** need a dry base to sit on, such as straw
- **Citrus trees** are known as gross feeders so lightly fork compost around them and continue fertilising now. Potted citrus will still require regular watering during a dry March



Cover fruit

Cover figs, blueberries and late summer raspberries with bird netting to save your precious fruit.

The rest of the Garden

- Choose your **tulip, hyacinth** and **daffodil bulbs** from garden centres or on-line stores. If you don't have much winter sun, crocuses and daffodils will grow in shady areas
- Once the rain returns after summer, you can start a **lawn with seed** from our Prolawn range, where we have blends for all types of lawns. Get a great result by adding **Prolawn Turfmaster Starter** fertiliser with your seed, and water daily for the first couple of weeks
- **Trim hedges** now for a crisp shape in the winter months. Add some **Living Earth Garden Mix** around the roots to cover exposed roots and give it a bit of a boost
- **Condition soils** after a particularly tough dry northern summer: dig plenty of **Living Earth Organic Compost** through the soil to add back nutrients and organic matter, plus it'll help aid moisture retention
- **When rain is forecast:** apply gypsum to soften hard clay areas and bring the garden back to life. In case you were wondering – cracked soil does close up again, when water penetrates it

Project for March

Plant a hedge

NZ griselinias, corokias and pittosporums make excellent hedges. Place a handful of gypsum in each hole and place the plant on top, firming Nutrasoil or Garden Mix around the plants. Water well and apply mulch.

For all the products you'll need for your project visit www.centrallandscapes.co.nz





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Build New

Buying the right section with Signature Homes

If you are interested in a section after your initial inspection, there is further information you should research before buying. Grab yourself a copy of the following reports and documents



1. Certificate Of Title (you can order from Land Information New Zealand) Check for covenants, easements and consent notices placed at the time of subdivision. These might limit your use of the site
2. District Plan (order from the local council) This will tell you things like height or boundary restrictions and will provide details relating to what your neighbours are permitted to do as well as any required resource consents
3. Land Information Memorandum (LIM) (order from the local council) A LIM provides information held about a particular property or piece of land which you may not get from the district plan alone, including: Rates; Land features and environmental issues; such as erosion or flooding; Restrictions on land or building use; Resource consents issued; Potential contamination from hazardous substances; Storm water or sewage drains
4. Geotechnical/ Engineers Report (sometimes called a Soil Test)

If completed find out if: You are buying in a new subdivision, the developer will probably have an engineer's report; the services of an engineer are likely to be needed. This will be the case if there is concern about the stability or compactness of the earth; there may be limitations on the types of materials that can be used. If there is a lot of infill it may not be possible to use heavy materials, such as concrete block or brick, to build the house; If no geotech report is available, it may be something that will be required as part of your due diligence

5. Topographical Survey: This shows the amount of fall across a section or a building platform
6. Wind Zone: Find out the wind zone that the site is located in. This will affect the bracing requirements of your home. If reports haven't been undertaken on your site, there's no need to worry. Signature Homes ensures Topographical and Geotech reports are completed before a guaranteed final cost to build is supplied.
7. Valuation: This will help you decide if the price is right. A valuation may also be needed for mortgage purposes
8. Sale & Purchase Agreement (consult with your solicitor about this)

Our Consultants can assist you with all aspects of researching land and sourcing reports to ensure you make an informed decision. If you would like some advice on where to build, or a free site visit call us on 0800 020 800, call into our Signature West office; 80 Main Road Kumeu, our Show homes or email deanpritchard@signature.co.nz.

Have you considered a house and land package? These bring together a block of land and a home design that perfectly suits that section for a fixed price. It's an easy, secure way to buy a new home.

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53 Vinistra Road, Huapai Triangle
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3 | 2 | 1 | 1



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Lot 18, 14 Vogwill Road, Kauri Grove
Home: 170m² | Section: 748m²

4 | 2 | 1 | 2



Four Bedroom Beauty
Price By Negotiation

Lot 4, Taupaki Estate, Taupaki
Home: 250m² | Section: 8011m²

4 | 2.5 | 2 | 2

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Build New

Here's what you need to know about financing a new build

Building a home can be difficult, but it doesn't have to be. If you work with the right people (Hint: Golstruct Homes) and know what you're doing it can be surprisingly stress free and extremely rewarding.

One part of the process that often confuses our clients is finance, so to make your build easier here's everything you need to know.

How much deposit do I need? In most cases you'll be able to secure a construction loan with just a 10% deposit if you've got a fixed price contract to show your lender. If you're buying a section, or have a labour contract you may need a deposit of between 25% and 35% of the loan amount.

With Golstruct Homes, the majority of our clients do a "home and land package" which only requires a 10% deposit. Plus, to make your life (and your loan) easier we offer TRUE fixed price contracts as an option on all our builds.

How do construction loans work? Most construction loans kick in when the build starts and are then used like a big credit card to make progress payments as construction progresses.



Your lender will usually make these progress repayments direct to the builder at certain stages of the build. Your builder will need to provide a detailed break down of costs at each stage to have the funds released to them.

Payments generally come at these stages: Site works, foundations and paper work. Framing of walls and rooms. Roof installation. The lockup stage when walls, windows and doors are installed. Fit out when all the internal fittings and fixtures are added. Final payment made when Code of Compliance is issued.

Often a representative of the bank will head out to the construction site and verify that the works have been completed at each stage.

Construction loans work a little differently to regular home loans.

What are the benefits of construction loans? Construction loans are pretty nifty - they're built specifically to make the construction process as easy and affordable as possible.

For one, they're often interest-only for the first year to help keep your costs down while construction is ongoing. In most cases they'll also come with a year long conditional approval, giving you plenty of time to find the perfect site and a builder that you trust. After the first year the loan will usually revert to a standard principal and interest setup.

Building a home and managing a construction loan can be easy, and the end result can be phenomenal. Just make sure you surround yourself with good people that you can trust, from your lender and your lawyer to your builder. If you need help with the building part get in touch with the team at Golstruct Homes to get started. Phone 0800 465 787 or visit our show home at 175 Matua Road, Huapai.



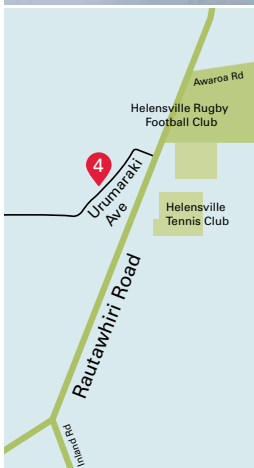
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G.J. Gardner. **HOMES**

Pets

Poisons

Grapes, Raisins, Currants and Sultanas

These are amongst the most dangerous fruits for canines (anecdotally there have been reports of cats and ferrets being affected too) and just a small amount can result in severe, acute kidney failure. This can develop days later.

Toxicity is not dose dependent and symptoms can occur with even small amounts.

All products containing grapes or raisins including grape juice, scroggin, fruit cake, bagels etc should be avoided. If you have visitors, especially children, keep an eye on them and make sure they know not to feed any food to your pets.

Symptoms Include: Diarrhoea, vomiting, dehydration, lack of appetite, lethargy, weakness, little to no urination, abnormal drinking and bad breath.

