

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES KUMEU HIGH SCHOOL COMING

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

KUMEU ROTARY SELLING THREE-BEDROOM HOME

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

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

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March 2022



Greetings

By now I expect the worst of Omicron to be over and something resembling normal to return.

Like many, I wasn't sure whether to hunker down and weather the latest COVID storm or just get out there (following guidelines, of course).

One thing I do know is that many local businesses (and people) need your support now more than ever.

Financial talk and rising prices also made me wonder whether I should hunker down and tighten the belt. But I still want to get to those local cafes and eateries I enjoy, do the shopping and get the stuff I need – and it's good to see others doing the same and supporting those businesses.

Speaking of weathering the storm, rain arrived in the nick of time to top up our water tanks, save the garden and put a green sheen back in the stock paddocks.

While I was worried about whether flooding would again eventuate around the Northwest, the steady rain allowed the ground to soak up the water without mishaps, like flooding and slips. Winds caused some minor damage though, knocking out power several times and limiting cellphone use on one occasion.

I resorted to using a marked stick to measure water tank levels when our monitor stopped working at 15% water left, and I reckon the levels got close to 12% before rain put it all back.

I was toying with the idea of getting a water tanker but was told it could be up to a fortnight's wait and the cost was above what our budget allowed.

Many neighbours weren't so lucky, water tankers were busy on our road leading up to Cyclone Dovi.

Traffic around the Northwest hasn't seemed too bad in recent weeks, but I'm unsure how much that has to do with people staying at home and many events being delayed.

Probably just as well, because any roading and transport improvements seem to be a long way off.

Meanwhile, building is continuing, in spite of some materials shortages.

I wonder what Easter (April 15-18) will bring to cheer us all up?

Geoff Dobson, editor



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COVER PHOTO: Kumeu Rotary Club

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

DISCLAIMER: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Kumeu Courier Limited. Articles are not to be re-published unless written consent is granted from the publisher (Graham McIntyre).

People & Places

Kumeu Rotary selling three-bedroom home

A renovated 1970s three-bedroom home is being sold by Kumeu Rotary in the hope of raising tens of thousands of dollars for community projects.

The former North Shore home with about 78 square metres of floor area, has been renovated and modernised throughout - thanks to the efforts of Rotarians and local businesses.

Featuring a redone kitchen with some new appliances, an updated bathroom, and rewired throughout, the house was provided at cost to the Kumeu Rotary Club by Craig Walker Building Removals of Kumeu.

The home with native timber flooring is expected to go to auction early in March - or be sold through the Craig Walker Building Removals website - depending on the COVID situation.

In fact, COVID has curtailed many fundraising events planned by various clubs - including the annual Kumeu Rotary Christmas parade, cancelled twice.

Kumeu Rotary had also organised a visit to the Gibbs Farm sculpture park north of Kaukapakapa but had to cancel that too, leaving the sale of the home as its major fundraiser for the year.

Many local organisations have had to delay or cancel events



because of the uncertainty around COVID, often making the call early because of the amount of organising required beforehand.

In many cases that has limited fundraising for most local organisations, and therefore the amount they can pass on to the community and various causes.

The Kumeu Rotary home for sale could benefit a first home buyer, a family, or someone looking to provide housing, Kumeu Rotary's Paul and Gail Craggs say.

Help with the project has also come from painter Dennis Papa, builder and Rotary club treasurer Grant Brown, Alpha Electrical, Kumeu Plumbing Limited (KPL), North Shore Floor Sanding (Dave and Helen Peterson), Neil Conolly, Neil Reid who did the plastering, Rotarian John Francis, and more.

The team has been working on the renovations for months.

Meanwhile, the Kumeu Rotary Club is also looking for new members.

Contact Ron Nolan on 021 766 766 for more information.

Classic hay making

"Make hay while the sun shines" might mean taking advantage of favourable circumstances but the saying was taken literally by NorWest Heritage Society and the Classic Tractors and Hay Balers enthusiasts in Waimauku.



The two groups shared a day out where about 500 bales of hay



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were produced in 45 minutes before a shared barbecue was held to which all members were invited (under shade, of course).

All the hay bales are sold, the event making for a successful fundraising social day for the NorWest Heritage Society which intends hosting it annually.

The hay had been cut by John Patchett using a Ford 3000 tractor and PZ mower, then raked using a Lely Rake.

John and Doug Patchett own a 1957 Massey Ferguson 703 baler pulled by a 1965 Ford 3000, while Ian Wallace and Craig Burnett have a 1976 Massey Ferguson 124 baler each, pulled by a 1973 Massey Ferguson 148 and a 1964 Massey Ferguson 135 respectively.

John Bennett has a 1972 International Series 440 baler pulled by a 1980 Case David Brown Series 1290, while Philip Parker has a 1975 New Holland Series 276 Hayliner pulled by a 1980 John Deere 3140.

If you would like to be invited to future different events held by the NorWest Heritage Society and receive its Newsletters, please join and support this local registered charity.

Contact secretary Bunty Condon, email buntycondon@xtra.co.nz or phone 027 440 0044.

Kumeu High School likely around 2026-2030

Potential sites are being assessed for a Kumeu High School.

That's the word from the Ministry of Education, confirming it is actively working on a secondary school planned in the Kumeu-Huapai area.

"The Kumeu-Huapai-Riverhead area is in the Massey Hobsonville Kaipara catchment and has been identified as an area of significant future growth," it explains.

"Once all developments are complete, there will be an additional 7800 dwellings across the area and the National Education Growth Plan (NEGP) signalled the need for a new secondary school in the area to cater for the projected growth.

"We are planning for a new secondary school to open in the Kumeu-Huapai area between 2026 and 2030, subject to budget approval, to meet forecast growth and demand."

The projected opening roll is 1500 student places increasing to a masterplan roll of 2500.



The Ministry of Education says a preliminary assessment of suitable land options in the area for the new school has been completed "and we are progressing a number of these to the next phase of investigations using the Ministry's site evaluation methodology".

"Pending land availability and funding approvals, the Ministry is working to purchase a new site in the 2022/23 financial year.

"Once a site is acquired, we will be seeking the Minister's approval to commence the formal establishment process."

Kumeu Community Action advises the community to communicate with their local MPs using their parliamentary emails to encourage the early funding of the school in 2026.

Contact Kaipara ki Mahurangi MPs Chris Penk and Marja Lubeck via chris.penk@parliament.govt.nz and marja.lubeck@parliament.govt.nz to register your view.

NW transport infrastructure years away

As frustrating as it is, the infrastructure needed to allow us to travel easily in and out of the Northwest is still a long way off.

The annoyance we feel as we sit in traffic between Kumeu/Riverhead and Brigham Creek is the stuff of a thousand Facebook posts and angry comments directed at Waka Kotahi NZ Transport Agency (NZTA) Auckland Transport (AT), council, politicians and the driver that stopped to let five cars onto the Coatesville-Riverhead Highway.



A protest about delays attended by about 150 people and led by local MP Chris Penk near the SH16 intersections with Taupaki Road and Coatesville-Riverhead Highway featured in the Kumeu Courier in July last year, with Chris declaring it a "travel emergency" meeting.

The way that decisions are made by the NZTA are not well understood by the public. We might assume that most of the money goes on pet projects in the centre of Auckland or that SH16 will never be prioritised over SH1. Well, some of this may be true, but the process is worth knowing about and how we can incorporate our priorities into it.

It might be useful at this stage to say that the NZTA plans and builds state highways, cycle ways, and major transport routes.

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The roads through Huapai's residential area are looked after by AT. They talk to each other when those highways and roads meet and are also working together on some longer-term planning for our area by way of an organisation called the Supporting Growth Programme which has a Northwest group.

The money spent on transport projects across the whole country is collected largely from a few major sources. For the 2021-2024 period the money has been put into an entity called the National Land Transport Fund (NLTF). The major sources of income for the fund come from road user charges (\$6billion), Fuel Excise Tax (\$6.7billion), Government loans and grants (\$4.5billion), local authorities (\$4.8billion) plus a few other sources.

The total is \$24.3billion over the current three-year period.

There is a plan to guide where the money goes called the NLTP (I'll let you guess what this is an abbreviation for).

So, how does this plan about where to spend the money come from? Well, that's where we can have some input.

Across the country, there are Regional Transport Committees that put forward projects that are priorities for their areas.

In Auckland, this is AT. Like any submission or application, it's best to know what the people reading your submission will give more weight to.

The NLTP is guided by government priorities, which now includes a rail plan, safety improvements (Road to Zero), coastal shipping, reduced emissions and dealing with the huge transport problems in Auckland and Wellington.

Our community can have input into the submissions that are developed via our Auckland transport committee. The plans from each regional committee are then submitted to Waka Kotahi NZTA which must review them all and decide which ones they can fund.

Submissions that significantly improve safety, freight connections, travel options and reduce emissions are given a higher weighting.

From the initial cut, projects that have already started get first priority, the maintenance of the existing network is second. New projects are also somewhere in there.

With a limited budget and projects like the City Rail Link taking billions, there is often nothing left over for projects like our Bypass - Alternative Highway.

However, we still have funding for the SH16 safety upgrades giving four lanes from the end of the Northwestern Motorway to Taupaki Road and then three lanes into Kumeu.

Although we seem to be getting very little from the NLTF, we are getting something - with hope for more in the next round.

The silver lining is that several factors could slow the long-term

congestion pressure in the NW. Firstly, the new high school is planned to be completed by 2026, with land acquisition still in progress.

Assuming that the community supports the school by sending their children there, this should reduce some of the morning and afternoon congestion from students commuting in and out of the area.

Secondly, there has been a radical change in the way some employers view their staff working from home during the COVID-19 pandemic. This has reduced the need for daily commutes, reducing costs for businesses and will likely carry on in some sectors of business after the current restrictions are lifted.

Thirdly, the increased development of new businesses in the area will give employment to a section of the local community, again helping to reduce traffic congestion.

Frustratingly, our transport infrastructure will not miraculously fix itself in the next few years, but we fortunately have the ability to adapt to change and work around problems that at first seem insurmountable.

If you would like to support Kumeu Community Action by becoming a member, please visit our website and look for the membership tab.

By Guy Wishart, Chairman, Kumeu Community Action.

Muriwai volunteers win award for flood rescues

Eleven people were rescued and 47 helped to safety or assessed in the Northwest's floods, earning the Muriwai Volunteer Lifeguard Service Search and Rescue Squad a BP Rescue of the Month award.

The squad's award-winning assistance at a difficult time is recognised in Surf Life Saving New Zealand's latest newsletter.

it says that on August 31 last year, calls flooded into the Police 111 line when Kumeu, Huapai, and Waimauku received more than 91mm of rain in one hour - flooding buildings, closing roads, bringing down trees, and trapping people in their homes.

Due to the scale of the flooding and multiple people requiring





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immediate assistance, the Police quickly enlisted the Muriwai Volunteer Lifeguard Service SAR Squad's services, the report says.

