

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES  
UNPLANNED GROWTH

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



**KUMEU SHOW**

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Contact Geoff Dobson on 027 757 8251 or [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)

March 2021





## Greetings

The hot topics for March are traffic congestion and development.

Those are key points for a public meeting scheduled for Thursday March 4 by Kumeu Community Action.

The meeting should set the tone for local protests which also include the lack of commuter trains, no high school, and unbridled development such as Fletcher Residential gaining Land Information consent for housing in Taupaki (108ha) and Riverhead (20ha).

On top of all that our ward councillor Greg Sayers suggests we could be in for a 16% average rate rise across the area.

He may expand on that at the March 4 meeting which is also expected to feature Kaipara ki Mahurangi MP Chris Penk – who is considering declaring a “traffic emergency” to get road improvements - and Labour list MP Marja Lubeck.

The need for a bigger venue for that meeting keeps growing – and I’m convinced it will be packed anyway as those are the main gripes I hear about in this area.

You can check out some of those issues in the March Kumeu Courier.

Hopefully, we can get some action with time frames around it that are reasonable – not 20 or 30 years away.

And it now seems likely some planning issues which have led to piecemeal development without adequate infrastructure may get an overhaul.

The Resource Management Act 1991 is expected to be repealed and replaced with new legislation tightening up ad hoc development dubbed the Natural and Built Environments Act (NBEA) and a Strategic Planning Act.

These aim to address significant pressures on both the natural and built environments.

“Urban areas are struggling to keep pace with population growth, water quality is deteriorating, biodiversity is diminishing and there is an urgent need to reduce carbon emissions and adapt to climate change,” the Ministry for the Environment says.

They will focus on delivery of specified outcomes, targets and limits in the natural and built environments.

My question remains: “When is this all going to happen?”

Will everything we want to improve this area (like far less traffic congestion) be too little too late?

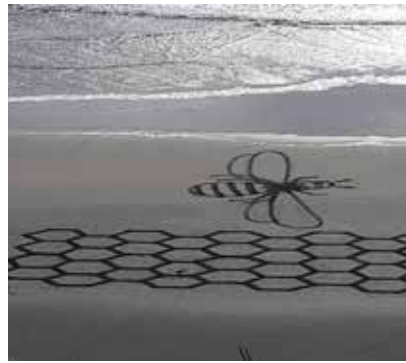
Of course, it all comes down to money. That’s something many authorities don’t have a lot of in this COVID afflicted world – such as the \$1 billion hole in the Auckland Council’s budget (which may explain the rate rise proposals).

Out here we could struggle to see even the basics provided (road repairs, safety improvements etc).

If you thought last year was bad then this one isn’t looking much better.

In the meantime, I just hope the COVID pandemic and its mutations don’t add to it.

Geoff Dobson, editor



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# People & Places

## Kumeu Show revamped

Big changes have been made to the format for the 99th Kumeu Show on March 27..

And the Kumeu Courier has show tickets to give away to the first people to email us on [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz) with their names, address and contact details.

This year's popular Kumeu Show will help set the stage for next year's massive centenary event, with preparations for that already well underway.

Last year the show just squeaked in before New Zealand's COVID-19 pandemic restrictions hit - which made it difficult for the Kumeu Showgrounds to host any events until the Resolution New Year's Festival 2020/2021 there on December 30 last year.

That's since been followed by well-attended events such as January's 27th annual Repco Classic Car and Hot Rod Festival and the 48th Auckland Folk Festival, although some events like the Crusty Demons motorbike stunt show have been postponed - in this case from February to probably November because of COVID-related travel restrictions.

New Zealand has been largely successful in keeping the dreaded virus and its mutations at bay, although the upcoming Kumeu Show will have measures in place to guard against it.

This includes online ticket sales through The Ticket Fairy - [www.ticketfairy.com](http://www.ticketfairy.com) - so visitors can be easily traced if need be, plus



COVID tracer app QR codes at all access points.

Back to the Kumeu Show changes.

Equestrian events have moved from a one-day format to a two-day programme - and don't expect to see some show features in the same place they were last year.

The popular Mahons Amusements carnival rides, for instance, will now be in the former parking area near the Access Road entry rather than tucked near Waitakere Road, and show judging rings will be moved to the front of the sheds rather than behind them.

A huge entertainment programme is planned, with plenty for children on offer - such as a scavenger hunt both days, a maze, pony rides, possible sack races and much more.

A big variety concert on stage includes a special tribute show with impersonators such as Pacific Elvis (Johnny Angel) and those for Jimmy Barnes and Stevie Nicks.

Plenty of musicians will play too, including Steel'n Beats performing on Jamaican style steelpan instruments, and Happy Fish Band (Gordon and Sue Joll).

Dance groups are included too, stage events all sponsored by Kumeu's Rollercoaster Design.

Stihl Timbersports returns featuring the likes of former world champion axeman Jason Wynyard. A Stihl Shop Kumeu prize pack offering a chainsaw, waterblaster and much more to show visitors, will have entry forms available at the show.

The winner will be drawn at Stihl Shop Kumeu on March 15.

Another big event is the shearing, which includes the ANZ North Island Circuit finals and the Kumeu Summer Shears contest.



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# People & Places

Youngsters can have a go at shearing, where pedal-power runs the clippers.

Other show highlights include the return of Kiwi dog handler Chelsea Marriner with her Ultimate Canines dog display, the show's giant pumpkin contest, a tractor parade daily from noon, indoors displays from flowers and art to knitting, baking and preserves; the Hallertau run bar with live music, and more than 300 stalls and displays from sheds and tiny homes to water tanks, outdoor furniture, plants and equipment.

Show patron and Kaipara ki Mahurangi MP Chris Penk, Labour list MP Marja Lubeck, and Rodney ward councillor Greg Sayers will be on hand, while the master of ceremonies for the show is Howard "Dobbo" Dobson, a former sports broadcaster.

Of course, there will be plenty of farm animals to see as well.

A tent will be provided for breast-feeding mothers by the Helensville Birthing Unit, Kumeu Arts has a show site and the Kumeu Film Studio will be there too.

More than 25,000 visitors are expected during the two-day show, with entry prices unchanged at \$15 per adult, \$10 seniors, \$5 per child (5-16 years) and under-fives free.

"Meanwhile, we're also gearing up for the big 100th show next year," Kumeu Agricultural and Horticultural Society event manager Lizelle Westman says.

She thanks the many show supporters and sponsors for helping keep the event going for so long.

Lizelle is hoping for good weather and a COVID-free environment come show time and - who knows - Prime Minister Jacinda Ardern may just call in again, such is the show's national fame.

Visit [www.kumeushowgrounds.com](http://www.kumeushowgrounds.com), check on Facebook or email [info@kumeushow.co.nz](mailto:info@kumeushow.co.nz) for more information.

## Petition to stop congestion 'strangling' area

A petition to rectify SH16 traffic congestion and its impact on the daily lives of North West residents is gaining traction.



Michelle Johnson became fed up with traffic snarls on her commute so launched the petition just before Christmas and she plans to present it to Minister of Transport Michael Wood in Wellington in the second quarter of this year when she gets enough signatures - currently more than 550.

A public meeting is planned for Thursday March 4 at 7.40pm at Kumeu Arts by Kumeu Community Action (aka the Kumeu Huapai Residents and Ratepayers Association, which Michelle has joined) to consider the "extreme road congestion", no commuter trains, no high school (one is signaled by 2030), and Fletcher Residential gaining Land Information consent for housing in Taupaki (108ha) and Riverhead (20ha).

The meeting is expected to feature Kaipara ki Mahurangi MP Chris Penk - who is considering declaring a "traffic emergency" to get road improvements in Auckland's west, northwest and rural north; Labour list MP Marja Lubeck and Rodney ward councillor Greg Sayers.

"If the (SH16) bypass is going to take up to 30 years then a plan should be looked at to double-lane from the end of the motorway," Michelle says.

She believes specific lanes are also needed for the traffic to merge onto SH16 from Old North Road and the Coatesville Riverhead Highway intersections - major bottlenecks.

"The more the community band together and keep the pressure on the Government and the NZ Transport Agency the more likely we are to get some resolution to ease the congestion that is strangling the area," Michelle says.

"There should also be a halt to further major developments until there has been some significant investment in infrastructure."

A similar petition by Lindsay Andrews for four lanes along SH16 between Brigham Creek Road and Waimauku, which included a request for safety improvement funding, received 1317 signatures and was presented to Parliament in March last year.

The NZ Transport Agency reported in December - and again in February - that it was continuing stage two safety improvements between Brigham Creek and Waimauku which includes widening the road and bridges, adding a flush median, flexible safety barriers and making it safer to make right-hand turns.

"Work on Stage Two is continuing even though the start of Stage One improvements (SH16 Huapai to Waimauku) is on hold while a notice of requirement appeal is resolved," the NZTA said at the time.

Survey work includes truck-mounted rigs drilling into the ground to excavators collecting soil and subsurface samples, with other equipment monitoring underground water, working along the roadside, with plans to survey on private property later.

Temporary speed limits where teams are working were proposed with road shoulder closures, but with traffic lanes remaining open.

Stage Two between Brigham Creek and Kumeu will include flexible road safety barriers, a flush medium to create safe space for turning vehicles, extra lanes (from two to four to make two lanes in each direction) between Brigham Creek and Taupaki roundabout to improve capacity and travel times (prior to longer-term

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# People & Places

improvements), and an upgrade at the SH16/Coatesville Riverhead Highway intersection.

A new shared walking and cycling path between Kumeu and Brigham Creek will connect into the wider Auckland cycling network.

Meanwhile, consultation feedback on North West projects such as the bypass, Kumeu-Huapai and Riverhead development plus "strategic connections" closed on February 1.

## Buckle up: More unplanned growth headed for Kumeu

What are the issues facing the area? We all know them - traffic congestion, a lack of infrastructure and poorly planned and haphazard development. This is despite agencies such as Waka Kotahi (NZTA) and Auckland Council pushing the rhetoric of "integrated development", meaning future development is sustainably planned alongside well-connected transport systems.



While Fletcher's announcements last month concerning its land purchases in Taupaki and Riverhead sparked outrage, a proposal by Kumeu Property Limited is right now quietly making its way through Auckland Council.

Kumeu Property Limited was granted resource consent in 2018 to establish an aged-care facility at the corner of Taupaki Road and State Highway 16, after an Environment Court case to attempt to limit the size and scale of the facility. After this, a plan change by Auckland Council to the Auckland Unitary Plan was introduced to restrict the extent of residential uses in the 'Countryside Living Zone'.

In December 2020, Kumeu Property Limited applied for an increase in the maximum occupancy from 114 to 164 residents and have requested this application to be non-notified.

The proposed change in resident occupancy constitutes a 40% increase - a substantial change that warrants further public consultation. As the Kumeu Community Action group, we are requesting Auckland Council publicly notifies this new application so we as a community can have our voice heard. Unchallenged, the density of development in the 'Countryside Living Zone' will increase.

For more information or to get in involved, please visit [www.khrra.org.nz/index.html](http://www.khrra.org.nz/index.html)



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Written by Laila Alkamil, on behalf of the Kumeu Community Action group (also known as the Kumeu-Huapai Residents and Ratepayers Association).

## Support for new mothers

A "Mum Supporting Mum" programme providing a free, caring and practical in-home one-on-one support programme for mum and baby up to six months old is available to the Northwest community.



It has been established by Seeds for Humanity NZ, a registered New Zealand charity founded in April 2020 during the first lockdown.

"We've seen a stringent need for human connection and support in our communities and we wanted to help with facilitating those meaningful connections," founder and fundraising and programme manager Ela Bajarca says who operates from her Huapai home.

"We would love to help and support you during this exciting and busy time," she says.

"Our trained New Mum Support Worker volunteers are mothers themselves and they are passionate and dedicated to help and support new mothers in the community."

The Mum Supporting Mum programme is designed for arranged in-home visits with a support worker and can include going for a walk, coffee or arrangement to meet where suitable.

Seeds for Humanity NZ events and activities are sometimes held in public venues hired for the purpose, as the organisation doesn't have an office or venue of its own.

Ela says the organisation wants to provide sensible solutions to relieve poverty, offer social support and emotional and general wellbeing support.



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# People & Places

"We are on a mission to bring positive change in people's lives through promoting human connection, education, physical and emotional well-being, and general social well-being," she adds.

"We aim to help and support all people, all ages and stages - so there will be more activities/projects in the future to cover different support needs.

Seeds for Humanity NZ involves part-time volunteers and the charity relies on donations, fundraising, funding and grants to run its activities.

If you are an expecting mother a few weeks away from meeting your little bundle of joy or you have just had your baby, visit [www.seeds4humanity.org.nz](http://www.seeds4humanity.org.nz) or email [hello@seeds4humanity.org.nz](mailto:hello@seeds4humanity.org.nz) for more information about available support.

## Top golfers headline Trueform Spa Pools Huapai Open

Planning for the 2021 Trueform Spa Pools Huapai Pro-Am is gathering pace, with just a few teams left available and an impressive lineup of professionals signed on as the Huapai Golf Club gets set to host its first professional tournament on March 10.

The professionals have stepped up big time in a format that has each of them teaming up with three amateurs and contributing towards the team prize table, with six of the current top 10 on the New Zealand Order of Merit lining up for the event.

Headlining are former NZ Open winner Mike Hendry and European Tour players Josh Geary and Gareth Paddison.

Hendry has just returned from Australia where he finished just two shots off the winner at the Moonah Links PGA Classic at 16 under par. The 41-year-old has wins on the Japan Tour, Asian Tour and eight on the Australasian Tour, including that 2017 play-off win at the New Zealand Open.

Geary, 36, has 11 career wins in Australia, Asia, Canada and New Zealand while 40-year-old Paddison has 13 victories in Europe, Asia, Australia and New Zealand.

Paddison is enjoying the chance to play most of the summer in New Zealand, with the border closures restricting his opportunity to travel overseas. One thing he especially enjoys is rubbing shoulders



with the amateur golfers on the day and in the clubhouse.