Strangely no one knows why grapes are so dangerous for dogs, not even the experts. Keep in mind that grapes don't affect every dog BUT you don't want to find out if your dog does react the hard way; it can be deadly.

The best thing to do is ensure your dog doesn't have the opportunity to consume any grapes, raisins or sultanas. Make sure they can't help themselves to the fruit bowl or if you have a vine growing make sure the dog has no access to it or some dropped by children.

Treatment: Keep the animal calm, Treat for shock and reduce noise.

If you suspect that your pet has ingested any poisonous substance contact your vet immediately and get the animal to your nearest vet.

If you are interested in learning more please contact Josie at PET



First Aid & Training (NZ) Ltd - josie@petfat.co.nz.

Kumeu Kennels where dogs have FUN!

A 'Day-Care' service for dogs which enables your dog to play, interact, and gain confidence with other dogs in a safe and monitored environment.

Socialising is done selectively by experienced staff, dogs are put into groups of between six and eight taking into account

age, nature, size, breed, energy levels and personality type i.e. submissive, dominant or neutral, this ensures maximum safety yet still allows your dog the right to mix with other K9's just as they would have interacted with their litter mates. If you do not wish your dog/s to socialise with others we have a separate exercise area for them to run and or play ball in with a handler, and for the more people-orientated dogs a handler can be made available to take them on a 'walk and talk' stroll around the property, enquiries phone 09 412 7665 or go to www.kumeukennels.co.nz.



Kanika Park Cat Retreat

Why does my cat stare at me? It's like they watch our every move.

Our cats are hunters and their eyes have developed to assist them. They blink very little compared to us. Generally speaking, cats don't stare - they're just looking the way they naturally look at things.

That said, there are times cats actually do stare. Cats will stare at each other in an act of rivalry. This is often seen when two unfamiliar cats come across the same territory. Staring is the beginning of the social dominance battle and often ends there as one cat out-stares the other.

However, cats typically don't stare at humans in an aggressive manner. Most people agree it's a sign of love and affection. They might be trying to tell us they're hungry, thirsty or bored. Some think cats watch their owners out of curiosity.



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Pets

When our cats stare into our eyes, often with a slow blink, they're telling us they're safe and comfortable. A soft gaze is a sign that your cat is relaxed.

Phone 027 550 1406 or info@kanikapark.nz.

Stories from a pet photographer

One of the best parts of my job as a pet photographer is how unpredictable it can be. One day I could be doing a family photo session at the beach, the next I might be doing dog portraits at a park...and then along comes a pig!

I was so thrilled when Melissa got in touch to do photos of Pebbles the pig and her dog-bro Whiz the staffy. I've always followed these guys on Instagram (@lifeofwhiz_pebblesthepig) and had photographed Whiz previously...but Pebbles was on my photography wish list.

These guys are lucky enough to live on an orchard in Riverhead which made for a beautiful setting. Photographing a pig was similar to a dog. Pebbles is very food driven as you would expect, and she even had a go at nibbling on my shoe laces. Her mum has trained



her to sit, but Pebbles will only listen if she is in the mood, which was pretty entertaining to watch. She is a real sweetheart with bounds of personality and is happy to just follow you wherever you go, much the way a loyal dog would. The photo opportunities she gave me were stunning, especially with her beautiful flower wreath (until she found out it was tasty) And don't get me started on Whiz. This dude is born to be a model...just look at that gorgeous staffy face, it is entirely irresistible!

If you are interested in booking a photoshoot for your own pet (dog or otherwise) then I would love to hear from you! Visit my website for bookings and more information - www.dogandco.nz.

Country Bumpkins

At Country Bumpkins we are all about exercise and we think we have a special place to do just that. Our property has over 50 acres of private forest to run, play, roll and sniff amongst undergrowth and trees. All teams exercise 100% off-leash, which for many of our customers living in city suburbs, such areas can be difficult to find. Our dogs get the opportunity to regularly enjoy the simple pleasure of being free in a safe environment. We also pick up and drop off and can use Garmin GPS collars (these are not electric shock collars) if needed. As one of our customers put it "My dog loves going to Country Bumpkins. She's collected from home, goes on an amazing dog adventure, and gets dropped back home. She waits for the van every Tuesday." If you think your dog would like this type of adventure, give us a call on 027 571 1672 or check us out on Facebook @countrybumpkinsnz.



It ain't what you do **it's the way**
that you do it !

Kumeu Courier magazine was created in June 2010 and has published more content about this area and its surrounding neighbours than any other community media organization over this period.

The magazine has a free-to-publish editorial philosophy that encourages businesses, clubs, schools, sports teams, not-for-profits and rate-payer groups the freedom and flexibility to submit information, updates, events and have healthy debate. Submissions must be in by the 15th of the month prior.

After reviewing the community social media pages recently, and reading the comments and discussion, I have to say that the magazine's content is significantly positive, up-beat and deals with many of the facts rather than a barrage of unsupported opinion and ranting.

If you have an organization that wants to get a message out to this community, please, drop me an email to graham@kumeucourier.co.nz or call me on 0800 900 700 to discuss, what your wanting to achieve and what your considerations are. Editorial is free and advertising space starts at a very low \$85 plus GST for the month. Editorial and advertising is seen in 10,000 print copies, online, and by email pdf. It is not only the best localized content in the area, it is also the most relevant to the local community.

Tell us what way **you want to do it!**

Food & Beverage

Allely Estate a slice of Kumeu history

We've had a busy summer season and, along with "What gorgeous gardens" and "You'd never know all of this was hidden back here" we've also heard a lot of, "I remember Allely Estate from years ago when it was Allely House..." and then they share their memory. For many, it was a wedding or engagement party or milestone celebration they attended. Others remember dining here when it was a local restaurant. Quite a few fondly recall working here during their school or university holidays, as wait staff or in the kitchen. We're so proud of the name and reputation Allely Estate has in our local community - it's a slice of history. Once upon a time, the land at Allely Estate was used to produce Selaks Wines. Then, 35 years ago, the beautiful 1900s heart-kauri villa was relocated from Henderson - with its roaring fire and view of the gardens, it's now where we hold our intimate and/or winter weddings, and couples often use the front rooms to get ready and take pre-wedding photos (and a few bubbles to calm the nerves). We also find businesses like to use the villa to hunker down and do corporate strategy or training days. Thank you for supporting our local business and sharing your memories with us - we love to hear them. www.allelyestate.co.nz.



Westbrook Winery

Westbrook Winery is celebrating 85 years of wine-making in NZ this year and 20 years of producing award-winning wines in Waimauku. It all began in Croatia in the 1880s (check out the photo of the first stone 'winery'). Many people don't realise that this region is Auckland's original wine-country or that Westbrook is located just a short and pretty drive from the city, in the picturesque Ararimu Valley. While Chardonnay and Riesling are their flagship wines, Westbrook also produces a stunning Sauvignon Blanc, a perfectly balanced Pinot Gris, three beautiful reds and a delicious Port. Learn a little of Westbrook's history and wines with a guided wine-tasting experience. Stay on and enjoy a glass of your favourite drop along with a wine-matched platter on the patio, outdoor deck or down by the pond. The Cellar Door is open daily between 11am



- 5pm. Bookings must be made for groups of six or more and are highly recommended for all visits. For more information visit the website www.westbrook.co.nz or give the friendly team a call on 09 411 9924.