"The initial response required IRBs and crew to assist in the rescue and evacuation of several residents in Huapai, 17km away from Muriwai Beach.

"Five SAR Squad members responded with two IRBs, first aid and rescue equipment. The transit was made difficult with the debris-strewn, flooded roads, and farmers moving livestock to safety."

Lifeguards crossed a swiftly flowing 'road and paddock' to the first two people.

"One man was rescued from a shed roof and another man had been stuck inside his garden shed since the previous night, with 1.5m water flowing around him," the report states.

"The lifeguards removed the shed windows and helped the elderly and fatigued gentleman through the window into the IRB."

Police then informed the squad of people in distress across several different incident sites, prompting the squad coordinator to seek backup from a third IRB crew and additional support staff.

"The daring rescues captured the attention of the nation, with the news of the Muriwai SAR Squad's endeavours widely reported in the media and formal recognition received from local Labour MP Marja Lubeck.

Surf Life Saving Northern Region CEO Matt Williams says the rescues and checks were a heart-warming demonstration of the valuable role played by lifeguards in such emergencies.

"We're so proud of these volunteers. Even during a global pandemic, we have people putting their hand up to help others and look at the incredible difference they've made today."

BP Country Head NZ Matt Elliott adds: "Since 1968 BP has been proud to stand behind Surf Life Saving New Zealand and its surf lifeguards who consistently put their amazing skills into action to keep us all safer at our beaches."

Muriwai VLS President Jo Cooper says the club is "incredibly proud" of its SAR squad receiving this award - "so well deserved".

"One of many challenges faced was adapting ocean skills to a swift water rescue exercise," she explains.

"The sheer volume of moving water and speed at which it was moving posed its own challenge, alongside the large amount of debris and uncertainty knowing what lay underneath the surface - making navigation difficult at times."

Congratulating the team, Jo says the Muriwai SAR Squad has now won the 'Rescue of the Month - Winter' for 2020 and 2021.

Meanwhile, New Zealand's high drowning statistics are also noted in the National Beach and Coastal Safety Report which highlights

357 beach and coastal fatal drownings in New Zealand during the past 10 years.

About 74 people drowned last year - 20 of them in December, bringing suggestions New Zealand is headed for a record summer of drownings.

That has brought calls for the Government to make major investments in water safety education the National Beach and Coastal Safety Report highlighting that 60% of Kiwis struggle to identify rip currents (usually the flat spot in surf, often developing on outgoing tides, so check with lifeguards first).

Some say our drownings are the worst in 40 years and that we have more drownings per head of population than Australia.

Lifeguards like those at Muriwai and Bethells will be striving to prevent more drownings with the summer lifeguard season which started at Labour Weekend in October due to end at Easter (April 15-18).

Pest Free Kumeu-Huapai March meeting

After appearing on the Kumeu Courier cover last month, Pest Free Kumeu-Huapai has had loads of enquiries about managing pests in our community and plans are starting to come together.

On Tuesday March 15 at 6pm an inaugural meeting will be held in the 'Presidents Room' at the Kumeu Showgrounds with representatives from local groups, the Department of Conservation (DoC) and advice on what you can do to control rats, stoats, weasels and possums at your place, organiser Jeremy Dean says.

"I know that is dinner time so we'll have some snacks and may even have traps for you to take home."

Jeremy says the timing is significant because March is when rat and mice numbers explode and you start to find them in your house, garages and sheds.

"This is a great time to start trapping them," he adds.

It's your chance to get involved too. "Do we want to build your own traps or buy them, do we extend to pest birds (mynahs), wasps and rabbits? Do we want to take action on weeds? As a community we



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decide how we best manage our pest problems, so your input is really welcome."

The Predator Free 2050 goal was set in 2016 and since then technology and ideas on how to conduct community trapping have advanced so Pest Free Kumeu-Huapai has the advantage of great advice and support from fellow pest or predator free (PF) groups, suppliers, the council and the Rodney Local Board.

"We've also set up a project in the online site www.trap.nz where you can record your trapping results," Jeremy explains.

"This is really important because if we can show we're getting results we have a better chance of receiving funding for more traps in public areas like along the Kumeu River and the Riverhead Forest borders.

"From April we'll be running a 'Trapper of the Month' competition. Search for 'Kumeu' in Trap.NZ and request to join the project - this could be your chance for local glory!"

Jeremy asks for anyone with abilities in the following areas and who would like to directly contribute to the natural environment of the community to contact Pest Free Kumeu-Huapai.

People are sought who can do basic woodworking (cutting fence palings), website creation, legal (a community trust is planned), art (a logo is needed), local sponsorship and, of course, trapping experiences that you can share.

"Muriwai, Coatesville, Waitakere and Waimauku now all have strong trapping communities - let's see if the Kumeu-Huapai area can match them."

Contact Jeremy on email at jeremy@jeremydean.com for more information.

Maui dolphin deaths appal

The death of another critically endangered Māui dolphin at Muriwai Beach, and 10 Hector's dolphins in the South Island since November 2021, show the extinction crisis in action.



So say campaigners like Māui and Hector's Dolphin Defenders Chair Christine Rose of Waimauku, calling on the Government to increase funding and action on these endangered native dolphins.

"People are reminded that if they see a Māui dolphin, dead or alive, they should report it to 0800 DOC HOT (0800 362 468), including where and when they saw it (or them)," Christine says.

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"The Kaipara south coast is a hotspot for the few dolphins remaining, and so it's important that people use the right channels for reporting sightings. Otherwise, there can be delays in the important task of retrieving bodies - or other responses."

Christine is also very concerned about a report of a Māui at Piha entangled in a set net - one was reportedly seen at nearby Whites Beach with a rope around its tail.

"There is no legal set netting anywhere along the North Island's west coast, because set nets kill dolphins," Christine says.

"So no-one should be setting nets, and anyone that is doing so must be reported to 0800 4 POACHER (0800 47 62 24).

Recent research indicates only about 48 Māui dolphins are left, including about 13 breeding females. But the body of the Māui dolphin, reported on December 25, 2021, was not retrieved, was not assessed for cause of death, and was only reported publicly in February 2022, the group says.

Christine says the Department of Conservation (DoC) and Fisheries New Zealand need to do more to help save Maui and Hector's dolphins, adding they have both emphasised claims that toxoplasmosis (a disease caused by a parasite usually associated with cats) is a real threat.

A draft Toxoplasmosis Action Plan was produced in June 2020 by DoC while reviews were held earlier around the Hector's and Māui dolphin Threat Management Plan, but Christine believes little action has since eventuated.

"Another Māui dolphin dead, from a population [of less than 50 individuals], undermines public confidence in the agencies whose roles include saving both Māui and Hector's dolphins, says Professor Liz Slooten of the NZ Whale and Dolphin Trust.

The Māui and Hector's Dolphin Defenders group wants DoC to report Māui and Hector's deaths immediately to the public.

"Necropsies should be prioritised to establish cause of death, and to prevent deaths in the future," Christine says.

"Full details of each death should be made available in a timely manner, to ensure responses are proportionate."

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North West Bookkeeping branches out



Sarah Stewart started doing her husband's books for his business about five years ago after going on maternity leave to have their first child. "I quickly realised that I had a huge passion for it and haven't looked back since," she says.

Sarah has gained a vast range of skills and experiences in bookkeeping since completing a certificate in Bookkeeping and becoming Xero certified.

She also has a Bachelor of Business degree.

"So between applying my business knowledge and the skills and experience I have gained through bookkeeping, I decided to expand my horizons and start bookkeeping for other small businesses," Sarah explains.

"I currently bookkeep for a variety of businesses from construction companies to automotive and farming. I thoroughly enjoy the variety that it brings and all the industry-specific things you learn along the way."

Sarah understands how stressful and chaotic life can be for business owners.

"So my goal is to not only provide a great bookkeeping service but to also take care of all paperwork and administration if required so that the owner can focus on running their business".

Sarah has also recently branched out to offer a consulting service to any businesses that may not require a regular bookkeeping service but may need guidance on how to correctly maintain their books or implement new accounting systems/processes into their workplace.

"Currently, I am bookkeeping by myself, but I envision to continue growing my business over the next couple of years and be able to hire staff to enable us to continue taking on new customers," she says.

If you chat about how Sarah can help you and your business, call her on 022 165 3828 or email admin@northwestbookkeeping.co.nz for more information.

Her website www.northwestbookkeeping.co.nz also provides a full list of services and further information.

Business help during March



As we move through Phase 2 of the COVID-19 Omicron response to slow the spread of the virus, businesses need to be aware of how this will affect their operations.

Most of the changes to the Government response will mean less isolation time for staff and the ability to get back to work quicker if your workplace is effected by COVID-19.

We are now getting well over 1000 new cases a day with modellers estimating a peak in March before it slows and the Government has signalled that this is when restrictions will ease.

Because of the speed of Omicron, most businesses will realistically be hit with it at some point and I would like to urge that every business starts getting prepared now if they already haven't.

Firstly, to have processes in place to help prevent the spread of the virus amongst their employees, so if COVID-19 does affect them it

doesn't mean that all the staff need to isolate at the same time.

Secondly, having a good understanding of the rules around isolation for COVID positive staff, close contacts, testing options including RATs, and what support is available to staff that need extended time away from work beyond their allocated sick pay.

The introduction of the close contact exemption scheme has begun, meaning that you are able to register your business as a critical service if you believe it fits the criteria.

These businesses will have special exemptions to allow staff to work even if they are a confirmed close contact, as long as they are fully vaccinated, asymptomatic and follow strict rules.

Also, people who are able to work alone can continue to work in their bubble of one which means people such as farmers, builders and plumbers can keep doing their important work without having to self-isolate if they are a close contact of a confirmed case.

Visit business.govt.nz for details on how to register your business for the exemption scheme and full details on financial support.

The Government has also released a new COVID Support Payment of up to \$24,000 for businesses struggling with a downturn during the red traffic light setting. This payment can be applied for from February 28 and paid out fortnightly for up to six weeks.

The minimum wage is due to go up by \$1.20 per hour on the April 1. This will hit some businesses hard, particularly those in hospitality where wages are often the highest cost to their businesses already.

The return of the COVID Support Payment is great news and will mean the saviour of some businesses.

Our local businesses have been calling for this since we re-entered the red traffic light setting and it feels like it has come frustratingly late in the game.

While minimum wage increases are important, I'm struggling to understand how the Government is justifying this as the right time for it.

If there is a small light at the end of this tunnel, it looks like the end of March might be it.

All signals look like the peak of Omicron will be over by then and New Zealand will start to follow other countries with easing nationwide restrictions, also hopefully the minimum wage increase in April will also equate to more spending money available in people's back pockets.