"I'm really looking forward to testing my game at Huapai as it's a course I've not played before," Paddison says.

"I've always found it interesting playing with amateurs in Pro-Ams, you can meet a potential sponsor or great contact for future endeavours.

"And on the lighter side of things you get to see some very creative shots, and since I can get a little flustered with my own performance, watching some of the amateurs I play with doing the same thing actually makes me feel a lot better! There is nothing like having a laugh after a game about some of the shots we missed and our reactions at the time."

Huapai Golf Club General Manager Andrew Dewhurst says the club is abuzz ahead of the big day.

"The Trueform Spa Pools Pro-Am is the talk of the club, with our members looking forward to a great day alongside some of the country's best professional players. The response has been tremendous, with just four teams left at the time of putting pen to paper so we are expecting a full field," he says.

"While there will be many taking the golf very seriously, we will ensure the day has plenty to enjoy, with some wonderful sponsor activations on course, great individual prizes for closest to the pin, longest drive and, of course, the chance to win a Miami 5-Seater Spa Pool courtesy of Trueform Spa Pools for a hole in one!"

The Miami Spa Pool is valued at more than \$10,000 and will be up for grabs on the 10th hole on the day, a stunning downhill par three that takes golfers towards the water for the first time as they head out on to the back nine.

The professional field also includes three women - Stacey McCartney, Anita Chau and Monica Chau - who will tee it up alongside the men, chasing their share of the \$15,000 prize purse.

Others featuring high up the NZ Order of Merit include Harry Bateman (2nd), Dongwoo Kang (4th), Tae Koh (5th), Mason Lee (7th) and recent winner of the Paraparaumu Pro-Am Nick Loach (9th).

The tournament will be free to spectators.

"For those signed up to play in the tournament, they are in for a treat to enjoy a round alongside a professional and enjoy their company and advice throughout the day," Andrew says.

"Spectators are more than welcome to soak it up as well though and walk the fairways with a group or to set themselves up in a spot that will afford them a good look at the field as they pass through a green or tee box."

The Trueform Spa Pools Huapai Pro-Am on Wednesday March 10 has a noon start.



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# People & Places

Contact Andrew Dewhurst at [gm@huapaigolf.co.nz](mailto:gm@huapaigolf.co.nz) for more information or to enter a team.

## Waimauku School Centennial delayed

The Waimauku School Centennial commemorations will now be held later this year after COVID-19 uncertainty forced postponement of weekend events scheduled for March 18-20.



That includes the Friday Mix and Mingle and Saturday Family Fun Day, Centenary Dine and Dance - with new dates yet to be determined.

The postponement was prompted by uncertainty around pandemic restrictions after Auckland entered alert level 3 on February 28.

Waimauku School's Centenary Committee and the school Board of Trustees then decided to delay the centenary celebrations, mainly because of health concerns given many registered attendees for the Friday and Saturday events were in at-risk categories.

Principal Gary Pasfield says there was sufficient doubt the COVID-19 restrictions would allow the centenary to proceed in March.

Auckland dropped to alert level 2 on March 7, which saw gatherings restricted to under 100 people, but the Government's next review for the weekend of March 13 and 14 was too close to Waimauku School's centennial to allow for certainty.

"We realise that there will be many disappointed families and former students, but we will be working hard to ensure we can hold alternative events later in the year - at this stage we are not certain what these will look like, but we will communicate these details when we have more information," Gary says.

"Importantly, around the week of July 4 (the actual anniversary date) the school still plans to hold a few small events and celebratory

activities for the current students in school hours."

## Waimauku Lions gala

A gala to raise funds for the Auckland Rescue Helicopter Trust will be held by Waimauku Lions Club on Sunday March 28 at the Waimauku shops, 9am-2pm. A helicopter flight simulator will be there, along with a variety of stalls featuring local arts and crafts, jewellery, cakes, books and more. A car boot sale is planned, plus a book sale and bouncy castle.



Stallholders are sought for the gala, with no charge for them to set up, Waimauku Lions member Grahame Edmonds says, "We want as many stalls as possible outside the shops and we're expecting a large number with a variety of goods"

A car boot sale allows people to join in and raise funds themselves for a variety of causes.

Books are being collected for the book sale which is the main fundraiser for the Auckland Rescue Helicopter Trust.

Last year's planned gala was cancelled because of COVID-19 lockdown restrictions, a successful garage sale later held instead, raising thousands of dollar for the Auckland Rescue Helicopter Trust.

Grahame expects the gala to proceed this time - COVID permitting - without any need for another garage sale.

"I hope people come out and support the gala," says Grahame, adding it's for a very worthy cause as the rescue helicopter is often called to this area. Donations are also welcome. Contact [lionswaimuku@gmail.com](mailto:lionswaimuku@gmail.com) or phone Grahame on 09 411 7043 for more information.

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## Huapai Copy and Print

Change is constant but some things still stay the same, like Huapai Copy and Print's service.

"When we installed fibre, for example, we became unable to send faxes anymore," owner Brian Hale says. "However, we do get free phone calls throughout New Zealand, to Australia and mobile phones. Nowadays it is all done by 'scan and email'."

Brian and Joan featured on the front of the Kumeu Courier in October 2018, then celebrating 25 years in the copy and print business.

Joan retired in June 2019, after a trip to Dunedin to stay with their son, his partner and three children under five.

When she got back she was exhausted, so Brian told her to stay home until she felt like coming back to the shop.

"That was a big mistake," Brian says, "as she never did feel like coming in again!"

Now it is just Brian and assistant Tayla, although Joan can be persuaded to help out occasionally.

"We still sell loads of ink and toner cartridges, do thousands of photocopies most days, and can print very high-quality colour prints," Brian says. "We still laminate, bind and produce numerous multi-part invoice books. Our wide format printer lets us scan up to A0 building plans or posters straight to a USB, or copy and print them to almost any size required. We also typeset and print business cards, invitations, flyers and funeral and memorial service programmes, often at very short notice."

Brian produces the Helensville Community News, now in its 12th year, with the March issue being No. 136 and a print run of over 4400. "Even during the first lockdown we still produced an online copy for our readers," Brian says.

"While it has been a shaky year, we have survived and turnover in the last few months has been a little up on last year. It seems a lot more people are buying local and that really helps."



Huapai Copy and Print is open Monday to Friday, 9am-5pm. Phone 09 412 8882 or email [huapai@copyandprint.co.nz](mailto:huapai@copyandprint.co.nz) for more information.

## Soljans Estate



For as long as we can remember we have celebrated harvest through our Berba Festival. Inviting anyone and everyone to come and join us in our excitement for the new vintage and having harvest underway. Last year, we can all agree, was a bit different, and for the first time we had to cancel Berba, but this year, we are back and better than ever.

"Berba", defined as "Harvest" was a

festival that started in Croatia back in the 18th century to celebrate the picking and gathering of grapes. Five generations later, still 100% family owned and currently managed by the third generation Tony Soljan, our family believes in continuing the tradition and celebrating our heritage.

Over Easter weekend, April 3-5, we will be celebrating harvest in true Soljans style.

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5858 or email [marketing@soljans.co.nz](mailto:marketing@soljans.co.nz) for more information.

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 SING PIES TYRES RIVERHEAD BURGERS ANIMAL FEED VETS HELENSVILLE FILM STUDIOS KEBABS ENGINEERINGS WAIMAUKU MECHANIC COFFEE GYMS KAUK



# Safer Communities



The change to Alert level 3 in Auckland certainly made it challenging to engage with the community. The Waitakere Brigade was looking forward to being part of the MOTAT open day which was unfortunately cancelled. Hopefully we will be able to attend and celebrate the Waitakere Township new playground opening 27 February and our station open day on the 6th March.

Fire and Emergency NZ has well established procedures at all alert levels so you can be assured that when you call

for assistance that the fire trucks turning up meet strict hygiene guidelines such as designated duty crews, social distancing, PPE and fire trucks and fire stations are cleaned after each job and in between crew change overs.

We know that when a fire breaks out, escaping the home is extremely disorientating and stressful. Escape Week is an opportunity to educate communities and motivate them to make an escape plan for their household to improve their likelihood of getting out of a house fire.

Below are some social media images you are welcome to use through your channels alongside these key messages:

Fire gets real, fast. A house fire can become unsurvivable in less than three minutes.

You can create an escape plan on [escapemyhouse.co.nz](http://escapemyhouse.co.nz).

It only takes a few minutes. You have time now. In the future you may not.



Keep safe



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



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# Community News

## Equine eloquence

Meet Dame Jools Topp, Horse Whisperer - Sunday 21st March, 9Am To 1pm.

From pony club to yahooing at the back of the farm, horses have always been a central thread in Jool's life - a love instilled by her late father, Peter. She has found her happy place in the equestrian world, using the Vaquero training method, dating from the 1700's. A way of life more than a discipline, the vaqueros took great pride in taking the time to develop intimate communication with their horses, using a long-term approach. Keen to emphasise the importance of taking time to build a foundation of trust, Jools is happy to talk through any horse and rider concerns with you. Come along, swap horse tales and find out more.



For more info contact Megan Paterson - threehorses@xtra.co.nz, 021 959 017, Kaukapakapa Library Facebook Page.

## Seniornet Kumeu

We started this year with fresh spring in our step. There is a lot to be thankful for here in New Zealand. One of the talks was about the way our banks are changing and how we are having to move to online banking either by computer or phone, as the local banks are closing. We are running a workshop on moving online banking as cheques are being phased out. While talking about courses in February we are running courses about using Google's search engine and also an Introduction to Windows 10 for beginners. If you would like to come along and have an enjoyable morning, our

meetings are held on the first Wednesday of the month at 10 am St Chads Church Huapai. If you have an AMI Insurance policy your year's subscription is free.

## The Mobile Car Specialists

Got pesky scratches down the side of your car's paint? Here's a tip for knowing if they can be safely removed without the need for the entire panel to be resprayed...



If you can catch your fingernail - even slightly - in the groove of the scratch, then it's most likely too deep to be removed. There is only so much clearcoat over the paint, so one needs to be careful about how much of it is removed by cut and polish.

If you'd like a quote to have some surface scratches removed, be sure to contact us.

Our services include:

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

## Online First Aid training now available

If you hadn't already noticed, remote learning is fast becoming the new normal. We've listened to client feedback and are thrilled to announce we now offer online First Aid training.



Work at your own pace - Heart Saver's online First Aid course allows you to work at your own pace, at your own place. They provide

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280 Main Road, Kumeu, SH 16





# Community News

learners with the latest first aid information and techniques needed to take care of yourself and others.

Easy to digest - Broken into bite-sized modules, our online first aid course covers all the basics of first aid and providing emergency care. Each module includes content, images and videos, with a short quiz to test your knowledge at the completion of each module.

Flexible - This online format requires less time in the classroom which offers you much-needed flexibility in these uncertain times. There is also the option to upgrade with in-person attendance limited to only 4 hours when completing a full course and 2 hours when renewing your refresher.

You can find more information about our online courses on our website here: [www.heartsaver.co.nz/training/online-first-aid/](http://www.heartsaver.co.nz/training/online-first-aid/)

## Adults in Scouting (AIS)

During a recent discussion, a parent asked "What would I get out of being a Leader?"

A very good question, and something that's often over looked. When adults apply to become Leaders the impression is that they turn up for an hour or so each week and help run the session.

But there is a lot more to being a leader than just turning up.

Scouts provide comprehensive online and physical workshops, these are designed to help and mentor a new leader. Most of the trainers (including the ones in the Waitoru Zone) are highly experienced people that have either been running training workshops for a number of years, or train in their professional roles.

What's in it for me? Involvement in Scouting New Zealand can help in your career options, builds confidence in your abilities and your ability to work with others towards a shared outcome, be that other leaders or youth. Enhances communication skills across a broad spectrum of people. It's a fantastic way to have involvement in your local community and extend that contact within the scouting community across the nation. You have access to resources and experiences that would be considered exceptional to others. Things some leaders have done are, first ride in a helicopter or jet boat, mountain walks, caving and white-water rafting, orienteering, archery and shooting, most of which is followed by a fantastic social time where leaders, members and family's gather to share their experience and build life long bonds.

Appreciation is shown in many ways for Leaders from the smiles



and enthusiasm shown by the youth members during and after the many and varied activities to the more formal certificates, badges and awards.

For more info about local Scouts group, or what you could get out of being a Leader, please let me send me an email. [Zl.waitoru@zone.scouts.nz](mailto:Zl.waitoru@zone.scouts.nz) Craig Paltridge. Waitoru Zone Leader.

## Kaukapakapa Village Market

Sunday 21st 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 Ralphe performing from 9.30am to 1pm.



For more information contact Sarah 0274 831542 or email [sarah1@maxnet.co.nz](mailto:sarah1@maxnet.co.nz).

## Lions' Vintage Shop in full swing

The Vintage Shop located in the historic Pomona Hall adjacent to the Kumeu Community Centre has started the new year in a very positive way receiving a number of good-quality donated items and an especially good number of interested customers. The shop, which is run by a group of volunteer ladies on behalf of Huapai-Kumeu Lions is open Tuesday to Saturday 10am to 3pm and for longer hours at weekends when there are events at the Centre or the Showgrounds. The recent Auckland Folk Festival saw many people include a visit to the shop as an integral part of their weekend and during the coming Kumeu Show the shop will be inviting people to see the range of good-quality vintage-type items on offer. These include crockery and crystal, mantelpiece knick-knacks, linen, cutlery, glassware, small pieces of furniture, mirrors and pictures and other one-off vintage items that for some, bring back memories of earlier times. The shop is well-stocked and everything is at marked prices.

The shop volunteers and the Lions' club are amazed at and very appreciative of local folk who donate their unwanted items, some of which arrive from a deceased estate. Anyone with interest in



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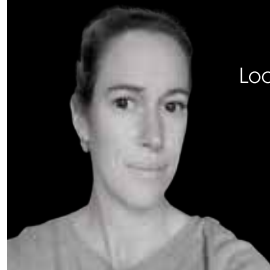
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# Community News

working at the shop on a one day-every two weeks rostered basis or has items to donate should call at the shop in Access Road, Kumeu at shop-opening times.