Hibiscus and Rose Cookies

Ingredients: $\frac{3}{4}$ cup butter, softened but not melted; 3 T coconut sugar; 1 cup ground almonds (skins can be left on); 1 cup flour; 1 t baking powder; 1 egg; 1 t vanilla; $\frac{1}{4}$ t sea salt; 2 T Dried Hibiscus flowers (*Hibiscus sabdariffa*) powdered (use a mortar and pestle or blender); 2 T Dried Rose petals powdered; Extras: Caster sugar to roll cookies in; Raspberry jam to stick the cookies together



Method: Preheat oven to 170C and line a baking tray with parchment. Add all of the ingredients together in a bowl and mix until well combined. Roll into balls, then roll in caster sugar. Place on to the tray and flatten to about 1cm in thickness. Bake for approximately 12-15 minutes. Remove from the oven and using a fish slice remove each cookie off the tray and place onto a baking rack. Place the rack on the oven tray and back into the turned off oven for a further 5 minutes to help crispy the cookies. When cool, spoon some raspberry jam onto one cookie, then sandwich together with another cookie. Enjoy with a lovely hot cup, or cold glass, of Hibiscus tea.

Dried Hibiscus Flowers and Roses, along with a selection of other organic herbal teas are available from www.NewZealandHerbalBrew.co.nz.

BERBA harvest celebration

March and April are busy months for us at Soljans Estate Winery. We will be hand picking our Pinot Gris and Chardonnay soon and this can only mean one thing... BERBA is coming!



This is a traditional celebration we have every year over Easter Weekend to celebrate harvesting our grapes. Winery tours, wine tastings, new releases and of course,

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Food & Beverage

grape stomping. (For those who love to feel grapes being crushed between their toes!)

Keep an eye out on our Facebook page and website for more information.

BERBA Harvest Celebration will be held Saturday the 11th, Sunday the 12th and Monday the 13th of April. Perfectly timed over Easter weekend to make the most of your time off.

Closed Friday the 10th of April. Find us at 366 State Highway 16, Kumeu. Café bookings essential, call us on 09 412 2680 or book online today.

Peko Peko

Do you need to grab a quick lunch but still want to have healthy and yummy food? We have started sushi as well as bao buns and special mini rice bowls in the display cabinet for lunchtime only. We are located at the new block on Hobsonville Rd, next to Hobsonville Primary school (6/102c Hobsonville Rd, Hobsonville). Please check our Facebook and Instagram pages, find us @pekopekonz.

Phone 09 416 1197 or email pekopekonz@gmail.com.



Café Botannix

Join Café Botannix Westgate for High Tea Friday 20 - Sunday 22 March to support Garden to Table.

Money raised from the 2020 Garden to Table garden parties will help Garden to Table train and support primary schools throughout Aotearoa to begin, and deliver, their Garden to Table programme.

With your help, we can make sure the next generation understands where their food comes from, how to grow it, prepare it, and love eating it, learning the skills they need to sustain and nourish them for a lifetime.

Tickets are \$40 per person and include a delicious high tea and drink, with \$10 per ticket being donated to Garden to Table.

The menu includes wild berry mousse profiteroles, raspberry and white chocolate muffins, salmon cucumber pinwheels, margarita mini bagels and more.

Spots are limited. Head in to Café Botannix Westgate to purchase

your tickets.

Plus be in to win a place for you and a friend at Al Brown's table when you purchase a ticket to Café Botannix Westgate's Garden Party.

Open 7 days from 8.30am.

Phone 09 810 8385 | emma@cafe-botannix.co.nz | www.palmers.co.nz/cafe-botannix.

A new take on eggs

Here's something new to try for breakfast; poached egg, tomato, bacon and mushroom on a bed of baby spinach leaves, with NoShortcuts Beetroot Relish on the side.

What a nice gentle start to the day, providing 1+ of your 8 daily veggie servings - and what's more, studies have shown that beetroot helps lower blood pressure, boost energy and fight inflammation.

NoShortcuts' range is low in salt, sugar and fat, made from locally grown fresh produce with no added nasties and comes in a recyclable glass jar. It can be used as a garnish, topping or side dressing and also blended into cooking.

NoShortcuts chutneys, relishes, pickles and jam can be found at Countdown Hobsonville, Organics Out West, Farro Fresh Mairangi Bay, New World Albany, Milford and other stockists. Check for details at www.noshortcuts.co.nz, or visit Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



Hallertau

The Hallertau Emergency Thirst Extinguisher will be making an appearance at the 98th annual Kumeu Show. Timber chopping, archery, Highland dancing, shearing and an array of animal competitions for your entertainment. Hallertau's ingeniously customised Fire Truck will be dispensing the good stuff in the Kumeu Show bar area and beer garden. Sat 14 & Sun 15th March.





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Health & Beauty

New chiropractor at Kumeu Chiropractic

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

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

I first experienced Chiropractic as a patient in my teenage years for minor back pains. Visiting my local chiropractor helped me in more ways than I could imagine. From experiencing the effects of Chiropractic first-hand I became interested in it as a profession, and began researching and attending Chiropractic health talks. After understanding how Chiropractic optimises the functioning of the human body and what amazing changes this can bring to people's lives, I knew this was the profession for me. I made the decision to study in Auckland at the New Zealand College of Chiropractic and never looked back.

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

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

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



Your amazing eyes

Are your eyes working overtime? Bring them to For Eyes in the Kumeu Village, where optometrists Matthew and Molly Whittington will give them the best possible care - and explain why your hard-working eyes deserve it.



1. Eyes are the second most complex organ after the brain.
2. Our eyes are made up of over 2 million working parts.

3. The eye muscles are the most active muscles in the human body (and they're 100 times stronger than they need to be to perform their function!)

4. About half of the human brain is dedicated to vision and seeing.

5. Eyes are able to process 36,000 pieces of information in a single hour.

6. In an average life, your eyes will see 24 million different images.

Phone 09 412 8172 for an appointment at For Eyes. Website: www.foreyes.net.nz.

Healthy teeth for longer life

The great news is people nowadays are living longer, with the average life expectancy extending well into their nineties. Living in 2020 also means that we expect a far better lifestyle than aged people have typically enjoyed in the past, and therefore dentures are no longer the desired option.



What must be emphasised is oral health is closely related to your general health. Your mouth changes as you age. As you get older you need to take extra precautions and make your visits to the dentist more regular just like you do with the doctors.

Regular maintenance visits will prevent and protect your teeth and help you keep your teeth for life. Luckily, dentistry has evolved and here at Kumeu Dental we can now offer durable, long-term sealants giving protection for high risk exposed roots, as well as other options like implants, bridges and crowns where the structure of the tooth has already been compromised.

Call us on 09 412 9507 and ask how we can help you maintain your beautiful smile for life.