By Mark Dennis, Chair, North West Country Business Association

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Safer Communities

There are many benefits to living in the country, however, you will have a higher risk of fire than city dwellers. If a fire does start, you may not detect it right away and emergency services could take longer to reach you due to the greater travel distances that may be involved. Water supplies may also be more limited than in urban areas.

It's important to understand the fire risks of rural living and take actions to minimise them.

Follow these tips to help protect your rural property from fire:

Smoke alarms - Install smoke alarms and test them every month.

Escape plan - Design an escape plan for you and your family to get out of the house and off the property. Test it regularly.

Access - Make sure your driveway clearance is at least four metres wide and four meters high. Ensure there is adequate turning space for fire trucks and easy access to water.

Landscaping - Keep the grass near your home green and mown. Select plant species that are more fire resistant.

Home maintenance - Fires can start when embers get on your roof and under your house. Clean your gutters and make sure there is nothing flammable beneath the house.

Signs - Make it easy for emergency services to find you by making sure your RAPID rural property identification number is on your signpost and clearly visible from the road.

Fire extinguishers - Install dry powder extinguishers near heat and fuel sources in your home and out buildings.

Sprinklers - Sprinklers are the fastest way to put out a fire. Consider installing a sprinkler system in your home. Modern sprinklers can be easily installed by a plumber and are less expensive than you might think.

Water source - Ensure there is access to an adequate supply of water for fire trucks. Make sure your garden hose is connected and is long enough to reach around the house.

Firewood - Store your firewood and other flammable material away from the house.

Fuel - Safely handle and store liquid fuels and gas.



Machinery - Make sure your machinery and equipment is properly maintained and in good working order. Check there are no birds' nests in or around your machinery – they are a common cause of machinery fires.

Ash - Dispose of ash in a metal container or wet down with water. Ashes can stay hot enough to start a fire for up to five days.



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Community News

March at Kumeu Arts

Kumeu Arts is pleased to announce an exciting group exhibition this month by nine acclaimed artists. All of those involved won awards at the Kumeu Arts Awards last year. Due to Covid, the 2021 Awards were held online and the winning artworks displayed in a virtual gallery. Now visitors will be able to see them 'in the flesh' in our galleries hanging alongside other new works. Some, such as 'The Ancestors' (pictured) by 2021 Supreme Winner Arwen Flowers, have never been shown before. It's been wonderful to see the Centre so vibrant again after such a long closure as our courses and groups continue to get back into full swing. We have a range of options such as ceramics, painting, and the Children's Art Club. We now also sell art and craft made locally through our online shop. Visit us behind the library or online at www.kumeuarts.org.



Celebrating Chinese New Year

At Nature's Explorers Kindergarten, we provide a variety of opportunities for tamariki to explore their own and others' cultures. This month we celebrated Chinese New Year, a range of activities were organised for tamariki to explore Chinese culture.



We made vegetarian dumplings. When our tamariki made a dumpling by themselves, they showed it to others with excitement, exclaiming "I made it!" Making dumplings and eating them was a new experience for many. Some tamariki quickly accepted it, while some tried one bite after the initial hesitation. At that time, we explored the legend behind Chinese New Year, Nian. Tamariki have learnt why Chinese people set off firecrackers, hang lanterns and decorate their homes with red during this period. They have also learnt the meaning of red envelopes. As this year is the Year of Tiger, we made Chinese ornaments, the Blessing Tiger. While doing these, tamariki learnt about the Chinese Zodiac animals and they discussed what Zodiac animals they liked. We also painted fireworks and made lanterns. Both are important elements of Chinese New Year.

We believe that through these activities, tamariki from Chinese families can develop a strong sense of identity and those from other cultures also get opportunities to have a deeper understanding of cultural diversity. We will continue to maintain a learning environment that values and embraces different cultures.

If you are interested in joining our Nature's Explorers family please contact us: Ange on phone 09 412 8800 or email: office.kindergarten@gmail.com.

Gently Loved Markets

After wonderful markets in January and February the Gently Loved Markets team are doing it all over again on Saturday 19th March at the Kumeu Community Centre.



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

All stalls are within the hall, so the event will go ahead no matter the weather. With changing rooms at the venue so you can try before you buy. The event is cash only. Gently Loved Markets is monthly, keep an eye on their Facebook and Instagram for the event dates @gentlylovedmarketsnz

To inquire about a stall contact Donna Buchanan at gentlylovedmarkets@gmail.com

Gently Loved Markets, Saturday 19th March, Kumeu Community Centre, 35 Access Road, Kumeu, 10am - 2pm.

Helensville Bowling Club's Women's Classic Fours

Craigweil House Home and Hospital were proud to be the major sponsor of the Women's Classic Fours over Waitangi weekend 2022.

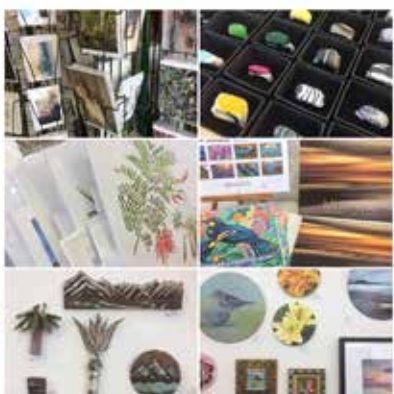


A much-anticipated annual event at Helensville Bowling Club, it is the Club's main tournament for women. And it is fiercely competitive with prize money of \$1,000.00.

Shop Local!

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Community News

Held over two days, the second day was lots of fun with a fancy dress theme of "Happy Days." This could be interpreted as harkening to the good old days or, alternatively, to dress-up inspired by the TV show, Happy Days (see Best Dressed Winners pictured).

Craigweil House's Facility Coordinator, Deb Presland, is a proud member of the Helensville Bowling Club. Deb entered the tournament with her teammates Georgina Waru, Didge Cullen, and Kelly Clark coming in at 3rd Place.

Taking 2nd place was Michelle Kean, Judy McSweeney, Maureen Howden, and Lin East.

And coming in at a well-deserved 1st place was Jan Harrison, Christine Daizell, Kerin Roberts, and Elaine McClintoch.

Again, Craigweil House wishes to congratulate all the teams this year at the Women's Classic Fours.

Women's Classic Fours 2022 at Helensville Bowling Club sponsored by Craigweil House Home and Hospital.

Kaukapakapa Village Market

Sunday 20th March 8.30am to 1pm. There is always something fresh to experience with new stall holders joining the market each month - quality stalls with everything from locally handmade crafts, fresh fruit & vegetables to pre-loved treasures, clothing and collectibles, books, plants, freshly made coffee and much more plus live music from Jessica on the piano keyboard.

We hope you can join us at the market but please be aware that the following will still be mandatory so that we can all feel welcome and safe:

- Face coverings while at the market
- Use of the QR Tracer app or sign in
- 2m social distancing

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



Kumeu Childcare

Kumeu Childcare is truly the best possible place to begin your child's life-long learning journey. We are inspired with Reggio Emilia philosophy and strongly feel that environment is the third teacher and a strong partnership with parents and teachers can boost children's learning and development process. Our passionate

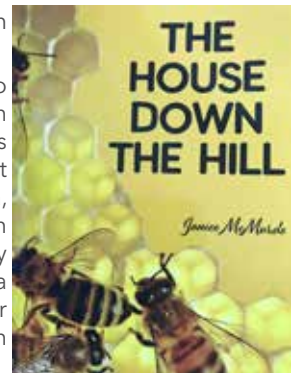
educators pride themselves in delivering open-ended, play-based learning experiences that lays the foundation for future learning. We offer primary care giving, which allows us to build secure relationships with the infants and support them to grow in their own pace.

We are taking enrolments and have plenty of options available to cater for the wider community. Please feel free to contact or book in for a visit.

Kaukapakapa Library

'The house down the hill' - Sunday 20th March, 9am to 1pm.

Meet Helensville author Janice McMurdo with her new book 'The House Down the Hill'. As with her first two 'The Bird's Nest' and 'Wait for the Tide', her latest is also set on the South Head Peninsula, Kaipara. Featuring a drug boss from Auckland, an ex SAS Australian Army neighbour and the eccentric Georgina with her bees, chooks and cat 'Mr Wilson', the story follows the operation of a local meth lab.



Janice is a well-known Helensville identity, for her catering as well as her writing. 'The House Down the Hill' has been dedicated to the late John Perry who, as a child, had a cat named Mr Wilson. Come along, meet Janice and find out more.

Kaukapakapa Library is open in conjunction with the Kaukapakapa Village Market. For more information email Megan at; threehorses@xtra.co.nz or phone 021 959 017.

Do you want your receipt?

Pocket wearers, wallet holders, and handbag carriers can rejoice with Countdown customers now able to opt out of getting paper receipts at the checkout and having them sent digitally through the myCountdown app instead.

Customers who opt out of getting paper receipts can now have their digital receipts show up automatically in their MyCountdown app account every time they shop and scan their Onecard in-store or online.

Countdown's Director of Corporate Affairs, Safety and Sustainability, Kiri Hannifin says the move isn't just about helping customers declutter their pockets, bags and wallets, it will also help reduce waste.

"In the last year alone, we used 505,200 rolls of receipt paper,

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Community News

totalling 36,879 kilometres of paper - enough to stretch to the UK and back! Like our customers, we're keen to help reduce waste wherever we can - moving from paper to digital receipts is another small way we can all contribute to this effort," says Kiri Hannifin.

"The customer feedback we're getting is that paper receipts also tend to end up lost or 'filed away' in glove boxes and handbags. With the introduction of digital receipts, which are stored and downloadable for 14 months after each shop, customers can easily keep track of all their purchases, big or small, making it even easier to manage household budgets."

Customers need to have the myCountdown app and choose to 'opt out' of receiving paper receipts. Once they have done this they will no longer be prompted to have their receipts printed at self-service checkouts or be offered them at the regular checkouts.

Fresh local flowers now available at the Green Grocer

The Green Grocer is a regular stop for many locals who pop in to buy their morning coffee and lunch. It is well known and highly regarded in the area for offering a range of delicious and freshly-made salads, quiches, filled rolls, scones and sweet treats along with stocking a selection of organic grocery items.

The Green Grocer is also now stocking regular deliveries of freshly-grown local flowers which are picked and arranged by Rebecca from The Dahlia Project. This is Rebecca's first season taking her home garden to a larger scale spray-free operation and arranging



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and selling her flowers. Mixed bouquets can consist of flowers such as dahlias, cosmos, asters, cornflowers and snapdragons with more flower varieties coming on-stream each week.

If you are looking for fresh flowers or coffee and delicious food or both, stop by The Green Grocer located at 80c Main Road in Kumeu and see Stephanie and Kim.

Dine out and support local

You could win a luxury escape for two.

NorthWest Shopping Centre is giving away* a getaway for two at local TwoOneSix Luxury Accommodation in Muriwai, valued at \$950. The package includes accommodation for two, breakfast daily for two, a gourmet dinner for two and a bonus late check-out.