All profit from the shop is given back by the Huapai-Kumeu Lions to worthy organisations in the local community and other worthy causes.

## Muriwai Open Arts Studio

Come and join the Muriwai Open Arts Studio collective (MAOS). We are always looking for new artists to join our friendly group of 12 plus artists.



Save the date 21-23 May. Our next event is the Muriwai Arts Trail during the same weekend as the Leap of Faith Muriwai Arts Group Show at the Surf club. The arts trail weekend offers the opportunity to come and see where the magic happens, where our artists live, are inspired and create their works of love.

If you are a Muriwai based artist and happy to exhibit your works in your home or studio why not be part of this wonderful event? Email [muriwaiopenstudios@gmail.com](mailto:muriwaiopenstudios@gmail.com) to learn more.

For us, the aim as individuals and as a group is to inspire and nurture creativity in the community by providing workshops, exhibitions, open studio visits and unique experiences such as art degustation. Living at Muriwai, we are all clearly inspired by the rugged coastal environment in which we live - Muriwai Beach. [www.muriwaiartsopenstudios.com](http://www.muriwaiartsopenstudios.com)

### Need something lifted or shifted?

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Phone A P George; 027 229 2919

Photos: Sand Magic by Lesley Dixon, Sand Artist (MAOS member).

## Learn French, Spanish and Italian in Kumeu

Bonjour, hola, ciao! As we can't travel to Europe, now is the time to learn a European language so you are all set to go next year. Learn French, Spanish or Italian and enrol in one of our language courses. All language tutors are native speakers. All language classes are @ Kumeu Arts. We offer French, Spanish or Italian at different levels. Check out the timetable. [www.abclanguage.co.nz](http://www.abclanguage.co.nz) or call Patsy 0274 904 321.



## International Women's Day

Kindred Family Services is hosting an International Women's Day Breakfast on Monday 8 March. The event is a celebration of women making a positive impact on our community and our country.

Among the speakers are Hon Priyanca Radhakrishnan, Minister for the Community and Voluntary Sector, Minister for Diversity, Inclusion and Ethnic Communities, Minister for Youth and Associate Minister for Social Development and Employment.

The Minister has spent her work life advocating on behalf of people whose voices are often unheard - survivors of domestic violence, and migrant workers who have been exploited.

Other speakers include Waratah Taogaga (Ngāti Whatua), teacher and cultural advisor at Helensville Primary School and fierce advocate for helping our Māori tamariki succeed.

"My Māori culture has been my backbone in life," says Waratah, "I grew up in a mainstream school, lost in a system that didn't support my learning style - but I was surrounded by many incredible teachers in my whānau and iwi. I became a teacher to make a difference for our Māori tamariki in mainstream school settings - I want them to succeed and reach their potential in all areas of school.

This event is proudly hosted by Kindred Family Services, the social service agency serving northwest Auckland and South Kaipara. Kindred Family Services nurtures hope and healing by providing a range of services, from counselling, family support, youth work, food packs through the Kai Collective Te Awaroa, a women's refuge safe house and support and advocacy for men and women on their



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# Community News

journey away from family violence.

Tickets to the International Women's Day Breakfast are \$40 + fees, and are available from Eventbrite (Eventbrite.co.nz).

## Nor - West Community Patrol seeks more volunteers!

We are part of Community Patrols of New Zealand ("CPNZ") charitable trust that empowers communities to prevent crime and to create safer environments in neighbourhoods around Aotearoa.

Become a part of our friendly group consisting of about 50 volunteers and help us to conduct regular vehicle patrols around Kumeu, Huapai, Taupaki, Riverhead, Waimauku, Muriwai, and Woodhill.

We work closely together with NZ Police and assist the Police in achieving the principles of its 'Prevention First' model and in alignment with the 'Safer Communities Together' motto.



We will provide ongoing support and training for enthusiastic community minded people who are ready to 'give back to your community' through patrolling once or more times per month.

If you are interested to join, please enquire at Kumeu Police Public Counter or contact Colin Strong on 022 674 8238 or 09 412 9171, or Jan Henderson on 027 281 7676 or 09 412 9818.

## Change of Ownership

We want to bring to your notice and announce that Lollipops Kumeu located at 7 Wookey Lane, Kumeu is under new ownership. Harry and Alka are the new owners. The centre is renamed as Kumeu Childcare. They own another childcare centre in South Auckland. We are a Reggio inspired early childhood centre. Come and meet our beautiful team and see what makes us so special.



We have a team of dedicated, passionate teachers. We are offering 50% discount on fees for first 3 months. Opening hours are 7:30am to 5:30pm. Free 20 ECE hrs (3-5 years old) are provided. Free nutritious meals freshly cooked by our experienced chef onsite are provided. 7-9 Wookey Lane Kumeu, Phone 09 412 8081, info@kumeuchildcare.co.nz www.kumeuchildcare.co.nz.

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# In Brief

## Rumble in the Jungle 2021

A toe tapping celebration of 50's & 60's rock 'n roll

Sunday March 21st - 1.00pm to 5.00pm

This is another opportunity to spend an afternoon with Foxtail Rumble a great local rock 'n roll band who specialise in the music of the 1950's and 1960's.



The event is held in a specially constructed area within the Sculpture Gardens and was an extremely popular concert last summer with many people taking to the dance floor during the afternoon.

To further enhance the event we have again invited members from local hot rod & classic car clubs to bring along their cars (although judging from the ones that turned up last year they're more like works of art on wheels!). Drivers get in free.

Also several people brought along camper vans and stayed the night at the Centre which we will be happy to accommodate again although please be aware that there are only limited toilet facilities available so you will need to be "self-contained". (There are also limited spaces so we would advise booking to ensure a good spot).

While you're welcome to bring along your own beverages and food, light food and refreshments will be available for sale. All proceeds from the event are being donated to the Kai Collective.

You can also take a stroll through our gardens which contain over 40 marvellous new pieces displayed along the beautiful 1.2 Km nature trail (not suitable for walking frames or wheel chairs).

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa.

Tickets: \$15 per person or \$35 for the whole family.

Contact: info@kaiparacoast.co.nz or 09 420 5655.

## Craigweil House

The sun was shining and the cicadas humming when Craigweil House Home and Hospital residents went strawberry picking before the last summery harvest.

Deb and Flora, Facility Coordinator and Diversional Therapist respectively, went with residents on the van trip from the Parakai-based boutique care facility to Danube Orchards in Whenuapai.

Because this strawberry patch grows hydroponically on trestles, residents were able to pick fresh strawberries without bending or getting down on the ground.



It is a fantastic setup allowing residents with mobility issues to safely enjoy an activity they otherwise would not be able to do.

Ice-cream containers rested on top of residents' walkers and so many strawberries were collected in them that there was enough of the superfood to share around with others back at Craigweil House.

The last sunny month has also seen electrician Terry Ruff, pictured above, join Craigweil House as a maintenance specialist and he says he has always liked working with his hands.

Originally from England, his family loved travelling to New Zealand over the past 15 years. His now adult children settled here first, then he and his partner joined them.

In his first few weeks Terry has already carried out lots of repair work and is particularly focusing on the gardens. Welcome on board, Terry.

## Jojo's Childcare

Ten years in any business is no mean feat and 2021 marks the 10 year anniversary for Jo and her association with Jojo's. Beginning as the Manager, when the centre first opened in 2011 as Angels Childcare, Jo has now been the proud Owner/Operator of Jojo's Childcare, right here in our community since 2012.

During these years the family owned and operated centre has been providing trusted, quality, care and education to families



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# In Brief

throughout Kumeu, Huapai and the ever expanding wider area. With many incumbent staff (and new faces too) it is probable that one of our teachers has cared for someone in your, or your extended family, and in turn become a part of our Jojo's whānau too.

To experience this family connection for yourself we are offering the first month fees free to all new enrolments who mention this article on enrolment. Look forward to seeing you soon.

## March at Kumeu Arts

Ceramicists Margie Phillips and Madelaine Abey-Koch state that... "In our homo sapien centred world we often neglect to recognise the web of life surrounding and sustaining us". Their stunning exhibition 'Seeing the Unseen' aims to reveal what's "concealed beneath". Following them is a group exhibition by Kumeu Arts staff, tutors and committee members called 'Who We Are'. Alongside their artwork will be accompanying text explaining their role or involvement at the Arts Centre giving the community more insight into what's on offer and who helps it to function. Also in March in the Pod Gallery catch local artist Marion Stutz. 'This Must Be the Place' (Naïve Melody) marries her love for painting, music and the comforts of domestic life. Following Marion comes 'Pacific Crossing' by Marlon Hart. Marlon's collection of prints draws on his childhood experience and impressions of growing up on Canada's Pacific Northwest coast. Along with all this is the usual array of workshops, groups and concerts. Visit Kumeu Arts (just behind the Library) or online at [kumeuarts.org](http://kumeuarts.org)

Image by botanical art tutor Lesley Alexander for 'Who Are We'



## Tax discounts in first year of business

If you are self-employed and in your first year of business, you could be eligible for tax discounts by paying your income tax early. In the first year of trading, sole traders, contractors and partners usually do not need to pay their Terminal Tax (year-end tax) for around a year or many months after the tax year ends. This is usually 7th February of the following year, or 7th April the following year if you use a tax agent. However, you could be eligible for a 6.7% discount on your income tax if you pay some or all of your income tax before the tax

year ends (by or before 31st March).

Managing cash flow has become even more challenging for some sole traders in recent times so we recommend thoroughly assessing your current and forecasted cash flow to decide if paying your income tax early is a good option for your business. Your accountant can help with this, as well as advising on how to set up good systems to manage your taxes.

To find out more please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## Ecosia

Plant trees with your computer! Use [ecosia.org](http://ecosia.org) instead of your usual search engine, Ecosia uses the ad-vertising revenue to plant trees where they are needed most. Over ten years ago Ecosia was founded to try to counter the problems of deforestation, and by 2019 60 million trees had been planted.



Ecosia supports over 20 tree-planting projects in 15 different countries; Peru, Brazil, Madagascar, Nicaragua, Haiti, Co-lombia, Spain, Morocco, Senegal, Burkina Faso, Ghana, Ethiopia, Uganda, Kenya, Tanzania and Indonesia. To achieve this, they work with local partners who are able to monitor your trees on the ground. Planting takes place in the poorest agricultural regions of our planet, where communities and farmers do not have the means to start tree-planting and restoration on a larger scale. Trees are the superheroes of the planet. Apart from being the most effective CO2 absorbers we have, trees help mitigate climate change, restart water cycles, stop deserts from spreading and turn barren grounds back into fertile woods and farmland. Ecosia avoids monocultures and non-native trees that may spread (think of wilding pines in New Zealand), and they only count trees that are over a year old. Visit [ecosia.org](http://ecosia.org) to find out more.

## Riverhead Brickfair

The Auckland LEGO User Group has a "Riverhead Brickfair" at the Riverhead Citizens Hall on Sunday March 7, 9am-5pm.

Coffee and a barbecue are available.

Entry is \$4 with under three's free.

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# Property

## Property market report

For the Love of Property

Kiwis have always had a special relationship with property ownership and this is especially true when the economic climate is a little uncertain and the yield from traditional sources fails to satisfy both economic and social considerations.

Many investors are collaborating with first home buyers directly or indirectly (by family or by consortium) and those considering an investment option at this time will not be too concerned with a 40% deposit loading as it is overlaid against their larger property portfolio.

The reality is that residential property still offers a strong yield and capital gain over time, and although some economists are speculating that gains in the future are tempered by low or negative growth, it still outweighs the reality of earning 1% or less in the bank (less tax).

At Mike Pero Real Estate we can offer free from cost a rental appraisal and a sales appraisal at one time, to allow you some options to rent or sell your asset. We also link directly with Mike Pero Mortgages which allows you direct access to financing, refinancing and insurance options.

All these services are supplied to you at no up-front cost, and give you strong peace-of-mind so that you may leverage your position to best effect.

So, before you engage with any old Tom-Dick-or-Harriet, drop me a text/email or call me on 0800 900 700 and lets have a chat about the best options and outcome for today and for your long term goal. Having a close relationship with a real estate agent has never been so important.

Recent sales values are:

Helensville Residential	\$716,000 to \$1,126,000
Helensville Lifestyle	\$910,000 to \$1,350,000
Huapai Residential	\$928,000 to \$1,225,000
Kumeu Residential	\$970,000 to \$1,205,000
Parakai Residential	\$527,000
Riverhead Residential	\$1,100,000 to \$1,560,000
Swanson Residential	\$900,500 to \$1,150,000
Taupaki Lifestyle	\$1,485,000 to \$2,300,000
Waimauku Residential	\$1,425,000
Waimauku Lifestyle	\$1,443,500 to \$1,700,000
Waitakere Lifestyle	\$1,385,000
Whenuapai Residential	\$1,210,000
Whenuapai Lifestyle	\$3,250,000

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professional with over 16 years in market at the highest level, contact me today, Graham McIntyre, phone 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

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Call us today on 027 260 8225 for a free no-obligation quote.

## Understanding a Record of Title

By Yolandie Rivas, Legal Executive at ClearStone Legal



It is important to know what kind of restrictions are noted against the Record of Title when you purchase a property, as it can have an impact on how you may use the property and what future renovations you may undertake. In conditional agreements there is a clause in the general terms of sale and purchase that allows you, as purchaser, to object to certain issues on the Record of Title by requesting the Vendor to rectify it within 10 working days from signing the agreement. It is vital as part of your due diligence investigations, that you familiarise yourself with the practical restrictions hidden away in the list of interests noted against your Record of Title.

There are broadly four categories of instruments that can be noted against the Record of Title. These can restrict your rights on your property. We will briefly discuss the categories with practical examples along the way.