Keep active at North West Physio+

Are you over 50 and struggle to find an activity or exercise to keep you active and strong? At North West Physio+ our physiotherapist Laura runs a Pilates based class every Thursday for ladies who want to

Take Your Eyes to For Eyes!

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

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

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8 Shamrock Drive, Kumeu

Health & Beauty

keep moving and stay strong in a fun and friendly environment. This class is set up in a circuit so Laura can modify all the exercises to suit your ability throughout the class. The Keep Active class incorporates balance, strength and cardio exercises along with some stretches to leave you feeling re-energised by the end of every class.

Keep Active: Thursday 4 - 5pm @ NorthWest Physio+ (4b Shamrock Drive, Kumeu). Cost \$20 per class. To book your place give the clinic a call on 09 412 2945.

New Year new you 2020 - 6 week ladies only challenge

Let's celebrate the start of 2020 by getting fit, strong and healthy.

Ladies - most of us have a predetermined mindset this time of year, we've set our New Year's resolutions but often, not long after the year has started, life sets in and we slip back into old habits.

Kumeu Gym's annual Ladies only, New Year New You Challenge is here to help you build your confidence, strength and fitness, while building great habits, to continue long after the challenge is finished. You will be guided with your eating, your mindset as well as your strength and fitness.

If you are new to the area, this is a fantastic opportunity to meet new friends while getting fit in a fun and safe environment.

You will be given a meal plan that works within your lifestyle, you will have your body composition completed before and after and you will also receive six weeks of our SMART Group Personal Training which gives you access to Group Personal Training with our highly skilled Personal Trainers six days a week. Your membership will also include all of our Group Fitness Classes as well as 24 hour access to our facility.

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

Register now - Challenge start date is Saturday 28 March, weigh in dates are Saturday 28, Monday 30 March and Wednesday 1 and Friday 3 April. Limited spaces.

Ongoing hand pain?

Have you had an injury to your wrist, finger or hand from sport? Hand, finger and wrist injuries are very common in sports. Common ball sport injuries include finger, wrist sprains or fractures. Have you had an injury to your hand, wrist or finger that you thought that you would just "shake off and get better"? Is it taking a longer time to recover than you thought?

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LADIES
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Ladies Only 6 Week Challenge!

Weigh In Week Starts: Sat 28 March

\$299,00 Paid Up Front

or

\$55.00 x 6 Weeks Direct Debit

- Current Gym Memberships will be put on hold for 6 weeks

Includes 6 Weeks SMART Personal Training

Group Personal Training 6 days a week

AM & PM (usually \$360.00)

WEIGH IN DATES:

Saturday 28 March 8.00am - 2.00pm

Monday 30 March 4.00pm - 7.00pm

Wednesday 1 April 12.00pm - 2.00pm

Friday 3 April 12.30pm 4.00pm

**9 Point Body Composition, Meal Plan, Mindset Tasks,
Group Personal Training, Group Fitness Classes,
24 Hour Access to Gym**

For more info: kumeugym.co.nz

Health & Beauty

Hand therapists are specially trained physiotherapists / occupational therapists that specialize in treating any injury from the elbow to the finger tips. We can complete a thorough assessment to diagnose your injury and advise you on the most effective treatment methods. We can arrange for x-rays to be completed if necessary and provide you with appropriate splints and exercises.

We can help you get back to playing the sports that you enjoy. Your hands are important!

Call us at the Hand Institute today to make an appointment. We have two convenient locations in Huapai and just off Constellation Drive on the North Shore. We are fully ACC registered.

Huapai Clinic- 321 Main Road, Huapai, phone 09 412 8558 or Rosedale Clinic - 5 Home Place, Rosedale, phone 09 478 8438.

Custom-fit mouthguards and why they are superior

Custom-fit mouthguards are based on a detailed mould taken of your mouth and teeth.

Unlike over-the-counter mouthguards, (the boil and bite method), no two custom mouthguards are the same, and for that reason they provide the most complete protection for your mouth. Because custom mouthguards are so precisely made, they provide you with optimal safety and comfort. They provide the best protection available. This is something that over-the-counter mouthguards can never achieve. Many professional athletes have custom fit mouthguards.



The level of protection a custom-fit mouthguard provides is unrivalled by any other mouthguard. Their durability is enhanced by the snug shape, which hugs each tooth closely, eliminating unwanted movement. Custom-fit mouthguards are very durable and do not lose their shape like store bought mouthguards tend to.

There are a variety of options when it comes to custom mouthguards. We can fabricate different thicknesses and colours. We can add logos, names, pictures and embellishments to the mouthguard.

For a free consultation to talk about your custom-fit mouthguard call the team at DT Denture Clinic 09 416 5072.

Rapid Transformational Therapy

Hi there, my name is Jake McEntee. I am very pleased and excited to Lorraine Maguire has used Rapid Transformational Therapy to shed over 20kg, let go of anxiety and panic attacks, stopped all medication, increased her self-esteem and confidence, gone from a couch potato eating 3 to 4 ice-creams per day to an ocean swimmer and found love after being single for around 11 years. All her life she has battled with addictions - food, smoking & alcohol. She is almost 19 years sober, 12 years smoke free and now 3 years free from food addictions too. She says that most of her issues stemmed from the belief that she wasn't good enough. She now knows that she is enough exactly as she is and that everyone else is also enough. She has transformed her own life with Rapid Transformational Therapy and now she empowers others to overcome their past beliefs and transform their lives. She helps others to find the freedom they deserve.



Be smarter than a virus

A strong immune system is the very best protection against viruses. Viruses are very clever at changing to outsmart medicines. The good news is that your immune system is even faster and nimbler than viruses. If you have a good immune system you should come out on top of any virus infection. This is true for our regular winter colds and flu viruses as well as scarier viruses like the Coronavirus.

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Health & Beauty

How Do You Get a Strong Immune System? The core of the immune system lives in the gut. Achieving a healthy gut can be tricky. Confounding factors include stress, environmental toxins, and poor food choices. But it is worthwhile putting in the time and effort to get a healthy gut. We have designed "The Total Gut Restoration Programme" to help.

There are important vitamins and minerals that are vital to a healthy immune system. The most important are vitamins A, C, D, E, zinc and magnesium.

Vitamin Secrets - When you get a virus, there is a significant drop in the levels of the nutrients that your immune system needs. It makes sense then to boost the immune nutrients when you start getting sick. An interesting fact is that if you give children with measles vitamin A supplements, the number of kids who die will halve. Powerful stuff.

Immune Tonic - There are herbs that can give your immune system a boost in the fight against viruses. These herbs have been shown to boost your immune system and weaken viruses. This puts the balance of power in your favour. We have had many people over the years rave about how effective our Immune-Boosting Herbal Tonic has been. To be fair, I have not had many compliments on the taste though.

My Humble Suggestions: Eat well, breath stress away, and take immune boosting nutrients and herbs during periods of high risk of viral infection. Plus, work to fix any gut problems. It has worked for me - I have had no viruses for over 10 years now.

Martin Harris, Nutrition Medicine Pharmacist - Massey Unichem Pharmacy, 396 Don Buck Road, Massey. Phone 09 833 7239 or email martin@masseyunichem.co.nz.

Cool kids' frames

Nanovista is a fantastic range of very style children' frames (up to 14 years).