To get yourself in the draw to win, simply spend \$15.00 or more in one transaction at any of NorthWest Shopping Centre's restaurants, cafes, or foodcourt. There's so many options to choose from. Then take your receipt to the NorthWest Customer Service Kiosk to get it validated and enter your details to go in the draw. You've got until 20 March 2022 to enter, when the competition closes. *See northwest.co.nz for further information and conditions.



Wings Transport

Wings Transport provides local and domestic transport services, we have a neat and tidy 10CBM van to meet your requirements. No matter what you have to pick-up and deliver, or a small move, or you need business goods transport, or even you just need a driver and a van, please feel free to contact us.



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Wani Japan

NorthWest Shopping Centre is delighted to announce a brand-new store alert. Have you checked out Wani Japan Shop yet? Here you'll find a huge selection of Japanese food, products, and other specialised general shopping goods on offer at Wani. It's the only one of its kind in the area and you're in for a treat. Head instore now to discover more. Find Wani Japan Shop outdoors at the Gunton Drive entrance, right next door to Chocka Bucket. NorthWest Shopping Centre, Gunton Drive, Westgate.



Restore and repair precious photos and documents

For a recent project with the Helensville Museum, photographer Colin Lunt invested in some new AI software enabling him to deal with a large number of old, faded and damaged images from their archives.

As a result of the experience he has made available a new photographic and document repair and restoration service called Restore.

The new suite of AI apps gives the ability to process precious damaged, faded photos and documents, bringing them back to their original state with the added ability to enlarge images up to eight times without creating "noise" or losing detail.

The range of options increases substantially with the use of a dedicated high-resolution scanner and professional publishing and photo editing software.

"Already I have been busy with a large number of historical images, processing them ready for sale as high quality A3 prints, and digitising a family's photographic collection of nearly 400 colour,



black and white prints and transparencies," Colin says.

Pickup and delivery are available and a full quotation provided with every job. Costs vary according to the complexity of the project.

Normally, digitised images are provided on a memory stick but can also be supplied online.

Call Colin to discuss your project on 0273 704 188, email restoreandrepair18@gmail.com, or visit www.clc-photographic.com (go to the Photo Restoration page) for more information.

Kumeu library

Now that school and university are back for the year, it's time to think about how to help students of all ages and stages with their studies. Auckland Libraries has many resources available free to library members, from study guides to online databases. We have a range of study guides on a wide range of curriculum subjects, including NCEA and Cambridge subjects. And from the comfort of your own home you can access Auckland Libraries' collection of online encyclopedias and databases - you'll find something about everything for everyone here! These cover a range of ages from Year 1 to Year 13, and university students and curious adults as well! If you're not already a library member, you can join online today and get immediate access to our online resources!

Any Questions is an online service where Year 1 to 13 students can ask for homework help in a safe and friendly online chat with librarians from around New Zealand. Available from 1.00 to 6.00 pm weekdays librarians will guide students to reliable resources where they will find the information they need. The Many Answers website is available any time, with New Zealand curriculum-based topic guides that guides Year 1 to 13 students to websites and other resources that will help them find the information they need for themselves.

For older students and adults, our online learning portal LinkedIn Learning gives access to over 16,000 free eLearning video courses and tutorials to upgrade your technology, creative and business skills - a real treasure-trove of upskilling assistance!

All these great resources can be accessed through our website, www.aucklandlibraries.govt.nz. Click on the Learn and Research tab to see all the options.

Pop in to Kumeu library anytime if you'd like help with any of these resources.

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

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In Brief

Kumeu Blend

A choir with no voice! Stolen by Covid.
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 We will practise the songs, learn the words, find a place
 To safely share music in a masked, outdoor space.
 Don't be dumb about Covid; you've only one life;
 Take care when you sit on the edge of a knife.
 Don't be swayed by the crowd; don't ignore common sense;
 Be truly informed while you sit on that fence.
 Don't follow your mates; to your own heart be true.
 One day we'll look back: will you be proud of you?
 We'll sing again, don't know where, don't know when ...
 New choir members are always welcome.
 All you need is enthusiasm and the ability to hold a tune.
 Rehearsals are Monday evenings at St Chads: 7.30 - 9ish.
 Enquiries: Margaret Lindsay on 021 042 8855 or email Margaret@lindsays.co.nz

Helping people keep their independence

Encouraging people to retain as much independence as possible if they are dealing with memory issues, such as dementia, is good for their self-esteem. Staying as self-reliant as practicable has been shown to slow down deterioration, helps carers in their roles, and generally gives an individual a better quality of life. For people who are becoming more dependant on those around them having even a small amount of control can make a big difference. At Mindjig we have products to make it easier for people to keep communicating, participating, and making decisions over some aspects of their lives, which otherwise may be difficult. From easy to use radios, large button Picture Phones, and large screen Digital Day Clocks with day and date, Mindjig offers resources for those who need a little extra support to stay in the loop. Also check out our handy conversation



starters, books, games and puzzles.

Visit our website: www.mindjig.co.nz. Feel free to get in touch with Jonathan or Julie via email at info@mindjig.co.nz or call 09 600 3251 or Mobile 022 480 3022.

Lilyaroon Craft Shed is fit to burst

With the long, lockdown last year I needed a plan. It was time to rebuild the 'Lilyaroon Craft Shed' and reopen the 'Hobby Herb cart'.



The project has been a labour of love, with support from friends. Plywood was in short supply last year so I put a callout on the community page and ended up with pavers and timber too. Interior paint was donated by another friend.

With plenty hard work relocating and rebuilding, finally the shed started taking shape.

The Lilyaroon Craft Shed is a tiny house, a small, rustic, mini enterprise overflowing with local's art and craftwork. The shed is open each weekend between 1.00pm - 3.00pm in the summer months; by appointment or you can shop online.

The Hobby Herbs cart resides at the gate and is open 24/7. Growing herbs is therapeutic, great for the body and soul.

Lilyaroon Craft Shed & Hobby Herbs Cart, 10 Coleman Ave, Herald Island. phone 027 289 0349 or visit our Facebook page - Lilyaroon. Cash and Bank transfer accepted or text/message if you wish to purchase online.

Kaipara Memorial RSA

Late last year, members of the Kaipara Memorial RSA committee including Kevin Otto, Noel Bodle and President Rex Keane were joined by members of the Remembrance Army, Megan Patterson and Dan Walters and met with Auckland Council staff and Chris Fraser from Bronze Plaques NZ, who are contracted by Veterans Affairs to audit the Service Cemeteries around NZ.

Chris informed us that he checks all the plaques and plinths for condition and that they are not loose, that there is a "Seat of Remembrance" and "a granite sign" in place, the cenotaph is in good condition, the flag pole is in working order and the grounds


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In Brief

are neatly mown. One item that Chris noted was that Helensville does not have sufficient parking. He will report back to Veterans Affairs. Chris requests that relatives use the concrete vases next to the plaques for flowers, rather than a glass jar, which get blown over and smashed. Chris also gave us a packet of "Flanders Field Poppy" seeds to grow in time for ANZAC and Armistice Day commemorations.

We did question him about the condition of the Cenotaph at Parakai, but he told us that it is under the control of the Ministry of Culture and Heritage. The Parakai Cenotaph has a Council Designation around it, marking it on Council planning maps and documents, to protect it from future developments.

Remembrance Army

After the meeting, Dan Walters and Megan Patterson showed us some of the Headstones of World War One veterans, which had been restored by the Remembrance Army, they stand out amongst the other grave sites. Whilst a large number of WW1 veterans were KIA and buried in War Cemeteries overseas, those who returned did not have the benefit of a New Zealand Service Cemetery, until they were created after World War Two.

If you have a spare hour or two, wander around the Helensville Service Cemetery, then visit some of the WW1 gravesites, which the Remembrance Army has restored.

President Rex Keane says anyone is welcome to visit the Kaipara Memorial RSA's museum during opening hours or arrange a visit and browse through our library, citations, plaques, medals, badges and military equipment on display. Email kaipararsa@extra.co.nz or phone Rex 027 293 2768 for more information.

Gear Up play boxes coming to a park near you

The words "we've got nothing to play with" are soon to be a thing of the past with the arrival of 14 Gear Up play boxes to community sites across West Auckland.



Co-ordinated by Sport Waitākere and funded by NZCT, the boxes include a range of play equipment including balls, giant Jenga, skipping ropes, cornhole and other out-door play items.

The new Gear Up boxes will be located near a number of community spaces including local Pataka Kai community pantries, libraries,

schools, sports clubs, community organisations and shopping precincts.

Community members can borrow, play with and return the gear for others to use. The aim is for each local community to own and care for the box, and also add any gear they would like to. Each will include a trolley for easy moving and will have a kaitiaki (guardian) who is a trusted community member or organisation.

"Communities should have access to opportunities to be active and connect with each other. These Gear Up boxes put play at the heart of the community so they can be accessed by anyone, at any time," explains Pauline Butt from Sport Waitākere.

"While improving the physical, social and mental wellbeing of community and increasing equity of access to outdoor play options, this initiative can also contribute to strengthening neighbourhood relationships."

Drowning Prevention Auckland

A hot start to the summer has driven more Aucklanders out to the beaches. A quick dip in water that may seem safe can turn disastrous in a matter of seconds.

Drowning Prevention Auckland would like you to remember these key water safety messages:

- Be prepared - check the weather forecast, the Safeswim website (www.safeswim.org.nz) and know the local environment.
- Always swim between the flags on a beach patrolled by lifeguards.
- Always wear a lifejacket when on the water fishing, boating, kayaking.
- Always actively supervise your children in, on and around the water. This means being able to see, reach and hear them at all times.

Drowning Prevention Auckland urges everyone to think about water safety to keep yourselves and loved ones safe in, on and around the water. For more information, contact us at info@dpanz.org.nz.



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*"Si il était si important, ne j'aurais pas écrit l'heure!"
-Mais, ça sera plus facile, si l'on avait le temps."*

Images are to scale

Property

Property market report

Buyers waiting for a sign that the property market was turning a corner have received it.

The Real Estate Institute's latest figures show that the number of properties changing hands in January this year was almost 29% fewer than the same time last year.

Across New Zealand, 3665 homes were sold last month, compared to 5135 last year.

Month-on-month, the drop in sales was 48.2 per cent.

There have been predictions for some time that the housing market would slow, as tighter loan-to-value restrictions combined with new lending rules make it harder for buyers to access finance.

In Auckland, the number of properties sold dropped by almost a third compared to a year earlier, from 1951 sold in January 2021 to 1323 last month.

Across the country we have seen a decrease in the number of first-home buyers and investors in the market.

The access to finance, exacerbated by changes introduced in December to the Credit Contracts and Consumer Finance Act (CCCFA) - currently under review, is having a major impact. This is a sentiment echoed in a survey conducted at the end of January by economist Tony Alexander in collaboration with REINZ, which noted that the predominant concern for buyers is no longer availability of stock but rather financing.