Land Covenants - This instrument is registered by the original



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# Property

developer and sets out certain rules and restrictions relating to owning property within the new subdivision. The intention is to make sure that the value of the development is maintained, and that people can purchase in this subdivision with certainty that the value of their property is not going to devalue, due to the actions of the other owners.

These restrictions can vary from the minimum size of the house, the colour of your cladding, the height of your fence, how many pets you can have, what type of dog breed is forbidden and even how high the grass may grow! However, land covenants will not be enforced by Council, but there are usually penalty provisions in the instrument when you do not adhere to these restrictions.

**Encumbrances** - An Encumbrance is a limitation or restriction registered on the Title and it is a security charge that needs to be disclosed to your bank. The bank wants to make sure that the rights of the entity registering the encumbrance will not jeopardise its rights, should they need to sell the house at a mortgagee sale. A mortgage is the most common type of encumbrance and the mortgage of the Vendor will be removed with settlement when their mortgage is discharged and replaced with the purchaser's mortgage.

Other types of encumbrances include compulsory membership to resident's associations where all the owners need to share the maintenance of the shared facilities and pay annual levies. For example, most owners in the Hobsonville Point development will have an encumbrance registered against their record of title that will require them to become members of the Hobsonville Point Residents Society Incorporated.

**Consent Notices** - Consent Notices are usually registered in terms of a Resource Consent granted by local Council and contain requirements imposed by Council. For instance, we see many of the newer developments with a consent notice from Council, where you need to operate and maintain your private stormwater system every two years and that you should keep records in this regard. Another common example is the requirement that a geotechnical engineer should design the foundation of your house, if the soil type is expansive on the specific lot. You will not receive a CCC (Code Compliance Certificate) from Council if you do not adhere to the restrictions noted in the Consent Notices of your Record of Title.

**Easements** - Easements are usually registered to create rights of way and utility services between owners in the subdivision and neighbouring properties - for example to allow you to cross your neighbour's property to access your property, or for power, telephone, internet cables etc. Other types of easements can include rights to drain water or sewage in favour of your neighbour or local council.

The word "subject" on the Record of Title Instrument description indicates that there is an area on your lot, being the "servient" property, which the neighbouring "dominant" property may use for a certain purpose. If the word "Appurtenant" appear in the

description it means that the instrument is in favour of your lot over a neighbouring lot.

Many of the above instruments listed on your title can affect your practical ownership in significant ways. We know purchasing a property can be daunting especially for first time home buyers and on top of all the other documents, such as KiwiSaver applications, LIM, the sale and purchase agreement and mortgage applications, the contents of the Record of Title can seem a bit foreign. That is why you need a lawyer that can help you with a proper title review, explaining the instruments and providing you with copies of the relevant instruments from LINZ (Land Information New Zealand).

Please phone ClearStone Legal incorporating Kumeu-Huapai Law Centre with your queries when buying or selling a property Phone 09 973 5102. We have offices in Kumeu and in Te Atatu Peninsula.

## Residential tenancy act

New rules now apply to residential tenancies from 11 February 2021.

These include that a landlord must make sure the tenancy agreement is in writing and to refrain from advertising a property for rent without disclosing the amount. This is to stop a landlord having a rent auction to the highest bidder.

Landlords must also give cause for termination of a periodic tenancy.

It will be standard also that a tenant may assign a tenancy and the landlord cannot unreasonably refuse this. Assignment is when an existing tenant gives those tenancy rights to another tenant with the consent of the landlord rather than terminating the tenancy. The changes overall are calculated to make things largely better for tenants and to encourage them to stay in and even improve their rental accommodation.

For further advice and assistance with your trusts feel free to contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	640,000	809M2	109M2	716,000		930,000	451M2	183M2	1,130,000
	1,100,000	2HA	188M2	910,000		1,100,000	432M2	234M2	1,205,000
	850,000	738M2	239M2	1,050,000		1,125,000	525M2	233M2	1,120,000
	1,000,000	3012M2	156M2	1,126,000	PARAKAI	410,000	4046M2	80M2	527,000
	960,000	1HA	222M2	1,350,000	RIVERHEAD	910,000	1012M2	101M2	1,100,000
	680,000	601M2	146M2	815,000		1,000,000	1214M2	155M2	1,150,000
	1,050,000	5437M2	150M2	1,200,000		1,000,000	1140M2	160M2	1,200,000
	1,000,000	3012M2	156M2	1,126,000		1,400,000	800M2	326M2	1,560,000
HUAPAI	940,000	436M2	182M2	928,000	SWANSON	770,000	1978M2	120M2	900,500
	920,000	361M2	195M2	1,105,000		770,000	2104M2	150M2	1,150,000
	940,000	459M2	176M2	1,070,000		1,075,000	370m2	229M2	1,140,000
	950,000	604M2	170M2	1,250,000		840,000	1553M2	123M2	925,000
	1,150,000	743M2	240M2	1,070,000		1,010,000	1085M2	182M2	970,000
	1,075,000	1525M2	210M2	1,225,000		880,000	1393M2	144M2	980,000
	950,000	809M2	170M2	1,000,000		785,000	1012M2	150M2	1,000,000
	1,100,000	801M2	186M2	970,000		950,000	462M2	235M2	1,165,000
KUMEU	1,050,000	442M2	221M2	1,200,000	TAUPAKI	1,250,000	1706M2	120M2	1,485,000
	1,075,000	477M2	232M2	1,205,000	WAIMAUKU	1,550,000	1508M2	284M2	1,425,000
	940,000	405M2	181M2	981,000		1,650,000	14HA	140M2	1,700,000
	930,000	407M2	181M2	1,100,000		1,125,000	1HA	120M2	1,443,500
	1,025,000	430M2	213M2	1,105,000	WAITAKERE	1,200,000	4HA	282M2	1,385,000
	820,000	345M2	165M2	970,000	WHENUAPAI	3,825,000	1.37HA	225M2	3,250,000

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

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

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Graham is an outstanding agent and I can't recommend him highly enough. My property was not the usual sale and Graham took it in his stride, going above and beyond his obligations on numerous occasions, which was appreciated immensely. Graham is fantastic to deal with and kept me up to date at all times with thorough communication and updates throughout the whole process. Graham made me feel relaxed and comfortable at all times, which is quite an achievement at such a stressful time! He is an absolute professional and I am astonished at the result he was able to achieve, as the property was considerably run down. If I sell another property, I will be definitely calling Graham again. He did an absolutely amazing job and I will be sure to recommend Graham to my all of my friends and family!

Vikki

**Graham McIntyre**

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# Central's Tips

## March 2021



Autumn's coming and it's time to start preparing the garden for the cooler months ahead. Condition the soil ahead of new planting, save seeds of summer crops and place straw under ripening pumpkins

### Use natives for wow factor

New Zealand native plants are naturally hardy and survive our sometimes harsh climate well. Use them amongst other plants to create interesting textures and colours in the garden



### In the Edible Garden

- **Getting ready for autumn food growing:** check the soil which may be depleted after summer crops have finished: dig through compost and sheep pellets or top up with more Garden Mix
- **Tomatoes 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
- **Cover figs and grapes** with bird netting as they ripen
- Plants that grow better as the summer heat lessens: **parsley, spinach and coriander**
- **Sow a crop of sugar snap peas**, placing them near to a climbing frame or wall where they can be trained up
- **Citrus trees** are known as gross feeders so lightly fork compost around them and continue fertilising through the autumn months. Check for scale, which breeds quickly if the plant dries out. It can be controlled with spraying oil
- **Plant out kale seedlings.** For an architectural look in the veg garden - not to mention nutritious eating - try Cavallo nero with its large textured leaves
- **Place straw beneath pumpkins as they ripen.** This avoids contact with increasingly damp soil that can cause them to rot

### The rest of the Garden

- **Trees such as luculias, albizzias and hardy lagerstroemias** flower from summer to autumn and provide extra interest and colour to the garden
- **New seasons bulbs** are available now, so choose from a range of tulips, daffodils and hyacinths to plant ahead
- **NZ native plants** naturally tend to grow through summer, so check out the quality selection at garden centres and nurseries. Many NZ grasses have some interesting tones and work well with autumn colours. Get interesting textures and shapes with the very under-rated Muehlenbeckia
- **Trim hedges and topiary plants** to a crisp shape to give the garden structure through the winter months. Liquid feed and add mulch
- **Autumn flower colours** tend to the orange, bronzy shades that can be achieved with rudbeckias, gazanias and daylilies. An amazing orange flowered plant, Leonotis leonurus echoes these tones

## Project for March

Create a pebbled area in the garden with our great range of decorative pebbles.

Use Waikato Fleck for bronzy tones, River Pebbles to team with grey foliage plants, or get creative and place White Chip to edge a white flower border. Lay a base of GAP 20 and weedmat to stabilise and limit weeds growing through the area.

For your pebble project, visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)







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# Hot Property



## House and Minor Dwelling – The good Life

Set on 1.25 hectares (approx. 3 acres) this beautiful property has been sculptured to satisfy a diversity of options and interests with a modern family, extended family or home with an income. Delivering the “good life” with two vegetable gardens, an orchard, herb garden, and chicken run for self-sufficiency and option for grazing animals. The gardens are beautiful, easy care, low maintenance and accentuate private walking pathways and a gentle drive through to Minor home and the Main Home. Kids will love to explore / spend hours of fun

in the gardens. A large flat area has been set aside for an arena, extensive shedding, football pitch or grazing. The choice to graze animals or have as an extensive lawn is your choice. Only a 5 minute drive to Helensville Shops and Helensville School and around 41 minutes off peak to Auckland CBD, described as the best of town and country. Enjoying strong craftsmanship, cathedral ceiling features in the main home and an extensive recently completed full renovation, the property offers the best of the old with the convenience of brand new fittings, appliances, and refurbishment. The Main Home is four bedroom, two bathrooms and offers options for multiple lounges and dining areas to make the most of the conservatory and the extensive valley views. The split is three bedrooms and a bathroom upstairs with one bedroom, bathroom, lounge, kitchen, laundry and conservatory



# Hot Property



downstairs. Alternatively you can use the entire downstairs for living and entertaining with options for multiple lounge areas. A separate double garage with extensive loft provides options for an office, teenage retreat or chill out zone. Multiple accessory building and woodshed makes things easy, secure and orderly. The fully consented minor is a short walk from the main house and delivers privacy and intimacy with a modern near new one bedroom with kitchen, lounge, bathroom and laundry. A fantastic area with extensive wrap around decking, set away from the Main Home and purpose built to take in the breath-taking scenic views through the valley. For viewing and more information, contact Graham now on 027 632 0421 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

# Home & Garden

## Laser Plumbing and Roofing Whenuapai

Meet our Managers. We are fortunate to have very experienced and knowledgeable Managers on board at Laser Whenuapai. For any of your plumbing, roofing or drainage requirements, get in touch with one of our Managers today who can assist with anything you need.

Brett Loveday - Plumbing Manager

Brett is our Plumbing Manager and oversees all major plumbing projects. He brings over 30 years of plumbing expertise to Laser Plumbing and can provide solutions for all your plumbing needs.

Solomon Barnes - Roofing Manager

Solomon is not just our very experienced Roofing Manager, he is also the Director of Laser Whenuapai. Solomon has many years of roofing experience and can sort any roofing issue you may have - from repairs to full roof replacements.

Karl Ward - Drainage Manager

Karl is our Drainage Manager and oversees all aspects of the Drainage division. Karl originally worked for Laser as a plumber but keen to expand his skills, Karl moved into our Drainage division. If you need new drains installed, repair or replace existing drains, drains unblocked or CCTV, contact Laser and Karl will provide total solutions for all your drainage needs.

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

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

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## Autumn gardening

As autumn is about to be upon us, and Easter hard on its heels at the beginning of April, Awa Nursery is in full steam ahead mode stocking up on plants ready for your gardens. It's planting season, and the perfect time to get outside and start preparing your gardens while the soil still holds on to summer's warmth. Trees and shrubs which go into the ground in autumn get a good head start before the cold weather sets in.



Mulching is the best way to prevent moisture escaping and has the added bonus of weed control. Weeds grow fast and compete for valuable moisture, so be sure to remove them before mulching for best results. Autumn is a good time to prune, transplant, or repot. If your soil is still quite dry from our hard summer, be sure to water deeply every few days in dry weather which will encourage the roots to grow deep into the soil - also check that any excess water will drain away.

Spare a thought for the birds as you consider your planting choices, to provide them shelter and food especially over the winter months. Consider planting kowhai, titoki, Karaka, corokia, cabbage trees, coprosmas, rewarewa, puriri, lacebark, Muehlenbeckia, coprosmas, Fuchsia procumbens, putaputaweta, and pseudopanax which are just some of the popular natives to encourage the birds, providing nectar, fruit or seeds.

Keep an eye on our website for the arrival of our new season citrus, and the gorgeous, lush ferns due as well. Large or small, there is bound to be something that will fit in your garden to get you underway this planting season. Come and see us at Awa Nursery.

## Western ITM

With over 40 years of experience, we take pride in supplying a quality range of hardware and building materials to assist in completing your building project to the highest possible standard. Our locally owned and operated network of three Auckland stores ensures we can provide our products and services with prompt delivery to your site.

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



# Home & Garden

gate hardware.

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

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

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

Western ITM. Locals Supporting Locals. 3 Auckland Stores - Open Mon-Sat. Whenuapai | Kumeu | Swanson [www.westernitm.co.nz](http://www.westernitm.co.nz).

## Tile and grout cleaning and re-colouring

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



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

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

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

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

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

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

## Subdivision

If you have a rural property of sufficient size you may be considering subdividing. This subdivision might involve protecting or enhancing some native forest or wetland. Through the subdivision process Auckland Council will often ask that any native areas have a Weed and Pest Management Plan that covers off what types of weeds and pest animals are on site and how they can be controlled. If any parts of your property require planting with native trees, an Ecological Restoration Plan may also be required. This will cover



off a planting plan and an ongoing maintenance regime to allow the plants to get canopy closure before the weeds take over. New Zealand Biosecurity can assist with either of these plans, or act as the professional contractor to undertake the work and make sure it meets Council's requirements. Give us a call today and ask one of our team about how we can help on 09 447 1998.