These frames are almost indestructible - and if the worst happens through an unexpected event (like the dog chewing the frame), we can offer one free replacement frame within two years of purchase.



All the frames come with two bands - a sports band and a head band and some ranges have clip-on polarised sunglasses. Very cool and cute.

Feel free to drop in and have a look at these excellent frames.

P.S. If you have a Community Services Card your child 9up to 15 years old), is eligible for Enable financial assistance.

Ask us at Hobsonville Optometrists, 413A Hobsonville Rd. Phone: 09 416 3937.

Having difficulty sleeping?


I have written about insomnia in the past but thought I would write again about this distressing ailment which is incredibly common. Having always been a reasonably good sleeper myself, I was rather horrified to suffer from this during my pregnancy in 2017, so have more insight as to how frustrating it is and how it can impact upon one's life, especially when one has a job and is trying to grow a baby at the same time. For many people it seems to rear its ugly head during the summer months, when it is hot.

I often recommend a book to my patients "Why We Sleep" by Matthew Walker. He is a scientist, doctor and a sleep expert. This book talks about his research into sleep; and how to get a good night's sleep.

As a GP I spend a lot of time talking to my patients about how to get a good night's sleep. There are a number of factors which can affect a good night's sleep. These include what we put in our mouth. Caffeine is a biggie here. Caffeine can stay in our system for many hours. I recommend avoiding caffeinated beverages after lunch. Caffeine also acts as a diuretic and makes us pass more urine at night. Not helpful in aiding restful sleep. This is also the case with alcohol. Eating late can cause reflux of food and indigestion. This too can affect sleeping. I recommend a good bedtime routine. This may include a warm bath, as a reduction in core body temperature aids restful sleep. Matthew Walker talks about this in detail in his book. Try to avoid television before bed. Bright lights may make the brain think it is daytime. This brings me to my next tip: no phones in the bedroom. Knowing your phone is next to you on your bedside table can tempt you into picking it up, checking social media sites, messages, emails and the news (yes, I am guilty of this one!). Try to make use of blackout curtains, or wear a mask if this is not possible. Again, that streetlight outside the window may be telling your brain that the sun is coming up.

I want to reiterate the importance of avoiding sleeping pills. These are highly addictive, and although they are occasionally prescribed, they are not to be relied upon. Most also have side effects which include drowsiness the next day and a nasty taste in the mouth.


As I say in all my articles, please seek medical advice if things are not improving. Occasionally insomnia can be linked to other conditions such as depression or thyroid disease. Your GP will be able to give



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more advice if necessary. Dr Isabelle Duck is a GP at Silverdale Medical.

How to get stronger by thinking about it

Did you know that you can actually get stronger just by thinking about it? In a study, there were two groups; one that actually did a resistance exercise; and one that simply thought about doing the exercise. At the end of the study, the group that thought about doing an exercise got 22% stronger without even 'doing' the exercise. The group that actually did the exercise got 30% stronger.

I am not saying that we should all just give up doing exercises. I think a combination of both is the way to go. How about when you are exercising really focus on what you are doing, what muscles you are working etc. That way you should get the best of both worlds. It's worth a shot.

To watch a video I made on this, head along to the blog section on our website, www.elevatechiropractic.co.nz.

Does your child need braces?

If you suspect your child may need braces it can be difficult to know what your options are and when to take action. Beginning orthodontic correction early can have significant benefits for your child.

Some orthodontists routinely recommend extracting teeth to gain space in the mouth where overcrowded teeth are an issue. However, research and experience show that this can lead to narrow smiles and a "dished-in" facial profile later in life. In contrast, Full Face Orthodontics can be used to achieve a fuller, broader smile with a better-shaped facial profile, and has less need for extractions to gain space.

At Fraser Dental we assess breathing patterns in children as young as 5 years' old. Mouth breathers can develop significant issues as their jaw and teeth grow, with lasting effects. We often see children at 7 or 8 years' old for their first orthodontic assessment, as early treatment can save major orthodontic procedures in later years.



Norwest Podiatry Clinic

General foot care	Ingrown toe nails
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Painful feet, Orthotics	ACC registered

Call 412 77 40 or Book online
www.NorwestPodiatry.co.nz

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

Contact the friendly Fraser Dental team on 09 416 5050 to discuss your child's orthodontic needs.

Pilates

"Pilates" was created by a man for men. So discover the incredible benefits that Pilates offers to men whether they be elite athletes or those wanting fitness or just men needing relief from job or stress-induced discomfort and pain



Many professional athletes use Pilates, because Pilates works. Athletes need to have their bodies in top shape to maintain stamina and flexibility, change direction quickly and be mentally alert. They need to have superb control over every part of their body. The strength and stability needed to achieve these are derived from core strength.

When men realise how much physicality and mental effort are required within the Pilates method and that it doesn't result in more damage, they really connect with it. Some years ago, a NZ champion kite-surfer sought out Phillipa to begin his Pilates journey.

Since then word has got out and athletes from other sports have followed and persevered. Why? Because they achieved the realisation of how Pilates enables them to work harder, improve performance, execute with more control and flexibility and recover quicker. Older athletes have added Pilates to their regimen in order to keep up with younger, fitter players, thus extending their careers.

Phillipa Hamblin-Wong is a Advanced Classical Pilates Instructor, trained in the original Joseph Hubertus Pilates method. She has been teaching Pilates for 20 years. She works across a broad range of fitness, needs and ages (10-87 years) with her main foci being rehabilitation and restoration. 09 413 8238 Greenhithe info@nzpilates.co.nz

Cycling: The benefits to taking up cycling this summer

It's that time of year again, with summer in full swing, and an extended Christmas break possibly happened or on the horizon, you may have or be thinking of jumping back on your bike to explore in the sunshine. If you are thinking of taking up cycling, or continuing to cycle or encouraging your patients to participate in physical activity

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Robin Sutcliffe 027 3620 396

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<https://www.talkingworks.co.nz/dir/Robin+Sutcliffe.html>

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there are numerous benefits for our health:

Cycling improves mental health - Research has shown that incorporating cycling into your daily routine is not only healthy for your body, but also your brain. Cycling also improves our subjective mood, reduces anxiety, and allows us to handle stress more effectively. It increases the levels of serotonin and dopamine production in our brains.

Cycling improves knee health - Almost any sort of knee problem can benefit from cycling. Focal articular cartilage defects in the knee joint are highly prevalent and are a common cause of functional restrictions and pain during daily life and sport activities.

Cycling promotes weight loss - Weight loss is a simple equation, calories in and calories out. Assuming you enjoy cycling, you'll be burning calories. And if you eat well, you should lose weight.

Massey Physiotherapy invites you to come in for a consult. We can assist you in having a better experience with cycling with the use of "hands on treatment" and/or self-management. This is your opportunity to have individualised treatment which will set you on your way to a better more active lifestyle, and if you mention seeing us in the Westerly, we will include a free tube of Natures Nurse recovery rub at your initial assessment.

Massey Physiotherapy - phone 09 832 3619 or email physio@masseyphysio.co.nz. 173 Royal Road, Massey.