Centrix data, showed the approval rate for home loans dropped to 30 per cent in December.

The longer-term impact will be seen in the numbers of buyers in the market in coming months.

Looking forward, we would expect sales volumes to increase as we head into February and March. However, this does depend on the number of listings and the banks position on lending in this new climate.

The drop in sales did not translate into a significant house price fall. Prices were 20.5 per cent higher, year-on-year, at a national median \$880,000 in January. Prices slipped 2.2 per cent from December.

Auckland's median residential property price increased 20.6 per cent annually, from \$995,000 in January last year to \$1.2 million but was down 6.3 per cent from December.

Three regions recorded record median prices: Northland set a record median for the third month in a row, up 29.6 per cent year-on-year to a median \$810,000, Bay of Plenty was up 22.8 per cent to \$942,000 and Taranaki increased 21.2 per cent to \$630,000.

Historically low interest rates and a supply deficit saw heightened demand and kept house prices rising through 2021. However, with the Reserve Bank increasing interest rates, inflation pressures, tighter lending conditions, and Government regulation, market

dynamics are crazy.

Let's look at the sales from last month:

Helensville	\$1,051,500 to \$1,220,000
Huapai	\$750,000
Kumeu	\$1,275,000 to \$1,400,000
Parakai	\$800,000 to \$900,000
Riverhead	\$1,200,000 to \$2,50,000
Swanson	\$893,000 to \$1,582,000
Waimauku	\$1,153,000 to \$1,760,000
Whenuapai	\$892,000

Graham McIntyre phone 027 632 0421 email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Flat plans – what should I look at when buying a property?

By ClearStone Legal (Elyse Crowther, Legal Executive)

Cross-leases are a common form of title in New Zealand, they involve an underlying fee simple title and each owner has a lease for their home or "flat" and often an exclusive use area. The flat, any common areas and exclusive use areas are shown on the Flat Plan which is attached to the title.

When you own a cross lease property you are not able to make any changes without the other cross lease owner(s) consent, for example adding a deck, and if the works are more significant e.g building a roofed deck or adding a garage attached to the dwelling then the flat plan also needs to be updated to reflect this. When this is not done the title becomes defective.

When you are looking at a cross lease property to purchase it is important to compare the flat plan to the actual dwelling and look for any inconsistencies, viewing a satellite image of the property can also help. A defective title must be disclosed to your lender, failure to do so can result in the lender being unwilling to advance the funds required to complete the purchase so making sure you have these discussions early on is important.

Correcting a flat plan can be a time consuming and costly process, you need to engage a surveyor who will draw up the new plan and then this needs to be lodged with Land Information New Zealand by your solicitors so that it can be registered against the title.

If you're considering buying a property and need some guidance, or if you have a cross-lease property which is defective and need some help, give us, ClearStone Legal incorporating Kumeu-Huapai Law Centre, a call on 09 973 5102. We would be happy to assist you.



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Property

Dividing property in a separation

New Zealand's relationship property laws can be confusing, so it's important to know where you stand and how to protect yourself in a new relationship. For example, relationship property can include things in your personal name: it is almost anything of value that you acquired during your relationship including your earnings, savings, investments, and your business. After 3 years of living together you are likely considered to be in a de facto relationship, so the same laws that apply to married couples will also apply to your relationship if it ends. In order to protect your business, house, savings and other assets, you can choose to opt out of the Property (Relationships) Act with the help of a family lawyer before you and your partner have been together for 3 years.

It can be very tricky valuing a business during a separation. We are experts in business valuations and can navigate these difficult times to value your business and give you peace of mind.

For all your accounting needs contact the friendly UHY Haines Norton Kumeu team at 329a Main Road, Kumeu on 09 412 9853 or email kumeu@uhyhn.co.nz.

Home loans: When the bank says 'No'

As interest rates increase and regulations tighten, more loan applications are being declined.

Borrowing for a home can be both scary and exciting. By the time you've put in an application you've likely already been dreaming about moving into that new home (or just that new kitchen) - so getting a no can be heart-breaking.

When you get a 'No', take a moment, have a vent, then look to see what it really means before considering what to do next. It could mean:

- No - we think a loan could put you in hardship.
- No - we don't understand your situation.
- No - you don't fit our policies.
- No - well not yet, make a few changes and come back to us.

If it's the first (and if they are right) getting into debt you can't manage is no fun for anybody. If it's any other kind of no, now's the time to explore if your application was structured in the best way, if other lenders are more suitable for you, or how to make a plan to get yourself into a position where you can apply again.

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ivan@vlaw.co.nz 09 412 8000
4a Shamrock Drive Kumeu, Auckland

If you've got a 'No' from a bank (or want to avoid one) and you'd like help understanding what it means and how to move to a 'Yes': let's talk.

I'm available free of charge, and if you want to meet in person coffee is always on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing - 020 4009 8944 | www.betterborrowing.co.nz | scott@betterborrowing.co.nz.

Where there's a will there may be a claim

When you make a will you have a moral (and some might say a legal) duty to provide for the proper maintenance and support of certain close family members. This could include your spouse, partner, children, grandchildren and in some circumstances stepchildren or your parents. If proper provision is not made for these family members they could make a claim to the Courts under the Family Protection Act 1955 asking for provision to be made for them out of your estate. There are various things that the Court will consider if a claim is made such as your reasons for not making sufficient provision, any conduct which would disentitled the family member to receive under your will, the size of your estate, your moral duty to provide for others and the age, state of health and financial position of the person claiming from your estate. These claims can and often do create disharmony within the family structure. There are things that you can do to prevent such claims being made and recommend that you consult your lawyer before making a will. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

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09 412 6000

25 Orahua Road, Kumeu



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	860,000	480M2	137M2	1,115,000		1,060,000	450M2	277M2	1,582,000
	800,000	1210M2	158M2	1,220,000		1,000,000	576M2	254M2	1,525,000
	560,000	1214M2	111M2	1,051,500		990,000	497M2	194M2	1,250,000
HUAPAI	590,000	0M2	87M2	750,000	WAIMAUKU	1,200,000	1049M2	261M2	1,760,000
KUMEU	730,000	217M2	129M2	1,400,000		1,200,000	806M2	210M2	1,527,500
	790,000	300M2	149M2	1,275,000		720,000	2592M2	84M2	1,153,000
	450,000	361M2		1,390,000		1,225,000	806M2	204M2	1,425,000
PARAKAI	650,000	657M2	95M2	900,000		1,025,000	1043M2	167M2	1,440,000
	475,000	0M2	100M2	800,000	WHENUAPAI	670,000	95M2	94M2	892,000
RIVERHEAD	1,300,000	800M2	235M2	1,828,000					
	1,650,000	801M2	448M2	2,150,000					
	1,300,000	2.1HA	104M2	1,200,000					
	1,475,000	802M2	331M2	2,500,000					
	1,700,000	2218M2	308M2	2,200,000					
	1,200,000	600M2	235M2	1,475,000					
SWANSON	890,000	524M2	221M2	1,500,000					
	810,000	979M2	120M2	1,240,000					
	675,000	689M2	104M2	893,000					
	1,075,000	1606M2	185M2	1,450,000					

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

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

*Available for a limited time. Conditions apply.

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Graham McIntyre
Brand & Territory Owner
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HENDERSON**



DO UP - DETONATE - DEVELOP

3 1

By Negotiation

2 Forest Hill Road, Henderson

Whatever your persuasion, if you are looking for an opportunity to add value to a do-upper and have ideas to better use a 617sqm (more or less) section opposite Corban Park Development this is the one. The home is tired but true to its era. The land has been left to breath and ramble. And once all is said and done, it does extend an unparalleled opportunity for a buyer looking to secure potential, promise and purpose. The three bedroom, single bathroom home may be refurbished for rental or you may seek other land use via Ak Council. Make the most of 2022 and secure this prospect. Close to Henderson Valley's commercial hub, transport links, schools and parks.



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AS NEW - DESIGNER TOWNHOUSE IN HOBSONVILLE POINT

3 1 2

By Negotiation

5 Eyton Kay Road, Hobsonville
By Negotiation

A spectacular 2018, modern, townhouse with simple white and grey tones providing the best of lock-up-and-leave and easy care, with schools, restaurants and transport around the corner. With an eye for clean lines and simple colour palette, this 168sqm three bedroom attached townhouse offers the very best of modern living with the extras that come with a home that has been invested in, meticulously cared for and made for living. Over three levels the home offers garaging and laundry leading to outside courtyard downstairs, with open plan living/dining on the first level and bedrooms upstairs. Heat pumps and upgrades make this townhouse stand out from the crowd and certainly worth investigating.



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AS NEW - WITH DEVELOPMENT OPTIONS - MIXED URBAN



By Negotiation

29 Hewlett Road, Massey
By Negotiation

Beautifully presented to a high (as new) standard offering exceptional buying with four bedrooms and large open plan entertainment living, linking to expansive private decking ensuring you have the best of indoor and outdoor living this summer. Hard to find, this home represents a high standard of finishing and hardware found in a new build and with the development option extended under the mixed urban classification which this property sits. Three bedrooms, bathroom and laundry with open plan entertainers kitchen, dining and lounge upstairs and bedroom with walk-in or nursery downstairs, all linking to decking and stepping down to lawn and single garage and workshop. Fully fenced with electric, sensor gate.

www.mikepero.com/RX3074419



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ABSOLUTE WATERFRONT - ELEVATED TO WATCH THE SUNRISE



By Negotiation

51 Ferry Parade, Herald Island
By Negotiation

809 square meter section on the elevated eastern coastline of favoured and highly sought-after Herald Island. A historic settlement that enjoys a strong and caring community, Herald Island is a family paradise integrating water-sports and beach-side community living. On offer, this cute as button, practical two bedroom batch with open plan alfresco living that integrates into its coastal environment framed by Pohutukawa trees on the waters edge. This elevated property, provides the perfect option to buy, live-in and design and build the forever-home. Close to Schools, Parks, Community Wharf, Beach, boat-ramp and convenience shopping. Simply, one of the best communities in Auckland, Herald Island is quite enough for relaxed peaceful living, yet minutes to the motorways.

www.mikepero.com/RX3182289



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LARGE LAND LOT 1156SQM SITE - MIXED

3 1

By Negotiation

56 Makora Road, Massey By Negotiation

A significant offering with a generous ¼ acre site and a range of improvements on site delivering a generous income should you seek to purchase, rent, and submit plans for council approval. The main home is a lockwood and has been refreshed through the years, while the ideal two bedroom home was invested in around three years ago. A historical rent summary is available to the purchaser and the tenants would like to stay in place. Ideal location close to Motorway access, Royal Road Primary School, convenience shopping and transport links. Plan your future and book a viewing today.