## Kumeu Community Gardens

Summer hasn't stopped progress at Kumeu Community Gardens. We haven't managed to secure our water tank and establish our garden beds, but with community support, we have been working



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# Home & Garden

hard to get the gardens established.

We have been donated the use of equipment and machinery, and generous piles of mulch to tidy and prepare our planting areas, and we are all set to go when our irrigation is sorted and we can keep plants alive - a struggle in any garden this time of year.

The enthusiastic response from the community has shown us the appetite for community gardening is real. We are still on the lookout for volunteers (mulching is fun!), and for practical assets like a garden shed and tools. Keep an eye on our Kumeu Community Gardens Facebook page for updates about how you can help, get involved and lend support. Thanks to everyone who has offered support so far.

## Solarcraft - solar powered water systems

We've been designing and installing solar powered water systems at off-grid new-builds and have also upgraded old water-pumping systems to this more efficient set-up.

So we thought it's time we officially added this to the Solarcraft menu.

A solar powered water system can be set up for; domestic, farming and horticultural use, irrigation, your swimming pool or industrial applications. It can draw water from a tank, a bore on your property, or pump water from a pond/creek/lake or river.



Solarcraft sets up ground-mounted solar panels (see pic of installation-in-progress), then we hook those up to a water pump (up to 300M head) at your water source.

They are high pressured, save a lot of time and money, (there is no re-fueling time or fuel cost), plus there are no power bills to pay and minimal maintenance is required.

These are NZ designed and developed and run by the sun. Perfect for when mains water or power to your water source isn't available. Although, you may have access to those amenities and just want to go off-the-grid.

Contact us anytime on [info@solarcraft.co.nz](mailto:info@solarcraft.co.nz) Ph: 0508 272 389 or visit us at [www.solarcraft.co.nz](http://www.solarcraft.co.nz).

## Rock and mulch

It's nice to get a little bit of rain from time to time. This summer has not been as dry as last summer which was SO dry and played havoc on so many precious, shallow rooted plants and shrubs. This year we have been really piling the mulch on our gardens so that when we do get some rain, the mulch holds the moisture in the soil



for much longer. We have been piling it on at least 100-150mm thick and it works. The gardens at Warblers Retreat are looking great. The mulch we stock has a very high percentage of green foliage waste, and when rotted down is an excellent food source for the garden. We are building a small dry stone retaining wall display at our yard at the moment, address 385A Paremoremo Rd, just to give passers by a glimpse of what you can do with a little rock and mulch. If you would like mulch, call Dave on 027 1962 19.

## Waimauku Garden Club

We have to keep looking for places to take our members and book our trips and at the same time we have to keep ourselves safe.

For March 18 we are planning a trip to Gordonton to visit Woodlands Estate and Willow Glen Cafe.

On April 15 we will remain local visiting Good from Scratch at Muriwai.

May 29 possibly Tip Top Factory and Guide Puppy Training.

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# Home & Garden

Keep an eye on next month's Courier.

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

## What to expect when building with Signature Homes

Whether you're building a simple starter home or the ultimate abode, new home construction contains many unknowns and can be overwhelming—especially if you're unsure where to start. We'll help you better understand the steps in building a house with Signature Homes. From shopping for the lot of your dreams to move-in day, read on to learn about the major steps you'll encounter while building a home.



1. Get in touch: Once you have an idea of what you want, it's time to get in touch with our team. Your first point of contact our New Home Consultant. They are there for the sole purpose of helping you make your dream home a reality, so don't be afraid to tell them everything you have in mind. Remember: this is all about you, and we're here to listen.

2. Design & build or house & land package: The key decision you will make at this point is whether to use one of our pre designed House & Land Packages, or create your home from scratch with our Design & Build service. There are advantages to both methods. If you are unsure, your New Home Consultant will provide you with all the info you will need to make this decision.

3. Estimate & design work: We believe strongly that building companies have a responsibility to provide their clients with a quote that is based on facts, not guesswork. As part of the work we carry out to provide you with a comprehensive quote and ensure you get everything you want in your new home, the Signature Homes design team will consult with you at this time to finalise important details regarding design, claddings, colours, fixtures and fittings. We have expert Interior Designers on hand to provide assistance.

4. Fixed price quote: Once the detailed price and design work has been completed, the fixed-price quote, specifications and final drawings will be presented to you for sign-off. These documents will include detail about exactly what your new home investment will be, along with a comprehensive list of everything that will be included.

5. The green light: Once you have given us final permission to proceed, we will then get council approval to build, and construction can commence on your new home.

6. Construction: Prior to construction commencing, our clients participate in a pre-construction meeting, where they meet the Project Manager and other key participants in the creation of their new home. At their request, our clients are also invited to attend site meetings at various stages of construction, and our Project Managers maintain regular contact throughout to report on progress.

## Knock Down & Rebuild

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YOUR HOME. YOUR WAY.

# Home & Garden

7. Your home. Your way: Once the home is completed and the council is happy that the home has been built as per the building consent, we can give you the keys to your brand new Signature Home. Enjoy!

Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600 [www.signature.co.nz/page/westdesignbuild](http://www.signature.co.nz/page/westdesignbuild).

## How to select a quality tree care professional

Within Auckland there are a huge amount of Arborist companies to choose from. However not all of them are the same and it pays to do you due diligence. Here are some things to look for before selecting your contractor.

**Insurance:** This should go without saying. Check their insurance and ask to see their certificate. You'd be amazed how many people say they are insured when they aren't, or their current policy has lapsed. Try explaining to your insurance company that a 'arborist' felled a tree on your house then they vanished..

**Qualified:** Although this isn't a requirement in NZ I highly recommend finding a qualified professional, or at least someone with proven experience. A Certificate in Arboriculture Level 3 is a good baseline.

**Research:** Ask your friends, family and co-workers for recommendations. Check out companies reviews on Facebook, Builderscrack, No Cowboys and Google. Check local Facebook groups for recommendations (or sometimes who to avoid).

Shaun Hardman - Arborist - Hardfell Ltd - 021 072 0739.



## Triangle Park Community Teaching Garden

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

Gardening is one of the most pleasurable activities one can have. What other activity provides hours of joy, exercise and puts food on the table. Many of us can remember our parents' or grandparents'

wonderful gardens and the produce. The tastiest tomatoes, peas, strawberries, huge cabbages, carrots and parsnips and the taste of sun ripened strawberries straight from the vine, simply delicious!

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

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

## Muriwai tide chart

Date	High	Low	High	Low	High
Mon 01 Mar	00:11	06:28	12:30	18:54	-
Tue 02 Mar	00:53	07:11	13:12	19:37	-
Wed 03 Mar	01:35	07:55	13:54	20:21	-
Thu 04 Mar	02:19	08:40	14:39	21:08	-
Fri 05 Mar	03:06	09:29	15:29	21:58	-
Sat 06 Mar	03:59	10:26	16:25	22:56	-
Sun 07 Mar	05:02	11:32	17:34	-	-
Mon 08 Mar	-	00:04	06:18	12:48	18:54
Tue 09 Mar	-	01:19	07:37	14:02	20:10
Wed 10 Mar	-	02:30	08:45	15:05	21:14
Thu 11 Mar	-	03:29	09:40	15:57	22:05
Fri 12 Mar	-	04:19	10:26	16:43	22:49
Sat 13 Mar	-	05:02	11:06	17:24	23:28
Sun 14 Mar	-	05:41	11:43	18:02	-
Mon 15 Mar	00:04	06:18	12:16	18:37	-
Tue 16 Mar	00:36	06:52	12:47	19:11	-
Wed 17 Mar	01:06	07:24	13:17	19:42	-
Thu 18 Mar	01:37	07:56	13:48	20:14	-
Fri 19 Mar	02:08	08:29	14:22	20:48	-
Sat 20 Mar	02:44	09:06	15:01	21:26	-
Sun 21 Mar	03:27	09:50	15:47	22:13	-
Mon 22 Mar	04:20	10:47	16:46	23:13	-
Tue 23 Mar	05:29	12:04	17:59	-	-

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# Home & Garden

Wed 24 Mar	-	00:32	06:51	13:26	19:22
Thu 25 Mar	-	01:51	08:04	14:32	20:33
Fri 26 Mar	-	02:55	09:03	15:27	21:29
Sat 27 Mar	-	03:49	09:53	16:16	22:19
Sun 28 Mar	-	04:37	10:39	17:02	23:04
Mon 29 Mar	-	05:22	11:23	17:47	23:48
Tue 30 Mar	-	06:07	12:07	18:31	-
Wed 31 Mar	00:32	06:51	12:50	19:15	-

Source: LINZ. Daylight Saving: Please note that tide times have been corrected for daylight saving time. Disclaimer: MetService and LINZ accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, LINZ or a third party, or that arise from the use, or misuse, of the tide information contained in this website.

## Be kind to your lawns and gardens

I had planned this month's column to be about lawns under stress from the dry weather and not being able to use sprinklers, but the good dowsing in mid-February has changed that.

The lawns are probably going to surge ahead in the next few weeks and that'll be terrific. Keep up the regular mowing and probably increase the frequency of your mows to keep things looking great.

What is also going to surge is the weeds - you'll see them in your paving stones, in your gardens and in all sorts of nooks and crannies. It'll be a big surge due to the build-up of seeds spread around by wind, birds, animals, machines, and us during the dry times we have been having. These have been accumulating on the garden and in all the nooks and crannies, and they have been there waiting. Waiting through the dry period till the rain comes before sprouting. Now we have had a solid amount of rain and conditions are perfect for them - warm, moist, long days and plenty of sunlight. So they surge into life everywhere.

What to do? There is a large range of products available in the garden shops. Systemic sprays - taken up through the leaves and transported throughout the plant so the entire plant including the roots dies; Non-systemic - where all parts of the plant that the product touches will die ie not the roots. And on through to organic extracts of plants and even steam treatment. Or even the golden oldie system 'Hand-weeding' - say using a hoe for the small stuff and your hands in the dirt for the big ones (there's nothing quite like the feeling of warm soil on your hands).

Systemic will kill the entire plant and so you will have a longer term result, non-systemic kills contact pieces, so roots remain and the plant regrows quickly. All methods will need repeated application - it's just a matter of how frequently (and how much effort if hand weeding) you need to do it to keep things looking nice. It's always easiest to do a little and often, rather than big and infrequent.

So enjoy the warm weather, the lush growth all around, and maybe even try a bit of hand weeding - your garden will thank you for it.

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

## VISIT OUR TWO EXCITING SHOWHOMES

If you are thinking of building and are looking for ideas and inspiration, make this your first step.

### Visit our showhomes

31 Nobile Road, Huapai, Auckland  
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09 412 5317 / [gjgardner.co.nz](http://gjgardner.co.nz)

**G.J. Gardner.** HOMES



# Pets

## On-location pet and family photography

Never work with kids and animals. That's what they say anyway. I'm the crazy one that absolutely loves taking on that challenge. I run a little photography business called Dog&Co. Photography and specialise primarily in pet portraits, as well as involving pets in family and occasion photos such as engagements, maternity, and pre-wedding photos.



I am based in Taupaki, but don't have a studio as my passion lies in on-location photography, and using natural light to create vibrant portraits in my unique style. And why not utilise all of the stunning locations we have in Auckland. We are especially lucky out West with amazing spots like Bethells and Muriwai beaches, Riverhead Forest, Sanders Reserve and more.

In an age where everyone has the capability of taking their own photos thanks to the cameras in our phones, I make it my mission to take and hand-edit images in a way which I call photographic art. They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall at home. I love being able to create art which families are able to treasure forever.

Have a look at the gallery on my website to check out some of my favourite past photo shoots, and don't hesitate to get in touch to discuss booking your own pet photography experience. I also do gift vouchers if you are looking for something special for a loved one. Website: [www.dogandco.nz](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz).

## \$5.6 million spent on dog bites in 2020

Every year I commission a report from ACC regarding dog bite statistics. It is classified by age, gender, region and industry.



With Covid-19, lockdown and the inability for people to move around I expected to see a large decrease in dog bites especially in industry.

Unfortunately that was not the case. Many industries saw a leap in the number of reported bites that their workers experienced. The food delivery industry reported a massive increase of 325%. Postal services went up by 30% and courier pickup and delivery services by 16%.

Why? According to studies done in the United Kingdom by Dogs Trust UK of over 6000 homes showed that there had been a serious change in dog behaviour. Which include an increase in attention demanding behaviour. Dogs that are normally friendly are moving away when approached, an increase in barking has been reported and an increase in dog bites.

Delivery personnel appear to think that because the dog's owners were home that the dog's behaviour would improve, or that they would be safer because the owner knows their dogs behaviour. This is not the case.

Dogs can become more protective if family members are around and many owners don't understand what their dog is saying. We have read many media articles where the owner has said "don't worry he won't bite" only for the dog to have already bitten.

Our advice to anyone entering a property where dogs may be present is to be aware of canine body language. Look at the whole body of the dog not just the tail. Remember just because his tail is wagging does not mean he is happy to see you.

### A Few Facts

Dog bites cost New Zealanders over \$5.6 million in 2020

Women receive more bites than men

25-29 year olds received the most bites

Auckland, Waikato and Canterbury reported the most bites

Rodney had a 4% increase in dog bites

If you would like more information email [jo@dogsafeworkplace.com](mailto:jo@dogsafeworkplace.com).





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# Pets

com and she will send you out information regarding the courses that they offer. Joanna Clough The Dog Safe Workplace Ltd.

## Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week?

Also loving homes needed for some of the friendly rescue cats.

Donations appreciated at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). Phone 09 412 2636 or 021 929 999 for further information.



## Kanika Park Cat Retreat

Domestic cats, no matter their breed, are all members of one species.