Why we wax lyrical at Shoe Talk about the Propét brand

This brand is designed to be functional and comfortable and support the foot as you go about your daily life.

Some of the styles are downright funky and there are styles to suit all ages.

There are specialist styles available to suit people with diabetes.

Lots of styles have soft uppers which are lovely and comfortable for people with hammer toes, bunions, corns and other feet issues.

Propét is well known for its Travel Walker collection, I call these shoes my slippers and they come in a range of colours and are very versatile and funky.

Propét has different widths available.



Shoe Talk[™] we talk shoes

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

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

Many Propét styles come with removable footbeds which means they are Orthotic Friendly.

Men's and Women's styles available.

Shoe Talk - 401A Great North Road, Henderson Phone 09 835 9936.

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 and 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

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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.

Knee giving way?

As we get older we start feeling a bit unsteady on our legs, often it feels like one of our knees is about to give way. Or it feels a bit wobbly. Could it be arthritis creeping in? Or may be a cartilage (meniscal) injury? Or, God forbid, a sign of a stroke? Yes, it could be all that. It can also be a simple mechanical stiffness in the joint or muscle imbalance in the knee or ankle, or even in the pelvis. How one would know? It definitely needs an expert opinion to distinguish between them. In case of simple mechanical problem osteopathic manual adjustment can bring good relief and together with further exercise routine the problem should get sorted. In other cases further investigations and interventions might be necessary. At Family Osteopathic clinic we can assess your "leg giving way" problem and either offer osteopathic treatment or suggest where to go next. You can see us at 39 Hobsonville Road. Phone 09 416 0097.



Prevention first with us

The best way to deal with sports injuries is to keep them from happening in the first place. Injuries can happen for two simple reasons - doing too much or not doing enough! When you do too much, you're really asking your body to go above and beyond what you are capable of handling - too much load, running, training and the list goes on. With not doing enough, injuries can occur when

your body does not have the capacity to do it...yet - you have gone too fast, too hard, too much, too quickly. At Top Notch, we help in both aspects of injuries. We are able to provide professional advice and treatments based around what type of injury you have and to keep injuries from reoccurring. So what to do if you are injured? Come and see us directly at Massey where you can claim ACC directly with our Osteopaths. Call 09 212 8753 or book online at www.topnotchbodyworks.co.nz.

New year, new location, same outstanding service

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.



Exciting new injectable moisturiser

Appearance Matters now offers one of the most effective and long-lasting skin boosting products on the market. Profhilo has one of the highest concentrations of hydrochloric acid and stimulates production of 4 different types of collagen, and elastin in the subcutaneous layer significant smoothing of fine crepey lines with a lifting effect. Profhilo's pro-healing and slow release properties mean treatment is more comfortable, longer lasting and very biocompatible. Improved skin quality and hydration results in softening of fine lines for a more youthful look. Come and experience what practitioners are calling "the most exciting development in injectable treatments in a long



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time". Treatment lasts for up to 6 months and results are visible after only 2 sessions 4 weeks apart. Profhilo can safely be used with other treatments or on its own.

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Aging and physical function

The stats certainly highlight this, with falls being the number one cause of injury in those aged 65 and over (and resulting in approximately 10% of hospital admissions for those over 85 years).

Practise balance specific exercises for 10 minutes daily to reduce your risk of a fall. You can challenge your balance by: Reducing the size of your base of support, i.e. standing on one foot, standing in a tandem stance (feet aligned heel to toe), Balancing on soft / squishy surfaces (such as a pillow), Closing one or both eyes



(stand by a wall!)

KinetEx runs balance and stability exercise classes at Waterford Retirement Village in Hobsonville Point (Wednesday at 1.30pm, \$8 per class). Contact Yolanda: yolanda@kinetex.co.nz, or check out the website: www.kinetex.co.nz for more information on how you can join us!

Geopathic stress

Does your baby move around all the time in bed? Are they fidgety and move around in their beds? Do they start at one end and end up somewhere else in the bed or cot before long?

Geopathic stress vibrates at sometimes over 200 times stronger than what is needed or healthy for a human body so for a baby or child they react very quickly.

If your child doesn't settle or wakes screaming or is unsettled in any way during the night after all other things have been checked (i.e. not hungry, not wet or has no messy nappy, and doesn't have wind), then there is a good chance that something else is irritating them.

Perhaps Geopathic stress? Simply have a check done on your home and find out. Call Nicky 021 545 299 or email nicky@clearenergyhomes.com to find out more, or check out the website www.clearenergyhomes.com.

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Area Columnists

FaBULAlous Fiji:

Having earned a Fiji Tourism prize for high sales last year, my hubby & I redeemed that prize over Auckland Anniversary weekend. Our Fiji Airways flights were fantastic as usual, with very attentive staff.



One night at the new Pullman at Nadi Bay, a nice new resort, with four restaurants, their Thai Kah was outstanding. Large pool, plus a small adult's only infinity pool. Large conferencing facilities, which they specialise in, and a great spa facility.

The next morning we took the Six Senses private water taxi boat out to Malolo Island to stay here for 3 nights in our gorgeous Hideaway Bure - complete with a private pool. Six Senses Resort & Spa is still quite new with 25 villas in the resort, plus approx. 25 private residences currently - which they will increase to 75 over the next 10 years. Some are kept private, and some are leased back to the resort when the owners are not using them.

I love that one of the Six Senses unique concepts is everyone is assigned a butler style GEM (Guest Experience Maker) on arrival who checks you in, in the comfort of your own villa and explains a few of the intricacies of the villa to you. Mojee was our GEM, and we communicated with What's App for ANY requests, (fast & free wifi at the resort) from booking dinner reservations or activities such as spa/snorkeling etc, to an ice bucket.

All non-motorised water sports are complementary.

There is a surf school here, and you can get your padi certification, there are lots of scuba diving spots nearby.

You can do as much or as little as you want, relax & enjoy the resort & your private villa.

The resort opened in April 2018, but has been a work in progress for

at least 20 years before that building the marina and site platform. We enjoyed morning walks around just a touch of the huge 220 acre site, walking off their fantastic breakfasts.

As a sustainable resort they have solar power, and the largest microgrid on Fiji for Tesla batteries.

They grow as much of their food as they can onsite, large established fruit trees, vege gardens, complete with a mushroom house, you can even pick your own herbs and bring them to the pizzeria to top your own wood fired pizza. The girls at Cluckingham Palace provide your eggs, and they even have their own beehives for honey.

Back to The Sofitel Denarau for the last 2 nights before heading home. The Sofitel is a firm favourite of mine for any stays in Denarau, has the best kids club in Denarau, biggest lagoon style pool, a slide & a shallow fun kids end of the pool, family rooms with bunk beds, kids eat free deals etc..

But at the opposite end of the resort - just past the Spa - is where we stayed - in the sensational Adults only Waitui Club, with rooms overlooking the a private pool area with a beach club atmosphere, complimentary wifi, new release in-house movies, mini bar of 4x beer & soft drinks replenished daily, laundry, and cocktails & canapés poolside for an hour from 5-6pm. Just fantastic! Waitui Plus also gives you return airport transfers, a one hour daily spa treatment & a 15 min jet ski, worth that little bit extra for a treat.