www.mikepero.com/RX3137015



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09 412 9602

graham.mcintyre@mikepero.com



READY FOR SUMMER BBQ'S - WEST HARBOUR

3 1 1

By Negotiation

100 Moire Road, West Harbour By Negotiation

A sizzling hot option for you to have a great BBQ area, and a relaxed option to buy and move right in, no fuss, no bother. If you've been searching for a smart and simple three bedroom home in West Harbour this property may top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is contrasting and modern which integrates with the home through north facing decking and generous slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Downstairs has storage, double garage and laundry. Built to last with Palisade weatherboard system and decromastic tile roofing.

www.mikepero.com/RX3136972



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09 412 9602

graham.mcintyre@mikepero.com



WATERFRONT, 3 HOUSES ON 2908SQM (APPROX) 4 2 1

By Negotiation

131 Colwill Road, Massey
By Negotiation

On offer is three house on one site spanning over ½ an acre and an idyllic waterfront and bush accented paradise. If you wanted to bring the entire extended family this is the offering that will house you all. 131A is an attached three bedroom one bathroom home with double garage over two levels offering high stud and sunny aspect. 131B is an attached three bedroom one bathroom home with single garage over two levels, also delivering a great aspect. 131 is a character four bedroom home with two bathrooms and two lounges and balconies that ensure the alfresco living is never compromised. A very unique offering for the big family that wants a collective haven but individual sanctuaries. A short walk to the water, convenience shopping primary school, parks and transport links.

www.mikepero.com/RX3136994



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PICTURE PERFECT - THE NEW OLD WORLD CHARM 3 2 1

By Negotiation

300A Inland Road, Helensville
By Negotiation

A short drive from Helensville within a quiet lifestyle glade is this beautifully restored and revitalised 1920's bungalow, true to its tradition and history, the home blends seamlessly into its flowing meadows environment offering an astute buyer the opportunity to buy a slice of paradise. Offering a simple three room home, with elegant open plan, entertainers kitchen, dining and lounge opening out to north facing decking. Exquisitely presented bedrooms and bathroom that will take you back in time and deliver a romance not found in many new builds. Excellent plantings for privacy without interrupting the view over the land and good entrance and boundary fencing. The addition of large shedding on the property ensures you'll always have somewhere to put your treasures.

www.mikepero.com/RX3194014



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Hot Property



DIY Character Bungalow, 800sqm, Vacant

Beautifully original, character Bungalow, raw and true to its 1950's pedigree offering a step back in time, but also, the very best opportunity to create the most amazing home incorporating a blending of old and new imaginable.

If you are seeking the romance of native wooden floors, old world trims and skirtings and the opportunity to put your mark on it,

this is your gold-mine. A 1950's classic bungalow offering three bedrooms and open plan dining and lounge leading onto north facing decking. A petite kitchen and separate w/c will give you a lot to talk about, while the expansive 809 square meter section (more or less) seems to roam forever. Peppered with fruit trees and shrubs, the property is cleverly developed to give you a large secure play area for kids and critters alike.

This is a home which offers a real kiwiana feel within Waitakere Township and Village which delivers a truly unique snapshot of how Auckland was in a day of single homes and larger sections in a caring community.

Hot Property



A short walk to convenience shopping, transport links, parks, halls, RSA and Waitakere Primary School. A delightful opportunity to make a house your home.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



Central's Tips

March 2022



Time to sow a green cover crop in garden beds that you're not using over winter; sow or plant seedlings of brassicas – cauliflower, cabbage, broccoli and put in some silverbeet. Put straw under pumpkins and melons. Trim hedges and get on top of weeds and pests.

Grow some radishes!

Now's a great time to sow a crop of radishes, they are fast growing and taste great in winter salads. Constant watering is important for quick growth



The fruit and vegetable garden

- In vegetable areas that you're not likely to use this winter, **sow a green cover crop** such as lupins or mustard seed or a three-way blend of peas, oats and mustard. Once mature it can be cut and left on the soil to break down adding nitrogen and other nutrients to the soil
- **Plant out cabbage, Chinese cabbage, broccoli, tatsoi, pak choi, mizuna, spinach, silverbeet and spring onion** seedlings
- **Edible flowers** for the vegetable patch that can be sown now: calendulas, violas and Iceland poppies
- **Place straw beneath pumpkins and melons** as they ripen. This avoids contact with increasingly damp soil that can rot the skins
- **Sow parsley and coriander now**, curly parsley makes great bright green edging for winter vegetable gardens
- **Save heritage tomato seeds** by pushing the flesh through a sieve, then drying the seed and storing in dry paper bag
- **Forward thinking:** get rid of weeds before they go to seed - this limits the ability for their seeds to invade the vegetable garden and come back to haunt you next year

The ornamental garden

- **Plant out autumn-toned shrubs and flowers** to complement the autumn colour ahead: tawny-coloured NZ grasses, orange flowered daylilies and bright foliage shrubs such as heucheras and NZ coprosmas
- **New season's spring flowering bulbs are available now**, so choose from a brilliant range of tulips, daffodils, and hyacinths - potted bulbs can be brought indoors as they flower
- **Grow a great lawn** with seed from the Prolawn range and help it grow with Prolawn Turfmaster Starter fertiliser – lightly water the seed each day to aid germination
- **Trim hedges now** for a crisp shape in the winter months. Where the plant roots have become exposed to the sun, add some Living Earth Garden Mix
- **Kowhai caterpillar** – is the foliage disappearing on your prized kowhai trees? Spray with organic Bugtrol to stop the damage. Notching in young cabbage trees can be stopped this way – spray into the centre of the leaves

Project for March

Housebound? Make space for you in your garden.

Create a pebbled area that offers a restful space and a safe oasis. Our range of beautiful pebbles and stones gives you plenty of options to suit your garden. Add some chairs and edge with your favourite plants, then relax and enjoy!

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





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Moth Plant

Pretty white and pink star-shaped flowers on a twisty vine with slim heart-shaped leaves - this sounds like a lovely garden plant. But if it's moth plant (*Araujia hortorum*) it is far from lovely and should be number one on your list of weeds to get rid of this summer, whether in your own garden or when out and about. It is flowering and forming pods at the moment, so is easy to spot. The pods are often mistaken for the edible choko, but they are really full of ammunition to help this enemy plant wage war on our native bush.



Each of the large pods contains between 250-1000 seeds, which are dispersed by wind and can travel for kilometres, even to our offshore islands. Once landed, the seeds can survive in the ground for seven years. Moth plant is native to South America and has become a noxious weed in many countries, not just our own. Here, it attacks our native plants by climbing quickly up taller plants and trees, then spreading out, weighing the treetop down and smothering it. Moth plant also dangerous to insects which get stuck on the sticky flowers, and people too - the white sap is a skin irritant and can stain clothing.

This plant likes poor soil and something to grow up, so is often spotted along fence lines and near building sites. It can hide under other plants and even grow from under your deck, so check carefully.

If you find a moth plant, and it is small enough to pull out completely by the roots, that is a simple solution. Wear gloves! Larger plants need cutting close to the base and pasting with a herbicide gel such as Cut'n'Paste MetGel. Pods should be placed in a plastic bag and

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Home & Garden

put in your rubbish bin, not composted. Fresh stems can re-grow if left on the ground so hang them over a tree or fence to dry out.

For more information look at weedbusters.org.nz/weed-information/weed-list. To get involved in the effort to eradicate this nasty pest plant, check out the S.T.A.M.P Society Totally Against Moth Plant: facebook.com/groups/234572443294360, or find a conservation group near you.

Autumn gardening

As autumn is about to be upon us, and Easter hard on its heels in mid-April, Awa Nursery is in full steam ahead mode stocking up on plants ready for your gardens. It is planting season, and the perfect time to get outside and start preparing your gardens while the soil still holds on to summers 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, 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

gorgeous, lush ferns. 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.

Garden for all

If you've passed the Kumeu Community Garden in Oraha Road lately, you'll have seen an abundance.

Sunflowers nod, zinnias and carnations beam, and corn, cucumbers and kale are unstoppable. Salad greens, ripe tomatoes, and melons climb high.



The long hot summer hasn't stopped things growing, and the companion planting principles and good mulch maximise plant, soil and microbial symbiosis.

The whole garden is a healthy ecosystem - wander round the beds or rest in the shade on the picnic bench and you'll see monarch butterflies and hear a nesting kingfisher too.

Our next projects are to paint the shed and make a vine structure that will also be a safety fence at the front of the site.

If you'd like to share the abundance of the Kumeu Community Garden, you can take what you need and give what you can.

Our regular gardening days are the second Sunday of the month. But you're welcome to help at any time that suits you too.

Please message and follow us on Facebook for further details and to share the garden patch, which is a community garden after all.

Summer is here

It's summer and we face the "lawn tragics" dilemma - loving the sunny days but really wanting it to rain too. It got pretty dry over January, but then we've had some good soakings since and growth



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Home & Garden

has really cranked up again.

The grass is growing well, keep up the frequent mowing on a high setting (maybe even weekly), taking the top off the grass and helping enhance a tight, dense habit - and it'll look fantastic. Those same conditions that help grass grow also are great for weeds so, you will need to stay on top of them.

A lot of people ask - why does the paspalum take off at this time of year? It seems to accelerate its growth rate and then send out those long seed stalks. It's just that it copes better when conditions get hotter and drier, while other grasses suffer and slow their growth it continues to grow well. This is because it is a C4 plant and has a different system for metabolising carbon and this makes it more efficient in its water use. Other examples of C4 plants are sugar cane and maize.

Use a specialised broadleaf hormone spray to knock back those dandelions, paspalum etc and prevent them going to seed and creating a problem for next year. Then kick back and enjoy your summer lawn, fingers crossed it only rains at night - and does a lot of it.

Gary Turton - Jim's Mowing phone 0800 454 654.

Banana passionfruit

After a warm and sunny summer you will have noticed a range of thriving vines along roadsides and in your native bush. A popular vine that you will see around the area is Banana Passionfruit. This is a vine that is a double-edged sword as it is often an eating favourite. Small yellow banana-shaped fruit ripen across early



and late summer and are eaten by people as well as birds and animals. Unfortunately, this passionfruit is one of a very weedy type that grows excessively and can smother native forest. It is a heavy cropper and will produce thousands of seeds each year. It is most important that you take any plants out as soon as possible before they get too big, and remove any passionfruit before they mature. Because it is so weedy it is best controlled using agrichemical applied to its base so using a contractor can help do that without damaging native trees it is growing over. Call NZ Biosecurity if you want a hand controlling any vines in your area on 09 447 1998.

Five Smart Collection facts

Modern, warm, and low maintenance, a Smart home promises everything you're looking for in a new build. Our designers have worked tirelessly to offer the market a home that is modest in its price, but generous in its quality, size, and style.



Fact 1: Your home will be created using smart design: Affordability was paramount when designing our Smart Collection, and the combination of intelligent design with clever layouts means we can deliver modern homes for a great price.

Fact 2: There will be no budget blowouts: The benefits of selecting a pre-designed plan from our Smart Collection means we can offer you fixed pricing upfront without any cost blowouts along the way.