### Relationship with Humans

Felis catus has had an exceptionally long relationship with humans. Ancient Egyptians may have first domesticated cats as early as 4,000 years ago. Early Egyptians worshipped a cat goddess and even mummified their beloved pets for their journey to the next world—accompanied by mummified mice!

**Hunting Abilities:** Like their wild relatives, domestic cats are natural hunters stalking prey and pouncing. Particularly effective at night when their light-reflecting eyes allow them to see better than their prey. Cats also enjoy acute hearing

**Communication:** Cats communicate by marking items with their claws or their waste. These scent posts are to inform others of their home range. House cats employ a vocal repertoire that extends from a purr to a screech

**Diet:** Domestic cats remain largely carnivorous, having evolved a simple gut appropriate for raw meat. They also retain the rough tongue that can help them clean every morsel from an animal bone



Kanika Park Cat Retreat - Phone 027 550 1406, Email [info@kanikapark.nz](mailto:info@kanikapark.nz), [www.kanikapark.nz](http://www.kanikapark.nz).

## Warning on karaka berries and their seeds

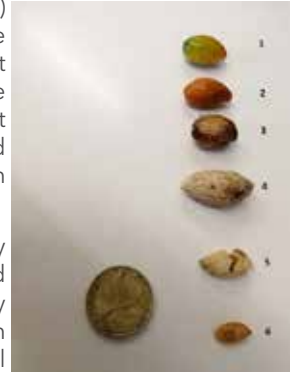
Karaka trees (*Corynocarpus laevigatus*) are native to New Zealand and are prevalent in many parks and forest areas, including Hobsonville Point. The berry kernels, however, contain virulent poisons that are yet to be fully described in terms of their individual effects on dogs and humans.

Most warnings online will show only photos of the berries, brightly coloured and hard to miss. In reality, it is hardly ever these bright yellow/orange/green berries (labelled 1 and 2) that you will see on the ground, but the rotting or decaying outer husks (labelled 3 and 4). These can sometimes be partially covered in some remaining orange flesh, but more often than not they look very dry and seemingly dead.

The powerful neurotoxins are in fact contained in the inner kernel/seed, shown here (label 5) inside the soft outer husk, and at label 6, removed from the husk. Even when the outer husks seem dry and old, the toxin will still remain strong. The outer husk is very thin and can easily be chewed through by a small dog.

If your dog ingests ANY part of a karaka berry, fleshy fruit, husk or seed, take them to a Veterinarian immediately and without delay. If taken soon enough, the dog can be made to vomit and hopefully the effects reduced.

Hopefully these images will help dog owners to identify the husks on the ground, as well as the fleshy fruit that most people associate with toxicity. Lauren Prior, lecturer at the School of Environmental and Animal Sciences at Unitec.



## \$85 = Exposure for a month

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




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# Food & Beverage

## Opa!

Join us for our next themed dinner - Greek Night! With a traditionally inspired 4 course menu designed by our head chef Paul Reid, and plenty of Ouzo!



Tickets are \$85.00, with kids at \$45.00. Join us from 6.30pm, with the first course being served at 7.00pm. Tickets are available at [www.soljans.co.nz](http://www.soljans.co.nz).

Come and celebrate with us the Greek way - with family, food and laughter!

Soljans Estate Winery - 366 State Highway 16, Kumeu, Auckland.

## 21st celebrations at Allely Estate

We've had a lot of enquiries lately about whether we host 21st birthday parties and the answer is - yes, we love hosting a good 21st.



Did you ever wonder why turning 21 was cause for celebration? In America, the legal age for drinking, smoking, and entering nightclubs is 21. Given a lot of our culture seems to be handed down from America (we're looking at you, Halloween and Valentine's), it looks like we took on the significant 21st birthday too, even though our legal ages are lower on all counts.

Regardless, we love a good excuse for a celebration. And turning 21 is definitely a milestone moment, a significant turning point at which you farewell the teenager years and say hello to being a young adult. We're perfectly set up to help you create a bash to remember.

We can host anything from 70 to 400 people, rain or shine, with our gorgeous large permanent marquee. You can make it a beautiful garden lunch or an after-dark event - we cater for both. Do a sit-down dinner or make it a stand-up party with a live DJ - it's your day. People rave about our buffet and carvery, but we've got sophisticated platters down to a fine art too.

Our liquor licence allows us to party until 1am, so if you really want

to make a big night of it, we can help. We can also arrange security, if that's a concern for you.

And at the end of the night, we can arrange transport to help people home. Some hosts have had buses departing at two separate times (early and then at closing time) which we thought was pretty cool.

We'd love to help you plan a 21st to remember - just contact us and our party planner will happily answer any questions you might have! [www.allelyestate.co.nz](http://www.allelyestate.co.nz).

## Peko Peko

Thank you for your many feedbacks from February's front page. We have been enjoying meeting a lot of new customers. We have started having Asahi Tap beer in house as well as other Japanese beers. There will be more variety of Japanese sake coming in soon and our new dessert menu is going well now. Please call us to book your table as our seats are limited. You can also place your takeaway order to pick up too. All our info is in our Facebook page. We look forward to seeing you soon. 09 416 1197. 102c Hobsonville Rd.



## Jenna-Maree Cakery

Pop into Jenna-Maree Cakery where you will find a wide range of delicious sweet treats.

Birthday cakes, cupcakes, macarons, slices, cookies and fudge are all available daily with gluten free / dairy free & vegan options available also.

Our specialty is custom made celebration cakes. From 1st birthdays to 100th birthdays we have made them all! Sizing is not an issue....we can create a 7 Tiered Cake or a 4" Baby Cake which feeds 2-4 people, each one is made with the same amount of love and care and all our cakes are made using high quality ingredients.



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# Food & Beverage

Jenna's passion is creating bespoke wedding cakes. If you book a wedding consultation it will be with Jenna so she can design your dream cake right in front of your eyes. You will also get to taste a sample of our delicious cakes and a complimentary barista coffee.

There are many options available for our corporate clients as well - we can print your Company logo on to cupcakes or our cabinet cake range. These make great gifts for staff and customers.

A new addition to the team is our fabulous pastry chef so keep an eye on our website for the new corporate morning tea catering range launching soon.

Visit our website where you can order online or pop in-store anytime to discuss options.

We look forward to seeing you.

Jenna-Maree Cakery - 102c Hobsonville Road, Hobsonville. Phone: 021 0255 6929 or 021 033 9856 or [www.jennamareecakes.co.nz](http://www.jennamareecakes.co.nz).

## Meet the Keeper

The Keeper is the new 1L swing top proprietary bottle from Hallertau. This elegantly designed bottle comes filled with your favourite Hallertau beer and then can take on a life of its own. Drink, Keep, Re-use, Repeat is the mantra. Available now from Hallertau, Farro Fresh and New World soon.



## Herbal tea spritzers for summer

They taste better than a soft drink and are a healthier option... most herbal teas can be consumed either hot or cold and many make refreshing drinks when served over ice and with sparkling water on a hot day. Try this delicious Hibiscus and Elderflower Spritzer recipe this summer:

Ingredients: 2 heaped tablespoons each of Hibiscus Flower tea and Elderflower tea (available from our online store), 250ml boiled water, 4 fresh stevia leaves, 200-300ml sparkling water and ice. Garnishes can include slices of citrus and a sprig of mint.

Method: Add the Hibiscus tea, Elderflower tea and stevia leaves to



a heat-proof jug then add the boiled water. Allow to steep for 5 minutes. Strain and allow the tea to cool. Once cooled, to a tall glass add ice, half of the tea, and top up with sparkling water. The recipe makes two glasses.

New Zealand Herbal Brew offers a range of Certified Organic herbal teas which can be purchased from our online store [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## Westbrook Winery

Westbrook Winery is thrilled to announce the arrival of our brand new Blanc D' bubbly. It is D-for-Delicious! Here is what winemaker James Rowan has to say about the latest addition to the Westbrook family...

Blanc D' is an evolution... wines of the Blanc... a blend of Chardonnay and Pinot Gris, 100% barrique-fermented in neutral French oak, with extended lees ageing and partial malolactic fermentation.

It is all about texture, lift, and vitality from bubbles, pressure-sealed under screwcap. With vibrant effervescence... laced with the frills and whistles of lily musk and fringed fennel... lively with the timbre of pleasure, the evocation of excitement, the beat of earthen drum, and finished with a piquant lift of preserved lemon and kawakawa. This is our barrel-fermented reveal of fruits of the Blanc...

Come and try it for yourself. Available exclusively from our Ararimu Valley Road Cellar Door, or buy now at [www.westbrook.co.nz/wine](http://www.westbrook.co.nz/wine).



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# Health & Beauty

## Live Chiropractic

At Live Chiropractic we see such a diversity in the reasons for people choosing to include Chiropractic in their health journey. Some are wanting to improve their mobility, sporting performance or posture. Others may be in pain or wanting to assist their body in recovery from an injury. Many people start care and notice the mental clarity, better body function and general well-being from having a nervous system functioning optimally and want to maintain this with periodic tune ups. We work with people at all ages and stages of life. Whatever your reason for seeking Chiropractic Care we would love to hear from you and support you in your health goals. Bookings can be made online at [www.livechiropractic.co.nz](http://www.livechiropractic.co.nz) or by emailing [reception@livechiropractic.co.nz](mailto:reception@livechiropractic.co.nz).



## Kumeu Dental's easy to follow tips

We are writing this as we enter yet another Government lockdown, so we thought it would be a great idea to give some at home tips on how to keep your teeth healthy during these uncertain times.



- Eating a well-balanced healthy diet keeps the mouth healthy
- Limit sugary drinks and snacks between meals. If you do snack, choose foods that are low in sugar and fat.
- Minimise sugar intake but if consumed, drink lots of water straight after to help dilute the active sugars, slowing down the acid build up and tooth decay process
- If you have sugary foods and drinks, have them with meals. Saliva increases during meals and helps weaken acid and rinse food particles in the mouth
- Chew sugarless gum after meals as it has been shown to reduce

tooth decay.

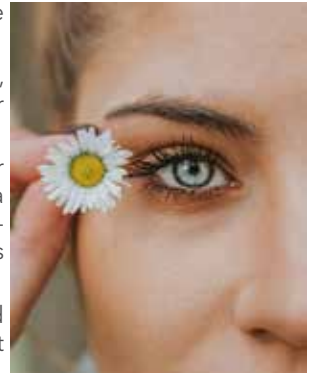
- Floss once a day & brush your teeth twice a day, avoid brushing teeth for at least 30 mins after eating
- Use a soft bristle tooth brush to avoid over brushing and damaging the gums
- Have regular dentist visits

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

## See For Yourself (For Life!)

For Eyes have invested in state of the art equipment to examine your eyes:

- Our new OCT is 'swept source OCT', and it images your retina in greater detail and depth than any other OCT.
- Our Optos ultra wide-field scanner images not just your central retina (as a retinal photo does) but the mid-periphery and peripheral retina as well.
- The Humphrey FDT visual field machine provides a very sensitive test of retinal nerve function.
- Retro-illumination images cataracts.



Many eye conditions, e.g. glaucoma and macular degeneration, can cause permanent sight-loss. Treatment slows or halts further vision loss but early detection is the key to keeping good eyesight for life.

Book an appointment to see Matthew or Molly at For Eyes in the Kumeu village on <https://for-eyes-optometrists-nz.au1.cliniko.com/bookings#service> or use the booking link on For Eyes Facebook or website pages. Or you can phone 09 412 8172.

## Eczema and asthma: Different but same

Eczema and asthma might seem like very different conditions, but they share many underlying metabolic abnormalities. Many people have both eczema and asthma at the same time. If you have atopic eczema, your chance of having asthma and hayfever go up by 400%.

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email: [foreyes@foreyes.nz](mailto:foreyes@foreyes.nz)  
website: [www.foreyes.net.nz](http://www.foreyes.net.nz)

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



# Health & Beauty

**Underlying Causes** - So, what are these underlying metabolic defects? Most commonly, there are changes in the immune system that give rise to inflammation (in the lungs or on the skin).

**Solutions** - Ideal treatments would stop the inflammation. This would reduce the need for medicines, and allow people to live normal lives again. One way to reduce inflammation is to eat good fats. For both asthma and eczema, increasing good fats in your diet and reducing bad fats improves the condition. Taking fish oils has even been shown to reduce the risk of getting asthma by about a third.

Food allergies and sensitivities may play a big role in triggering asthma or eczema. One small study showed that removing dairy products and/or eggs from the diet of children with eczema resulted in improvement or total clearance of the skin lesions in 85% of the children. Diet changes are hard but are worthwhile.

Probiotics given to mums during the last trimester of pregnancy has been shown to reduce the risk of the baby getting an atopic condition (like asthma or eczema) by 30%. That's a huge benefit!


Tyrosine has recently hit the TV news for its ability to produce "profound and striking" improvements in asthma. Tyrosine can't be taken with some medicines and with some conditions so it would be best to talk to your pharmacist before trying this.

**Hero Nutrients** - There are a few "hero" nutrients that I recommend to patients with asthma or eczema, in conjunction with an anti-inflammatory diet. I have even made my very own herbal cream for eczema that targets the immune system as well as relieving symptoms. These nutrients all work at the causes of asthma and eczema, so with a better functioning immune system, you just feel better all over. Pop in to Massey Unichem Pharmacy and talk to our Health Coaches. Martin Harris 396 Don Buck Road, Massey 09 833 7239.

## Breathing

Breathing is something we all do automatically without a lot of thought but actually how we breathe can fundamentally change our physiology and our emotions.

When we are stressed we tend to breathe into the top of our lungs, shallow and quick. Sadly, most of us breathe this way every moment of every day without thinking.

**Gillian Wiltshire D.O.**  
Registered Osteopath  
ACC Accredited

36 Sunny Crescent  
Kumeu  
Auckland 0810  
Ph/Fax (09) 412 5977  
0212330413  
gill.wiltshire@gmail.com

When we change to more mindful belly breathing we can actually change the way our body responds to stress.