A huge THANKS to Fiji Tourism, Fiji Airways & Six Senses Resort & Spa Malolo Island for your generous prizes

They say a picture paints 1000 words, so if you'd like to 'be-friend' me on Facebook, then you can see the posts I made from 23 January, with all the gorgeous pictures to accompany them: www.facebook.com/tanya.franklin.12

I am something of a Fiji expert - I have actually lost count of how many times I have holidayed there - over 25! There are not many resorts that I haven't stayed in or visited. Please just ask me for a tailor made quote for you.

If you are keen on an exclusive & personal boutique tour of Provence and/or of Normandy/Brittany/Paris in June or in September - please get in touch with me, there is still space available on their private small group tours, a maximum of just 8 of you travelling with our wonderful local hosts Patsy & Catherine.

Please feel free to phone or email me, or make an appointment to meet me in my office in Waimauku.

Wherever in the world you want to go, I'd love to help you get there, let my 25+ years travel experience enhance yours.

Tanya Franklin, your local Travel Broker, a member of helloworld. Home office 09 411 9105 or 021 254 9169 or email: tanya@ttb.co.nz. www.thetravelbrokers.co.nz/tanyafranklin/aboutme.



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Area Columnists

The 'nature' of learning - learning in nature

At Country Bears we respect reciprocal learning. Simply put, this means the role of the learner and teacher is interchangeable - the child learns from the teacher and the environment, and the teachers learn from the child and the environment. The environment in which learning takes place is central to what parents and whānau hope for their child. We believe learning is holistic; it embraces what we learn through being curious, questioning, observing, reflecting and collaborating. It incorporates what we see, feel, hear, smell and experience.

As teachers we understand the responsibility we have to parents and whānau to provide a safe, caring, nurturing and responsive environment for their most precious gift - their child. We have an obligation to ensure they are offered optimum learning opportunities to support their growth and development, so we too, must commit to ongoing self-directed and professional learning.

Our teachers embrace professional learning and research as the motivation for improvement in education. We are committed to



the children in our care, and have their best interests at heart, so professional development is a significant aspect of our practice. A quote by Loris Malauzzi observes quite poetically, "Indeed, education without research or innovation is education without interest".

Education discourse is always evolving, in response to societal demands, new research findings, scientific discoveries and cultural awareness. This is another reason why we value the teachers-in-training who are part of our team. They bring and share knowledge of the latest in educational research, which becomes part of the collective team teaching narrative.

When we think about children, teaching and learning, we sometimes overlook the powerful influence of the learning environment. The environment may be considered another teacher, as how the child interacts within it, with others, alone, in play or during rest, all offer the teacher insights into the learning that is taking place. Thus, observation becomes a vital tool for understanding and supporting children's development. Teachers require trust of their own learning within the responsive practices, including the environment and materials. Through observation and conversation, we become clear of the exploration and play which then leads into collaborative inquiry with the teaching team.

Collaborative Inquiry is a wonderful way for a team of teachers to come together and discuss their observations of a child. Each teacher could observe the exact same experience, and all come away with different understandings. It's a great way to gain a holistic view of the child, placing the emphasis on the child as a unique human who comes with their own view on their world.

If teachers adopt an image of their own learning as continuous,



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Area Columnists

collaborative and reflective, they are able to embrace change. When teachers become stagnant in their learning, they lose the art of being dynamic thinkers who are able to adapt the environment for optimal learning for everyone - and this change can happen on a daily basis!

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

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

helloworld travel holiday in Mexico

Last month Hayley wrote about the adventure side of Mexico and how she loved it and is already planning her next holiday there.

My husband and I visited two resort areas of Mexico over Christmas with 3 other couples and I thought this is a good follow on for the virtues of considering Mexico for your next holiday.

We first visited Puerto Vallarta and stayed in a very large resort, one which you needed a golf cart to get around. We were met at the carpark by staff who relieved us of our luggage and directed us go a golf cart after ticking off our names. This was a very slick operation



and they assured us when we called from our room our luggage would arrive within a few minutes, and it did. The golf cart took us to reception about 10 minutes away where we were checked in to our room and directed us to our tower, of which there were many. Our room looked out to the water and over the pool which was magnificent and huge. The next day someone asked me which way to the beach, none of the paths were straight and wound around the pool area making it easy to get disorientated. This was a fabulous place if you don't mind a large resort, great 2 for 1 cocktails in the pool each day helped.

Our next destination was Cabo and most of our group preferred this area. We were in a hotel on the beach in the busy part of Cabo, loads of restaurants and bars around to choose from and a great marina area to take trips out for whale watching and fishing of which we did both and loved it. There were cruise ships in nearly every day, some days there were 3 ships in so it is a popular place and a favourite with tourists. The downside of Cabo is that it is easily accessible from the USA and the locals have got used to huge tips, grumbling if we only gave them 10% and I have to say this did annoy us.

We did love our holiday in Mexico and the weather over Christmas is almost identical to New Zealand weather, 25C during the day and around 17C at night but without the wind that Auckland gets and absolutely no rain.

If you would like to know more please call us 09 416 1799 or email hobsonville@helloworld.co.nz or call in, we are next to Countdown in the Hobson Centre.

Phelan's Local Board update


The record-breaking dry weather has caused hardship for many of us who rely on rainwater. With no rain for 40 days, tanks have run dry catching many people out. This has led to a rush on water carriers who are now swamped with orders - some have had to stop taking further bookings. I know I'll be looking at putting in another water tank this winter.

There have been calls for Council or Watercare to step in to guarantee water supply for rural communities, and dismay that there no water restrictions for urban residents on Watercare's reticulated water supply.

Most of Auckland's reticulated water is linked. From the Orewa to Pukekohe residents share the same sources and water supply. Since amalgamation Watercare (which is a stand-alone, self-financing unit of Auckland Council) has been very successful in developing a reliable, safe water supply for its urban customers. Billions of dollars have been invested in water and sewerage infrastructure however this is not paid for by general rates, but through user and infrastructure charges to connect. In some cases, these connection charges can be as high as \$20,000. Watercare has a contractual responsibility with these customers to provide them with water.

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Currently there is no shortage of water for the main Auckland urban supply. While Watercare has encouraged people to be careful with water, it has not had to impose the bans seen in the past because it has ensured a robust storage network.

In Rodney; Helensville, Warkworth, and Wellsford the urban water supply is supplied by each town's own source. Bore water is pumped into reservoirs. Again, millions of dollars have been invested in making these supplies resilient which is why those customers have not yet seen bans on what they can use water for.

For rural residents looking to top up empty water tanks, there are either suppliers with their own bore water or those that use Watercare's filling stations of which there are 11 across Auckland. Two of these are in Wellsford and Helensville.

There is an issue with how quickly carriers have been able to deliver because the demand suddenly spiked for filling station supply as water carriers started working later and later. It affected the aquifers' ability to fill the reservoirs quickly enough to maintain water pressure for fire hydrants. Because there is normally negligible use overnight the steady flow of the bore supply topped the reservoirs off, however with tankers drawing off water until late at night this wasn't able to happen. In response to the drop in pressure on water mains Watercare limited or shut off flow to these to filling stations which slowed down the speed that carriers could deliver water.