Fact 3: Your home will be built using high-quality materials: Built using only quality materials from leading NZ suppliers, they're also designed with simplicity and cost-efficiency in mind.

Fact 4: Your home will reflect your personality: There is no such thing as a cookie-cutter Signature Home. You will be able to personalise your home by deciding on everything from flooring to tiles, fixtures, fittings, and kitchen and bathroom colours. Even better is the fact that every Signature Homes customer receives one-on-one time with an interior designer to fine-tune your ideas and make your home uniquely yours.

Fact 5: Your home will be healthy: The quality of new homes with modern building and material technologies ensure you can count on a warm, dry home for many years to come.

Modest yet stylish perfectly sums up our stunning Smart Collection, explore our favourite plans here: www.signature.co.nz/smart-collection

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

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Home & Garden

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Protect your home against surges

Something most people don't think about in their homes is surge protection. During the recent Cyclone Dovi there were a lot of houses in the area without power and we had customers who unfortunately experienced surges and now have issues with some of their devices. A power surge is an increase in the amount of voltage flowing through electrical devices that exceeds the standard voltage level of 240 volts. Surges can be caused by many things such as high-powered devices, bad wiring, or a problem with your incoming supply.

While a surge of power may not break your electronics immediately, it can put extra strain on various components, wearing them down over time. Power surges can heat up wires and components in your electronics, similar to a light bulb filament, and cause them to burn out.

A power surge means that there is an increased level of voltage in the lines beyond the usual designated level of electricity. This excess voltage causes an arc of electrical current which creates heat and



surge protection is designed to reduce the effects of these power surges, protecting your electronics.

A surge protector guards against the damage that sudden power surges can cause. It works by pulling the current from one outlet and passing it through to the devices you have plugged into the surge protector.

Surge protection is installed directly at your home's switchboard to provide protection to all of your appliances, and also to the electronics that are hard wired.

Give the team at Blackout Electric a call and we'll talk you through the options best suited to your home.

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



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Home & Garden

extraction) and re-colour your grout to look like new again.

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City Botanics - small spaces, big gardens

The local landscaping business paving the way in garden design for high-density living.

Martin Steel-Brown sowed the seeds of City Botanics after his own challenges as a city dweller with a tiny garden. Now he's helping others create thoughtful green spaces in tight places. "For us, space isn't the problem... it's creativity. Sure, you may have to prioritise your wish list in small spaces and make some sacrifices, but limited space is a challenge we love!"

Another thing about City Botanics is that Martin and his entire team



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are devoted to providing customers with a great experience from the beginning. "We set expectations from the start, we show up when we say we will, and we communicate at every single step. All while taking our clients on a visual design journey," he said.

While Martin truly enjoys working with plants, he feels satisfied when his clients are delighted by his urban gardening. "When a job is complete, and we receive feedback such as - "This is better than I expected", "It brings me so much joy to my day" or "I just love spending time pottering in the garden now" - then I know I've done my job".

City Botanics specialise in small urban gardens, terraced housing, balconies, and decks. If you are thinking about transforming your small outdoor space, contact Martin and his team for a free consultation. Martin, 027 215 7884 www.citybotanics.com.

Waimauku Garden Club

Garden Club started the year with a visit to East Auckland where we were warmly welcomed to the Garden Of Memories. This is a lovely home garden created by Val who found solace in gardening after family tragedy. She has created a wonderful space full of roses, petunias, flowering shrubs, trees and climbers together with potted plants and garden furniture. It is a garden with much special meaning which can be seen by the love and care with which Val tends to it. After a lovely lunch provided with by Val, we went round the corner to Howick Historical Village to remind ourselves of some Auckland history and how some early pioneers lived and fared. Well worth a visit.

Our next outing is Thursday 17 March, if you would like to join us, please don't hesitate and contact us as below.

Ann 021 035 7406, Diana 027 478 8928, Moira 027 498 9154, Donna 021 233 0974.

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Muriwai tide chart

Date	High	Low	High	Low	High
Tue 01 Mar	-	03:14	09:31	15:46	21:55
Wed 02 Mar	-	04:03	10:18	16:32	22:39
Thu 03 Mar	-	04:47	11:00	17:14	23:20
Fri 04 Mar	-	05:28	11:39	17:53	23:59
Sat 05 Mar	-	06:07	12:17	18:30	-
Sun 06 Mar	00:36	06:45	12:53	19:07	-
Mon 07 Mar	01:14	07:22	13:30	19:43	-
Tue 08 Mar	01:52	08:00	14:07	20:21	-
Wed 09 Mar	02:32	08:41	14:48	21:03	-
Thu 10 Mar	03:19	09:31	15:37	21:56	-

Fri 11 Mar	04:18	10:37	16:42	23:08	-
Sat 12 Mar	05:35	12:02	18:06	-	-
Sun 13 Mar	-	00:30	06:56	13:19	19:25
Mon 14 Mar	-	01:38	08:00	14:16	20:23
Tue 15 Mar	-	02:29	08:47	15:00	21:08
Wed 16 Mar	-	03:12	09:27	15:38	21:46
Thu 17 Mar	-	03:50	10:03	16:14	22:22
Fri 18 Mar	-	04:27	10:38	16:50	22:57
Sat 19 Mar	-	05:04	11:13	17:26	23:33
Sun 20 Mar	-	05:41	11:50	18:04	-
Mon 21 Mar	00:11	06:21	12:28	18:43	-
Tue 22 Mar	00:51	07:03	13:10	19:26	-
Wed 23 Mar	01:35	07:49	13:56	20:14	-
Thu 24 Mar	02:25	08:43	14:49	21:10	-
Fri 25 Mar	03:24	09:48	15:54	22:19	-
Sat 26 Mar	04:36	11:06	17:14	23:39	-
Sun 27 Mar	05:59	12:28	18:38	-	-
Mon 28 Mar	-	00:57	07:16	13:40	19:50
Tue 29 Mar	-	02:02	08:19	14:38	20:48
Wed 30 Mar	-	02:56	09:11	15:26	21:36
Thu 31 Mar	-	03:43	09:56	16:09	22:18

Source: MetOcean Solutions.

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

Advice for Rock Fishers Be smart around rocks

**Drowning
Prevention
Auckland** 

Check conditions

This includes swell, weather, and tide forecasts as well as advice on safety signs.

Wear a lifejacket and correct clothing

Light clothing, sturdy footwear such as sneakers and a correctly fitted lifejacket are essential.

Beware of waves and swells

Always face the sea, never turn your back. Have a clear escape path to safe ground and don't get caught by an incoming tide or large swell.

For 17 years, Drowning Prevention Auckland has provided a rock fishing advisor initiative with Auckland Council and Surf Life Saving Northern Region which seeks to reduce rock-based fishing fatalities and promote a safe culture among this high-risk group. The implementation of safety advisors who educate fishers through face-to-face contact has largely succeeded in reducing fisher drownings in West Coast beaches. To find out more about the West Coast Rock-based Fisher Safety Project and review the 2021 Rock Fishing report, visit <https://www.dpanz.org.nz/research/rock-fishing/>

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Pets

Cat lovers - we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and unhomeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can



enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more. Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programs and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at www.thenzcatfoundation.org.nz. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

Is your dog a member of your family?

Then why would you ever dream of leaving them out of your family photos. I am a specialist in pet and family photography, and am especially passionate about capturing the bond between pets and their people through photos. Booking in for a family photoshoot is often near the bottom of one's to do list, but with everything that has been going on in New Zealand and the world lately, I believe now is the perfect time to take a moment to celebrate those closest to us, and capture some everlasting memories. Everyone should have a family portrait hanging proudly in their home (or at least a really cute photo of your pet).



I offer pet and family photography sessions at various stunning locations around Auckland, with some of my favourite spots being Muriwai Beach and Riverhead Forest. If this sounds like something you would like to learn more about, feel free to head over to my website for all the information about sessions and pricing, as well as a gallery of some of my previous work. I can't wait to hear from you! Visit my website: www.dogandco.nz.

What actually is catnip and is it safe for my cat?

Nepeta cataria, or more commonly known as catnip is well known for its cat-attracting (and craze-inducing) properties among domestic cats and several wild cats including lions, leopards and jaguars. Responses to catnip typically include sniffing,



licking, biting, rubbing or rolling on the plant, head shaking, drooling, vocalising and even kicking with the hind feet. Catnip has a specific chemical compound called nepalacatone that the plant naturally releases when its leaves or stem are bruised. These mind-altering affects can last between five and 15 minutes, although some cats will respond much more intensely and for longer than others. Is catnip a drug for cats? Many cats will seek it out in their environment. It's also commonly placed within cat toys or planted in gardens as a source of enrichment for cats. In humans, smoking catnip has been described as inducing sensations like marijuana or LSD. Then we have to ask is giving catnip ethical?... A whole new discussion? Kanika Park Cat Retreat - phone 027 550 1406, info@kanikapark.nz.

Day Care Education Program

Every year in New Zealand we hear about children being bitten by dogs. Even with the last two years in various states of lockdown ACC have reported over 1300 dog bites to children 4 years and under. We have had over 26,000 bites nationwide to the cost of almost \$12 million.

The Dog Safe Workplace Ltd works with organisations educating their workers on how to be safe when entering a property where dogs may be present. This is something they are passionate about. They helped founder a charity called Kids Safe with Dogs but after



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Pets

COVID the charity had to close. The Director of The Dog Safe Workplace; Jo Clough who had been part of the development team purchased the programs and redeveloped them into Dog Safe 4 Kids.

"The message that the program sent was too important to be lost," said Jo. "Working with our team we came up with a way to allow us to offer the program to all Early Childhood Education Centres both nationally and internationally. We kept the cost low so that it is easily affordable to any centre and easy to deliver. Eventually we hope to be able to offer programs to all ages but at this stage we are just focusing on the younger children".

"Our team have spent hours coming up with ideas on what we can offer to the children to help them learn but also have fun and be engaged with the characters. We have everything from colouring in, join the dots, cut out models and even a jigsaw. We are looking at adding a book and working with various companies to get as much involvement from the communities as possible. The more people who are involved the more chance we have of getting the message across and reducing dog bites".

"With the Early Childhood Education program, we only focus on 3 Golden Rules. Some of which parents have said they were not aware of. Such as where to pat a dog and why. This has brought some controversy in the past with some animal experts saying that we should be patting dogs on the chin and chest. This is not something that we agree with, and we tend to follow the research from overseas.