This is the one time when you need to stick your belly out when you breathe in. Imagine your belly is a balloon and is being inflated with your breath. When you do this you are taking in more oxygen which will also make you feel more energised.

Try this simple breathing technique - Breathe in deeply for 4-seconds, hold that breath for 4 seconds, breathe out slowly for 4 seconds, then hold that breath out for 4 seconds. Practice this a few times and build up the time. Do it in the car, in the loo, before you eat, when you wake up, when you go to bed, when you are just about to lose it with your kids.

Sarah Brenchley, Naturopath, Nutritionist, Life Coach

[www.sarahbrenchleynaturopathy.com](http://www.sarahbrenchleynaturopathy.com) or phone 021 232 1401.

## Are you underweight, healthy weight, overweight or obese?

The Body Mass Index, BMI for short, was formulated to take into account a person's weight in relation to their height and to give a standardised method of determining whether a person was likely to be underweight, healthy weight, overweight, obese or morbidly obese.



Its shortfall is in its inability to take into consideration whether a person's weight is made up of the 'ideal' amount of muscle mass versus fat mass. Muscle being

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# Health & Beauty

heavier than fat, could potentially show a very muscular person to be overweight when they may in fact have very little body fat and be very toned.

The BMI, when used in conjunction with a person's waist circumference, does give you a better indication of a person's weight status, but it is still an overall indicator. It is still useful to know where you sit on the BMI scale and to know your waist measurement too.

To calculate your BMI: divide your weight in kilograms by your height in metres squared = weight (kg) / (height (m) x height (m))  
e.g. 75kg / (1.80m x 1.80m) = 75 / 3.24 = 23.1

For women: Underweight = below 18.5; healthy weight = 18.5 to 24.9; overweight = 25.0 to 29.9; obese = 30.0 and higher.

In New Zealand, the Ministry of Health uses a range to gauge the ideal healthy waist circumference for women which is: 80-88cm regardless of your height, weight or age.

If you need help to lose weight, see if our Lose Weight for Good Weight Loss Program is right for you. Visit our website: [www.WeightLossProgram.co.nz](http://www.WeightLossProgram.co.nz).

## The Doctors Massey Medical

The Doctors Massey Medical is an established local medical centre in Massey with experienced friendly staff offering care for the whole family. Our senior doctors are Jane Renwick and Stuart Monk, a husband-and-wife team. They have been at Massey Medical for 23 years and they value the relationships built



Dr Jane Renwick

Dr Stuart Monk

over this time. As experienced doctors they are helping to train the next generation of doctors in General Practice. Stuart mentors the 5th year medical students hosted at the practice. Jane visits other GPs around NZ, assisting with their assessment and educational needs. They each have specialty areas in medicine; Jane in women's health and Stuart doing minor surgery and older people's care. He looks after two local rest homes. We are delighted to have welcomed three new doctors to the practice and the skills that they bring with them. Currently we offer in phone and video consults as well as meeting you in person. 394 Don Buck Road, Massey. Phone us for an appointment 09 831 0170.

## French fashion at Hobsonville Optometrists

Our shipment of French fashion frames has finally arrived.

The beauty of these frames is reflected in the use of sophisticated style, shape and colour. Each frame is handmade.

The advantage of choosing such a beautifully crafted frame is that you can guarantee it will last for several changes of prescription lenses - but can also be easily converted to prescription sunglasses.

We specialise in fitting frames - not only to complement your face and personality, but to ensure the frame and lenses are designed specifically for your prescription.

Hobsonville Optometrists - 413A Hobsonville Rd - Mon - Sat 9am - 5.30pm.



## It's good to workout 'together'

It's true that communication, sharing, family and friends are good for your health. So too is a positive attitude. Three thousand years ago Solomon gave these four proverbs;

(1) A peaceful heart leads to a healthy body

(2) A cheerful look brings joy to the heart, good news makes good



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# Health & Beauty

health

(3) Kind words are like honey - sweet to the soul and healthy for your body

(4) A cheerful heart is good medicine but a broken spirit saps a person's strength

Amidst your daily challenges it isn't always easy to see the bright side. You'll need to work at it every day of your life. But there can be no doubt, your 'thinking' has a profound effect on your health. Come-on, push out that happy 'can-do' attitude and build those supportive friendships around you today. [www.clubphysical.co.nz](http://www.clubphysical.co.nz).

PIC: 'Take-Off' team - Club Physical Te Atatu

## Are you in pain? Stressed?

Acupuncture treatments can help you.

Needling on the body may sound scary, but it can make a difference to improve your health concerns. Acupuncture is especially helpful to relieve pain and improve your metabolism.

Acute or chronic pain: often in neck, shoulder, back, and head, migraines, sprains, anxiety and depression, digestive conditions, insomnia, menstrual issues, edema.



If you have answered yes to any of these book in today to see So Hee Kim at Hobsonville Physiotherapy phone 09 416 4455, email [physisio@hobsonvillephysisio.co.nz](mailto:physisio@hobsonvillephysisio.co.nz).

## Fear of the dentist? Try sleep dentistry

If you are one of the many people who have a fear of visiting the dentist, sleep dentistry could be the solution for you. Also known as dental sedation, sleep dentistry uses sedation to reduce your sense of awareness or consciousness while you are undergoing dental treatments. You are responsive to instructions but remain relaxed and free from anxiety or fear.

Dental sedation doesn't require any intervention to maintain airways or breathing - making it extremely safe.

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At Fraser Dental we provide dental sedation in three different methods: nitrous oxide (also known as laughing gas), oral sedative tablets or IV sedation. Regardless of the method of sedative, you will remain awake during your appointment but your awareness or consciousness will be impaired. Most patients retain little, if any, memory of their dental treatment.

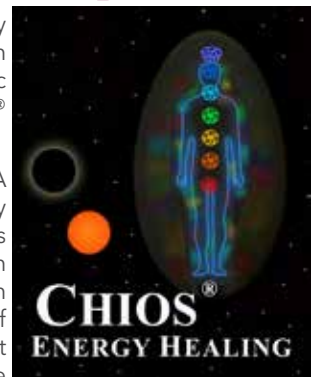
Sleep dentistry is a great way to overcome your fear of the dentist.

For family, general and cosmetic dentistry, orthodontics, dental implants, tooth extractions, oral surgery and more, contact the friendly Fraser Dental team on 09 416 5050.

## Chios® Energy Healing

Many people have heard of Energy Healing, some of the more common ones are Reiki, Seichem, Magnetic Healing, but have you heard of Chios® Energy Healing?

Chios® pronounced 'chee ohss'. A relatively new but a complex energy healing system that was given to its founder Stephen H Barrett along with over 20 years of research. Stephen realised the importance and benefit of the Chios® energy and wanted to get out into the world. Jason Mackenzie Founder of Astramana™ Healing Services is a Register Chios® Master-Teacher.



Chios® Energy Healing is described as perhaps the most innovative, comprehensive and powerful aura and chakra-based healing system in the world.

A Chios® Energy Healing session usually last about an hour and can help to: Unblock Chakras, Aura Clearing, Chakra charging using colour and Chakra rebalancing to name a few things.

For those already involved in energy healing, Chios® Energy Healing is very easy to learn, in fact Astramana™ Healing Services offers a self-study program. There are 3 levels to the Chios® Energy Healing System and can only be taught by a Certified Chios® Energy Master-Teacher, who will provide an attunement at each level. You will also learn the powerful Chios® Meditation. Upon successful completion of the study program and attunement process you will be registered with Stephen Barrett and be able to teach this incredible energy healing.

Astramana™ Healing Services founder Jason Mackenzie has worked and learnt from many incredible teachers worldwide in order to offer you as many choices as possible in order to bring



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# Health & Beauty

healing and balance into your life. Please contact us if you would like to learn Chios™ Energy Healing at [astramana@gmail.com](mailto:astramana@gmail.com) or visit our website [www.astramana.com](http://www.astramana.com).

Please Note: Chios® is the Registered Trade Mark of Stephen H Barrett and can only be used with his permission.

## Holiday injuries slowing you down?

Have you injured your hand, wrist or elbow over the summer break?

Sporting injury, fall off a ladder, injured while doing DIY around the house or holiday home, caught in the dog lead, injured while fishing? Pain still lingering weeks later? Don't ignore that pain; we can help at The Hand Institute.

We accept ACC referrals (and can initiate new claims) and provide a comprehensive assessment for all fingers, thumb, wrist and elbow injuries. We can send for x-rays (if required) and manage the injury with casting, splinting, strapping and important early motion exercises to prevent ongoing pain, stiffness and weakness.

Call us now on 09 412 8558 to get that hand sorted.



## Ingrown toenails

Ingrown toenails are one of the most common complaints we see at Hobsonville Podiatry.

There are many reasons why an ingrown toenail may develop - wide nail plate, narrow shoes, involuted (curving nail), trauma, weak nails, very sweaty skin, very dry skin.

We are experienced in managing all sorts of ingrown toenails and a lot of the time we can manage the issues conservatively, meaning no need for surgery.

Conservative measures involve correct cutting of the nail, removal



of dead dry skin around the nail (non painful), teaching you how to prevent the nails from ingrowing and addressing any underlying issues that may be causing the nail to ingrow.

Surgery is required if conservative measures are no longer working, or if there is a lot of swollen tissue around the nail. Over the years we have done many ingrown toenail surgeries and a lot of the time the feedback we get is "oh gosh, that wasn't nearly as bad as I thought it was going to be".

If you have been putting off having your ingrown nails seen for fear of the surgery, perhaps it is worthwhile coming to see us and see your options.

Hobsonville Podiatry, Level 1 124 Hobsonville Road, Hobsonville 09 390 4184.

## Transformation is possible

Wondered why you're overweight? I did. My weight was up & down. I dieted. I went to gyms. I had a personal trainer. Anxiety kept the weight off for a while - too anxious to eat. I always put it back on until I reprogrammed my mind.

The mind is like a smart phone. We use the app (conscious) but we might not understand how it works (subconscious). We use messenger but how do those funny face filters work?

It is the same with humans - we have issues (consciously overweight) but we might not understand what is driving them behind the scenes (subconscious reasons to overeat or be big).

We update the software on our devices so why wouldn't we update the programs in our mind?

I was reminded how much transformation I've achieved when the picture of me in black popped up from 10 years ago. I may look happy but I was on antidepressants for anxiety, eating 3-4 ice-creams a day, weighed 104kg and smoked 25 cigarettes daily.

Now I've updated my software to eat healthy, exercise regularly, weigh 66kg, be smoke free and off antidepressants.

Transformation is possible when you upgrade the programs of your mind.

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# Area Columnists

## Celebrating 50 years serving the community

Kāore i te mārama? Patai Te Pou Whakawhirinaki o Te Awaroa

The Citizens Advice Bureau is celebrating 50 years of service in Aotearoa. This means countless of hours of advice to the public, providing information on everything from housing and consumer rights to immigration and employment. This is a time to recognise the thousands of skilled CAB volunteers and staff who dedicate their time to providing free confidential advice and access to the rights and services people need.



The Citizens Advice Bureau has been working for positive social change for 50 years in an ever-changing world and is ready to serve the public for the next five decades and beyond. A people-centred service is more valued now than ever and is a service that the CAB is proud to deliver. In this age of uncertainty, we remain optimistic about the future - a future filled with change for good.

"We are proud of the legacy the CAB has created and for the future it will forge," says Karen Rutherford from Citizens Advice Bureau Helensville. "We want to remind everyone that our service remains free, trustworthy and confidential - where people can pop in and visit, call us on the phone, or contact us via our website by using live chat or sending a message".

"We want to acknowledge our hard-working volunteers and staff," says Karen. "Our volunteers are diverse, skilled, experienced and empathetic to any story or situation that comes our way."

CAB volunteers are dedicated to giving back to their community and

undertake an intensive training process that ensures they are ready for queries and issues, and provide options based on research.

"We take the time to listen, and aim to ensure that you get the information you need - whether it's about your rights in a particular situation or to find a specific service, we will find a way forward," she says. "We here to help."

You can visit us at Citizens Advice Bureau Helensville, 27 Commercial Rd, from 10am Monday to Friday, or call 09 420 7162.

## Marja Lubeck MP.

Thanks to all those of you who have recently contacted me with concerns about growth pressures which are being felt in traffic congestion and impacts on schooling. The growth in the area has been incredibly rapid and has not been met with appropriate infrastructure. That's why our roads and our schools are full.

I recently met with around 30 local residents concerned at the lack of planning for a local high school to meet the needs of around 4000 additional school-aged students expected in the area by 2030. It's clear that planning and development of a new high school must be brought forward. I have written to my colleague the Minister of Education, Chris Hipkins seeking action and assurance that the educational needs of our young people in the area will be met. I will continue to advocate on your behalf. Marja Lubeck MP.

## The value of play for school readiness

Here at Country Bears, we have always known the importance of play, the values it brings on how children learn all the necessary skills in order to succeed in their journey at school. Early Childhood Teachers know the importance of play and how this should be at the forefront of all learning, especially for children up to the age of seven. Through play here for the children at Country Bears, they learn about problem solving, team work, cause and effect, science, literacy and maths - all while playing in nature.



Here in New Zealand, there appears to be this idealism that if your child can read and write from an early age, they are intelligent and



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## Marja Lubeck

Labour List MP based in  
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marja.lubeck@parliament.govt.nz

5/62-64 Queen Street, Warkworth



Labour



Authorised by Marja Lubeck, Parliament Buildings, Wellington



# Area Columnists

will do better in life. Nathan Wallis, parenting expert, renowned neuroscience educator and founder of X-Factor education, states that "Longitudinal studies show that the more free play there is in early childhood, the less statistical chance there is the child will go to prison". Nathan also believes that children need to have an emotional disposition (trait) towards learning before moving into a more formal and repetitive way of learning, such as learning numbers and letters.

We are hearing of primary schools employing early childhood teachers and integrating a play-based learning curriculum with their year one and two children. This is based on all the research that children's logical brains do not start to develop until approximately the age of 7.