Watercare is in a difficult position. It has a responsibility to those that have paid for the infrastructure and rely on the water for not only domestic use but also from fire hydrants in the event of an emergency.

The calls to have Watercare more directly involved in rural water supply need to be considered carefully. This will come at a cost and currently, rural ratepayers do not pay anything towards Watercare's infrastructure (apart from the \$15 per 10,000 litres water carriers pay if you use their service). Any move to guarantee supply will involve us all paying a contribution towards Watercare's infrastructure just like households paying \$20,000 to hook up to the supply in urban areas. Meters may be required to ascertain usage because Watercare would need to know how much water it needed to store for rural users. Geography and the sparse population mean the costs of this will be significant. In order to make it financially viable, everyone may be compelled to contribute. Would it would be better to pay a one-off cost of a few thousand dollars to install another tank to collect free rainwater or leap into paying Watercare significantly more, on an ongoing basis, for a guaranteed urban supply?

Auckland Council staff have led the response to the situation working through a range of options to mitigate the hardship for those who have run out of water. Community centre and halls have been opened to allow residents to fill drinking water containers and use showers, large tankers have been deployed at filling stations to allow water carriers to fill up quickly so they can tackle the backlog of customers. There is also a plan (at time of writing) to place large water tanks in rural communities to allow residents to fill up

containers closer to home.

I expect longer-term Watercare will be looking at its filling stations and how to increase capacity at them to allow carriers to fill while not compromising water pressure firefighting supply.

There's a plea from water carrier to residents to let them know if you've booked with multiple suppliers and got your delivery. Carriers have turned up at residences to find full tanks wasting hours of delivery time. This is contributing to the waiting lists and carriers closing off orders.

You can get the latest information on Council's response and services being provided at community centres by visiting: www.ourackland.aucklandcouncil.govt.nz

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

Think outside the box

As summer is slowly drawing to a close and the kids are back at school, now is the time for parents to have some time to themselves. Why not take a short trip to the Islands or Australia?

In June 2020, we are hosting a "Reiki in Rarotonga", hosted by international Reiki Masters Jason M and Natalie Z. This exciting 7 night trip includes an intensive Reiki 1 & Reiki 2 training. Flights ex Auckland, 7 nights' accommodation plus lots more. Contact Jasonm@youtravel.co.nz for further information.

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Area Columnists

Check out our new groups on our Facebook Page "YOU Travel Westgate", we have created "YOU Travel Naturally" group, those who are interested in naturist holidays, "YOU Travel Westgate Wellness Retreat" for those into wellness and spiritual travel retreats.

It's still not too late to make plans to travel over to Europe for their summer. We can help with airfares, coach tours, accommodation, river cruises, sightseeing and travel insurance.

YOU Travel Westgate is your one stop travel agency. Contact us on 09 831 0018, email westgate@youtravel.co.nz or visit at 18 Westgate Drive, Westgate.

Volunteer and board secretary

Parental leave - Family dynamics are always changing.

Citizens Advice Bureau Helensville volunteers can help navigate those twists and turns. One is understanding parental leave.

Employees need to apply to their employer before going to Inland Revenue for parental leave payments. This is usually at least 3 months before baby is due.

The Ministry of Business, Innovation and Employment's (MBIE's) Employment website, including letter templates provides information and notice to your employer.

The minimum work requirement for unpaid parental leave eligibility is working for the same employer in the previous six or 12 months





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before baby's expected due date (or the first date you become the primary carer of a child). You should also have worked for an average of at least 10 hours per week during that time.

You may still be entitled to parental leave if your employment agreement provides for it and you may still be entitled to parental leave payments.

The four types of unpaid parental leave are:

Primary carers leave (previously known as maternity leave) for female employees, of up to 22 weeks around the time of the birth or adoption.

Special leave of up to 10 days, for pregnant employees for pregnancy related activities such as medical appointments and antenatal classes.

Partners leave (previously known as paternity leave) of up to two weeks, for the mother's partner when the baby is born (or when a child aged under six years is jointly adopted or the employee otherwise becomes a child's primary carer.

Extended leave of up to 52 weeks (minus any maternity leave or extended partner's leave taken) which can be shared by both parents.

If you will be the primary carer of the child and would meet the criteria for receiving parental leave payments, but don't meet the criteria for parental leave, you can ask your employer for negotiated carer leave.

You can also negotiate with your employer to return to work for a period of time and then take the balance of your leave later in the year.

Come and see us Monday to Friday, 10am to 3pm, at our main street office at 27 Commercial Rd or call 09 420 7162, email: helensville@cab.org.nz or go to www.cab.org.nz/ for more information.

Water warriors welcomed

By Greg Sayers, Rodney Councillor. Auckland Council has launched a tanker programme which is delivering relief to parched rural communities.

The council has sent in a fleet of relief water tankers to assist with water deliveries to desperate families on tank water. These drivers are working with local private water carriers to get water to customers





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Area Columnists

more quickly.

As the Rodney ward councillor I led the alert to the Auckland Council to take action to get water to our rural families who were completely out of water, their situation being dire.

I wish to acknowledge the tremendous support from of the Deputy Mayor and council staff in helping achieve this action.

The council, Emergency Management and Watercare's chief executive have agreed with me to have a proactive Drought Management Plan in place by next summer.

On February 15 the first tanker-to-tanker operations began, using carefully sterilised milk tankers from the country's milk tanker fleet providing water to local water delivery companies - for delivery to paying customers. The massive milk tankers are arriving pre-filled with water, so they are not using the local reservoirs.

This initiative allows local operators to be filling from the local reservoirs or the milk tankers, reducing wait times, as well as allowing them to complete more trips. A single milk tanker can fill four of the water delivery trucks.

In addition to its regular tanker filling sites, the council provided an extra one at Kumeu which supplied more than 150,000 litres of water on the first day. At the time of submitting this article the delivery companies were ramping up even further.

While waiting for your tanker to arrive, drinking water can be collected in your own handheld containers. The nearest is the Helensville Library between 10am-8pm. Maori Wardens and council staff will be there to assist you. Neighbours are helping out neighbours as well.

It will take time, but households on tank supply will find their delivery times will come forward. The process to get tank water is to call your water delivery company. They are inundated with calls so you will probably need to leave a voice mail message, text or send an email.

If you have concerns about a vulnerable family member's well-being due to water shortages, then call the Auckland Council directly (09 3010101) and log your concern with the Emergency Management unit.

The reservoirs in Rodney automatically turn off the filling ports to tankers when their levels drop so pressure is not lost to supply the towns people (who are Watercare customers, whereas tank owners are not) and also to ensure there is enough pressure retained for firefighting.

With time the hard-working drivers will get things back under control... in the meantime we will need to be patient. Everyone is trying their hardest.

I wish to thank those affected by the drought for showing great patience and a special thank you to the frazzled water tank drivers who are working so hard to get relief to our affected households.



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Family Fun Day!



**We'd love for you to join us at our upcoming Family Fun Day,
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This promises to be a fun afternoon for all the family, with special guest
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and a sausage sizzle!
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Contact us today to find out more!



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