As part of our transition to school process, management and the teachers have made connections with all the local schools to find out their expectations on the skills children need to have for a child's successful transition to school. All schools came back with similar attributes, but the ones that really stood out in all schools were for children to be able to follow simple instructions, such as knowing how to line up behind, beside, in front of etc. The other common aspect was that children have a good range of self-help skills, such as being able to dress themselves, toilet themselves, put things away in their own bag. A few schools did say, if they can identify their name, write their name, and identify letters and numbers, that is a bonus! If children have access to books, are read to at home and have an appreciation for books and stories, reading and writing will come to all children when they are themselves, developmentally ready.

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

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

## Build It and They Will Come

I love the phrase, "build it and they will come". It's ambitious but also practical: we can make a place better for people to work and play but only if we "build" in the first place.

The key point is really the order: first, you build, then they come. The thing to "build" is all the infrastructure needed to support a decent standard of living, not just the houses. Then "they" will come to a place they can enjoy.

In the case of the electorate I represent ("Kaipara ki Mahurangi", stretching across Auckland's rural north and west) it's been the case far too often that we encourage people to come here, without having built properly beforehand.

That's as true in the rural north - think Warkworth and surrounding areas and the chokepoint that is the infamous Hill Street intersection - as it is in suburban West Auckland, where commuters crawl daily



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# Area Columnists

from intersection to intersection across State Highway 16.

I've been contacting government ministers and various officials about the solutions needed in these places consistently over the past 3 years. I believe it's important to offer solutions, having pointed out problems, whenever asking for more.

To that end, I've published "Penk's Plan" on my social media accounts for a couple of different geographical areas and will be expanding the map soon.

The traditional view about what needs to support people in housing still holds true, with three key elements: transport links, safe and sanitary water systems and "social infrastructure" such as schools, healthcare providers and community spaces to meet and play (and, where appropriate, places to work too). I'd add that planning in the 2020s should also include reliable, fast internet connectivity to round out the basics.

It's really the difference between "houses" and "housing". It's easy enough simply to build houses but the whole package to support reasonable living standards - the whole housing picture - needs much more thought and, dare I say it, political will.

I'll keep pushing along those lines. Wish me luck!

Chris Penk - MP for Kaipara ki Mahurangi

## Phelan's Local Board Update

Don't Forget to Provide Feedback on Auckland Councils 10 Year Budget!

Consultation on Auckland Council's 10 Year Budget closes on the 22nd March and it's important we hear your views on what's proposed.

The LTP sets out funding for council's activities, services and investments for the next 10 years. It is reviewed and consulted on

every three years. As part of this, council also adopts an annual budget each year. The Rodney Local Board Plan, which is the guiding document for our local board's decisions, informs the LTP and annual budget.

Budget constraints brought about by the COVID-19 pandemic will continue to restrict council's capacity to deliver services as well as our Rodney Local Board projects. There is a \$1 billion hole in council's budget this financial year and the next three. This shortfall will affect many areas, from maintaining community facilities, to funding transport and environmental work. There will need to be some tough decisions and trade-offs.

This is why providing your feedback is so crucial. It helps us to understand what matters to you. Even if you agree with our priorities, we still want to hear from you because many voices help us make a strong case to councillors for funding.

As a local board we receive a set budget each year that we can allocate based on our community's needs and preferences. Some of the areas where we have decision-making over budgets include local parks, libraries, looking after the environment, and maintaining and upgrading town centres and halls.

However, there are many other areas that are important to our community but that are beyond our decision-making responsibility. These include rates, regional parks, state highways and road sealing. Other bodies make decisions on these.

Below are our three proposed priority areas that we will advocate to councillors to allocate funding for as we don't make decisions on these areas:

- Safe, well-maintained roads: enough funding for Auckland Transport to renew and maintain 12 per cent of Auckland's roading network each year to ensure safe, well-maintained roads.
- Improvements to unsealed roads: \$121 million in funding for Auckland Transport's Unsealed Roads Improvement Programme to improve unsealed roads through strengthening and other methods.
- Sports provision: funding to continue progressing the delivery of the Kumeū-Huapai indoor courts facility to cater for a growing population.

There are initiatives where we have direct control over budgets. These are some of the items that we propose for the Rodney Local Board area for 2021/2022:

- Continuing to deliver improvements to our village and town centres.
- Continuing our focus to improve water quality in our waterways by restoring freshwater ecosystems through riparian fencing and planting, and through initiatives to reduce sediment.
- Improving our local biodiversity and natural environment by



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**Chris Penk**  
MP for Helensville

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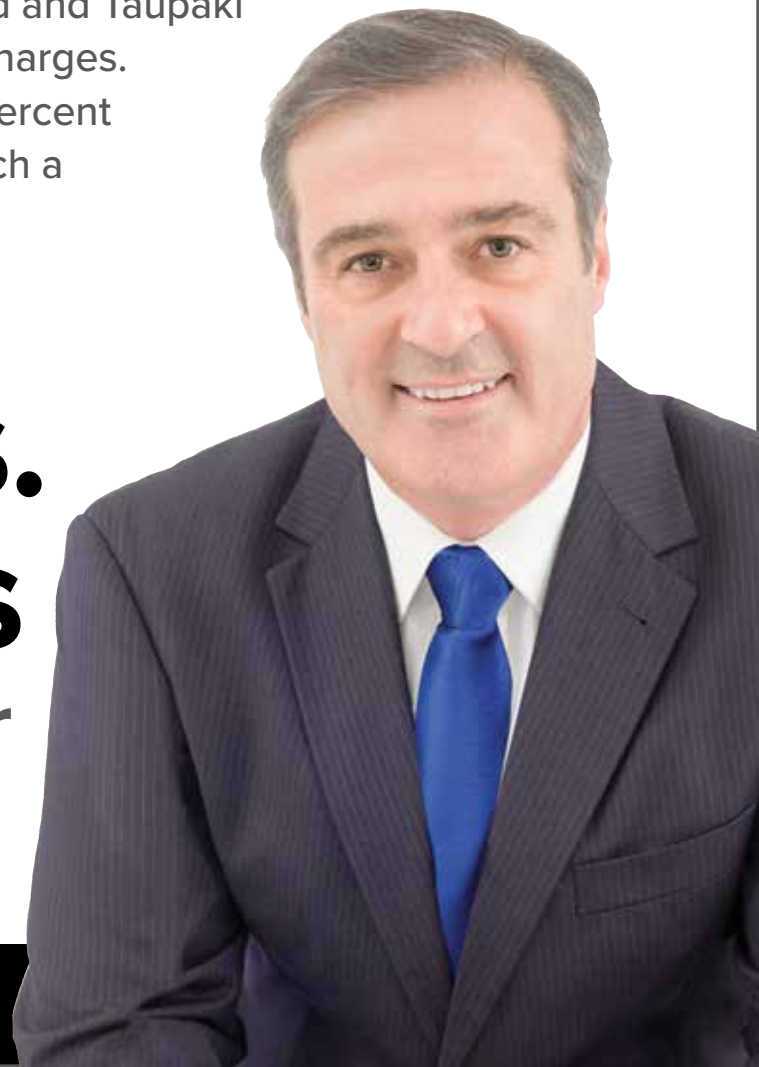
# Sayers says 'No!'

## 16% rate increases

### Kumeu, Huapai & Riverhead

People will be shocked and deeply concerned to learn that on top the Mayor's proposed average rates increase of 5 percent this year, Council has included an additional average rate increase of a further 11 percent for households and businesses in Kumeu, Huapai, Riverhead and Taupaki by changing from rural to urban rating charges. That is, an average rate increase of 16 percent for our area. Some properties could reach a maximum of a 22 percent rate increase.

Have your say:  
**gregsayers.**  
**co.nz/news**  
to register your  
opposition



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# Area Columnists

eradicating pests, carrying out restoration work and mitigating kauri dieback.

- Supporting the community, and community resource recovery and recycling centres, to minimise waste, turn waste into resources, and to promote education on waste reduction.
- Progressing the outcomes identified in the Green Road master plan.
- Progressing renewals or construction of key community facilities.

With the proposed LTP, council is seeking feedback on regional priorities and levels of funding across many areas, such as: Rates levels, Transport infrastructure, Protecting the environment and responding to climate change, Maintaining and renewing community assets, Stormwater, drinking water and wastewater infrastructure.

You can find more detail on the proposed LTP, including supporting documents, here: [www.ourauckland.aucklandcouncil.govt.nz/articles/news/2020/12/recovery-budget-proposal](http://www.ourauckland.aucklandcouncil.govt.nz/articles/news/2020/12/recovery-budget-proposal). Please provide your feedback from 22 February to 22 March 2021. For more information and to have your say: [www.akhaveyoursay.aucklandcouncil.govt.nz/10-year-budget-2021-2031](http://www.akhaveyoursay.aucklandcouncil.govt.nz/10-year-budget-2021-2031).

## Sayers Says It

By Greg Sayers, Auckland Councillor, Rodney ward.

People will be shocked and deeply concerned to learn that on top the Mayor's proposed average rates increase of 5% this year, he has included an additional average rate increase of a further 11% for households and businesses in Kumeu, Huapai, Riverhead and Taupaki.

That is, an average rate increase of 16% for our area. Some properties could reach a maximum of a 22% rate increase.

# Kumeu



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The council claims that these townships are no longer rural and need to be rated equivalently with other urban properties across Auckland. Council wants to expand its Urban Rating Area policy to capture all developed properties within the Rural Urban Boundary (RUB) to now being rateable as urban properties, even if your current home is zoned rural or as a lifestyle block.

Over 1968 households in Huapai, 277 households in Kumeu and 1140 households in Riverhead and 23 properties in Taupaki/Red Hills have been identified by Auckland Council as having access to enough council services such as libraries, council service centres, community centres, arts centres and parks to justify the massive increase in rates.

Even undeveloped greenfield land is planned to be included in the rates increase if it falls within the RUB, if the land has zoning for development.

This is despite the area having no access to swimming pools, a council leisure centre, or decent cultural venues and suffering intolerable traffic congestion issues, due to the lack of adequate roading infrastructure and poor planning.

When the Mayor recently presented his 10-year budget to councillors containing the proposed increases I immediately protested and made an official amendment to have the additional rate increases axed. This is based on the fact our local townships are not receiving the same urban service levels as the rest of Auckland. When it went to the vote, the vote was lost against the other councillors and Mayor four votes to 16.

Such a hefty increase on rates will not only cripple many property owners, but will no doubt drive up rents as landlords will be forced to pass on the cost to their tenants.

What is particularly discouraging is that the Mayor's 10-year budget includes nothing additional in return for the area. There are no plans for Auckland Transport to help fix traffic congestion in partnership with the NZTA, the road sealing and unsealed road improvement budget will be slashed by 66% from \$121 million to \$40 million, and building a local indoor sports centre planned for the Huapai domain is to be deferred.

There are no plans to build new Auckland Transport funded footpaths, purchase new parks, improve the maintenance of the roads, provide a train service to Huapai, or to build more public facilities in this growing area. In fact, local services already provided by the council are under threat of being reduced or abolished due to further funding cuts to this area.

It is no exaggeration to say that the Mayor's 10-year budget proposal will be a disaster for this area. Local ratepayers, and tenants, will be expected to reach deep into their pockets for little extra in return. In the meantime, the Mayor's budget includes increasing spending from \$28 billion to \$31 billion on infrastructure improvements primarily in the Auckland CBD and in south Auckland.

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# Area Columnists

What can be done? The final vote to ratify any rates increases, and where your rates money will be spent, will be voted on by the Mayor and councillors in late June.

My intention is to again vote against the rates increases as we are not getting a fair share in return. Only a ground swell of backing from the public is likely to influence my colleagues at Town Hall to change their minds. You can do this by submitting your concerns on the Auckland Council website called "Have Your Say", or via official feedback forms found at the libraries and council offices, or at a public meeting to be held outside the Kumeu New World on Friday March 12 from 3.30pm to 5.30pm where council staff will be present. The opportunity to submit closes on March 22.

## Tanya Franklin - Travel Broker

Book your Easter or April school holiday break away now - explore your own backyard. Now is the time to book your Easter or April school holidays getaway, I have fabulous rates on campervans, fantastic city break getaways in Queenstown, Wellington, Dunedin, New Plymouth, Napier, and so much more. Below I am highlighting what Christchurch has to offer for families:

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the whole family to enjoy on this 4 day mini-adventure. Includes: 3 Nights at Ramada Suites Christchurch in a 2 Bedroom Apartment. Christchurch Tram & Punting on the Avon Family Pass. Family Entry Pass to International Antarctic Centre. Family Entry Pass & Kiwi Tour at Willowbank Wildlife Reserve. Price from: \$ 1299 per family (2 adults & 2 children). You can add on a special Tramway Dinner, how about an adrenaline rush Ziplining, or a day trip out to Akaroa?

Or spend 3 nights in Christchurch, plus add on a night out staying in Akaroa to make this a 5 day break away. You can marvel at the majestic scenery and stunning wildlife aboard a Harbour Nature Cruise, spot the dolphins & seals, and then enjoy a leisurely walk through the gorgeous French settlement township of Akaroa. Includes: 3 Nights at Ramada Suites Christchurch in a 2 Bedroom Apartment. Christchurch Gondola, Gardens, Tram & Punting on the Avon Family Pass. Family Entry Pass to International Antarctic Centre. 1 Night at Bruce Apartments Akaroa in a 2 Bedroom Apartment. Akaroa Harbour Nature Cruise. Price from \$1,975 per family (2 adults & 2 children). You can add on a 4wd trip to see the Penguins on the Peninsula, and there is also the opportunity to Swim with the Dolphins in Akaroa (Age dependant). A visit to the Giants garden is a must, you may need another night in Akaroa, and there is so much to do.

If there is anything that I can help you with, please just ask, I thank you for your support, Tanya Franklin - The Travel Broker - Waimauku - Phone 09 411 9105 or 021 254 9169, email: tanya@ttb.co.nz. www.thetravelbrokers.co.nz/tanyafranklin/aboutme.



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