If young children are patting a dog on the chin or chest, they are then putting their face right in the dog's face. We only recommend patting a strange dog on the side or back. But that is the 2nd Golden Rule. The 1st Golden Rule is that you must Always Ask Permission from the owner. So, this means, if the owner is not there, you don't touch or interact with the dog. It also means that by asking the owner then the dog is more likely to know that you are there. Again, this comes with rules; if the dog is deaf or old, he may not hear you, so it is very important that the dog knows you are there, not just the owner. Also prepare your children that the owner may say 'No' this isn't a bad thing. Sometimes (just like us) they may not be feeling well, they may have a fear people in hats, glasses or they may just not like children. But if the answer is yes then patting the dog on the side or back means that the dog can move away if he does not want to interact with the child and the dog is not being confronted by the child being in his face". If you or your children's Early Childhood Education Centre would like more information they can contact Jo on 0508 DOG SAFE or email her on jo@dogsafeworkplace.com.

Experience it all

His closing words were 'Experience it all'. This was accompanied



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by a feeling of my peripheral vision widening out to nearly 360 degrees and a flash of knowing that he was referring to all the pain and pleasure of living. Feel the doubt of not knowing what to do next, the sadness of saying goodbye, the joy of happy memories, the trust from your intuition to guiding you, the bond between the family to share the life and passing of Boomer, the tenderness in comforting each other and the vulnerability of allowing your heart to love deeply... Experience it all.

I've never spoken to an animal that is complaining, critical or self-conscious. Horses don't wish to be another colour, dogs aren't jealous of each other's tails and cats aren't embarrassed if they can't jump as high as they used to.

We are all incredible beings that flourish with acceptance, love and connection. Just ask Boomer. He's facing the end of his time in his gorgeous Jack Russell body, complete with luxurious eye brows, with acceptance. He's not lamenting that an inoperable growth in his pelvis is causing him great pain.

Angela contacted me with questions that people who invite animals into their hearts often have to ask. Are you ready to pass? When you do pass, what would you like to have happen with your body? Boomer came into the communication calm and earnest which Angela confirmed is how he is with his family. He shared in the form of mind movies (short snippets of video beamed into my mind's eye) and body sensation to communicate emotions.

His love for his family was palpable - I could feel a warmth and expansiveness in my heart. It's hard to wrap words around what love and belonging feel like but his message was clear. He shared a few words including 'I never wanted to make you sad'. His consideration for his family was further expressed by him sharing how each would cope with his passing.

He also had some last requests. Their human and dog family had spent many hours at the beach together and he wanted to smell it one more time. He showed himself with his nose tilted up reading the life carried to him in sea air. It was one of his favourite places because 'everyone is happy here'. His other favourite place is on the front seat of the 4-wheel drive - this meant family adventures to him. He was so grateful to have experienced such deep family love.

When I asked if he was ready to pass, he shared he wasn't afraid to go into the void - showing himself serenely floating in an expansive, dark sparkly space. He wanted Angela to hold him, stroke his face and tell him what a good boy he was when the vet came, and he gave a location for his body and the flowers he wished to have planted on his spot - not a surprise they were Angela's favourite colour of flower.

All Animal Communications are done remotely, via a photo and insights are shared via a recorded Zoom call so you can re-listen as often as you wish. Please contact Suze Kenington at facebook.com/AnimalsInYourHeart or AnimalsInYourHeart.com.

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Food & Beverage

Don Buck Honey

For Don Buck Honey and residents of Henderson-Massey, this is as local as honey can get.

This wee batch was made by bees that live in my backyard in Massey. Everything else my bees produce comes from forests or the farms, but this batch was foraged from the parks, gardens and gullies of our neighbourhood. I call it Neighbourhood Honey.

It is a very runny, bright, and clear honey compared with what my other hives produce, and likely contains nectar from at least a few of the following: Clover, lotus, pohutukawa, bottlebrush, penny royal, tea tree, borage, lavender, dandelion, cosmos, mint, rosemary, and anything else growing within a few kilometres of my back garden.

\$12. 370g Limit of one per order.

Very limited reserve - get one quick. Discounts for mix-and-match purchases.

Order via online store - pickup option available at checkout for Auckland-based customers. Chris Northcott. www.donbuckhoney.co.nz.



Decorating baking with dried and fresh edible flowers

One of the simplest and very vibrant ways to decorate your baking is with dried and fresh edible flowers. Using flowers such as rose, lavender, cornflower, elder flower, hibiscus, fennel or dill flowers, red clover, borage, dandelion, viola and nasturtium are among many of the edible flowers readily available.

Try colouring your icing with different colours to enhance the flowers or petals. Using a combination of fresh and dried flowers, along with a crunchy component such as chopped nuts or coconut flakes, crushed meringue, crushed freeze-dried fruit or shards of



toffee brittle can also add interest to your baking decorations.

If foraging for fresh edible flowers from your garden, always ensure correct plant identification first before using the flowers in food preparation.

Certified organic dried rose buds in pink and yellow, dried cornflowers, hibiscus and elder flowers are available via our online store. Visit us at www.NewZealandHerbalBrew.co.nz.

The KEEPER

The KEEPER is Hallertau's reusable 1 litre swing top bottle. Emblazoned with the slogan DRINK - KEEP - REUSE - REPEAT the message is simple we don't want this bottle to go in your recycling bin. Rinse out the bottle and return it to Hallertau for a 50 cent refund or better yet fill it up with any of our tap beers safe in the knowledge that you're supporting local and drinking the freshest beer around.



Peko Peko

Peko Peko

While we have been having our ups and downs with the traffic light system, Peko Peko has been opening as usual under the government protocol. Takeaway is always available with our best quality and we have been also enjoying having customers for dining in too. It is definitely a tough time for everyone to get through these pandemic times, and we really appreciate your ongoing support. If you haven't tried our food yet, please come along. We are the only Japanese-owned Japanese restaurant in the neighbourhood. We only use rice bran oil, free range chicken and eggs, house-made sauces and we pride ourselves on serving fresh and honest food. You can find us on 102c Hobsonville Rd, check our FB and Instagram @pekopekonz or visit our website www.pekopekojapanese.nz Fully licensed. Phone 09 416 1197.



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Food & Beverage

Jesters Westgate vegan pie offer

For our many regular and potential new vegan customers, here is the chance to stock up on our popular take home frozen Thai Pumpkin Curry Vegan pies. Please show this voucher at our Westgate Shopping Centre store before 26th March to get a free frozen 2 pack when you buy 2 packs. While stocks last.



Westbrook Winery

Summer time at Westbrook Winery is simply stunning. The grapevines are covered in intensely-green leaves and the small-but-perfectly-formed bunches of grapes hint at the delicious wine to come. The vines and their precious cargo are safely tucked up under the netting so now we just need the sunshine to work its magic and ripen the fruit. Lots of sunshine equals a spectacular vintage. There are many great places to sit and enjoy the view of the vineyard, from

beside the pond under a big broolly, or on a leafy terrace, open deck or covered patio. The Cellar Door has been busier than ever, and the team is enjoying hosting groups of all sizes for family gatherings, celebrations and long-awaited catch-ups with friends. Speaking of celebrations, it's been a year since we released our delicious Blanc D' bubbly and it has added some sparkle to many a gathering. Planning a visit? Bookings are highly recommended for weekends and public holidays. Book online www.westbrook.co.nz/book-now or call the friendly Cellar Door team on 09 411 9924.

Soljans Estate Winery

Join us for our March themed dinner - a harvest celebration! Enjoy a five course degustation from executive head chef, Rob Baxter - filled with gorgeous fresh local produce. Hosted by Tony Soljan, join us for an evening filled with beautiful food, even better wine, and great company.



Bookings are essential so head to our website to check out the menu and book now! www.soljans.co.nz or call us on 09 412 5858.

Testimonial

“What a whirlwind affair!

Graham was the perfect person to sell our home. From the initial meeting, Graham surpassed our expectations. The process took 2 weeks to an unconditional offer. Graham's process was easy, it felt so natural. This community man's values shone through; trustworthy, respectful, personable with honest communication (and a few dad jokes thrown in). What more do you want from a professional trusted with our biggest asset! Absolutely recommend Graham and his team. Thanks again Graham!

Monalisa & Gerald

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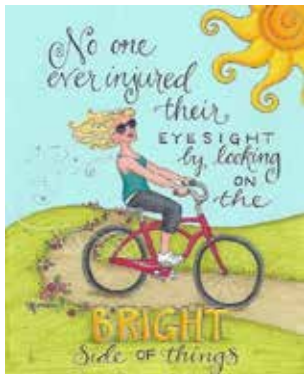
Health & Beauty

Looking bright at For Eyes

Are your spectacles still held together with duct tape and safety pins after the Delta Lockdown? DIY prisoners rejoice! It's time to come into For Eyes in the Kumeu Shopping Village and eye up the latest frames from Vera Wang, Moscot, Land Rover, Kate Sylvester and more. There are modern, smart looks for everyone and at the current Alert Level Matthew and Molly can take all appointments without restriction. So look after your eyes and book your examination at For Eyes Optometrists FB page or www.foreyes.net.nz or call us on 09 412 8172.

Best regards from Matthew, Molly and Anna at For Eyes

P.S. Did you know we have added anti-fog lens wipes to our range? They clean your glasses just as well as our popular Optica Lens Wipes, and as a bonus, prevent that annoying fogging when you wear a mask.



Sneezing, rash and tiredness could be linked to your gut

When people talk about allergies or reactivities what they are referring to is an inappropriate immune response to something in our environment. This could be anything from pollen, cat dander, a food or a natural or synthetic substance.

They can affect more than just one body system and can run in families. Hay fever, asthma, skin rashes or food allergies or intolerances are some common examples.

Usually allergies can be a combination of an abnormal immune response and the release of histamine (a naturally occurring chemical in our body). These 2 things can result in symptoms such as sneezing or sinus pain, bloating, flatulence and cramping, red itchy rashes etc.



Other symptoms can also include mood changes, fatigue, muscle pain and even difficulty losing weight.

Reactivity is not the same as allergy and is really a sensitivity or intolerance to a specific food substance or even natural substances such as the histamine that is also found in food.

Intolerances tend to be more chronic and less obvious as to what the cause is.

Some of the things that can contribute to allergies and intolerances include the food itself, poor digestion, a lack of specific enzymes, an alteration in the gut bacteria or even gut bacteria being in the wrong place (ie the small intestine instead of the large intestine), a damaged or inflamed gut lining as well as an over stimulated immune system.

Believe it or not, food and poor gut health can cause your sneezing, rashes, headaches, sinus infections, mood swings and fatigue. It's not just related to gut symptoms such as bloating.

Whilst testing will diagnose allergies. Working out intolerances is much more challenging and the key to reducing these symptoms is to improve your threshold of tolerance by repairing your gut lining, allowing your immune system to have a rest by avoiding those substances and then testing what your threshold is e.g. small doses of a certain food is OK but not lots or one type of food like feta is OK but cow's milk is not.

I will be running a short course on how to do this in March. If you are interested in finding out more please contact me at sarahb@ sarahbrenchleynaturopathy.com and come and join my free group women's wellbeing circle: www.facebook.com/groups/thewomenswellbeingcircle.

Ready to take a life changing journey into your Life Between Lives?

We have many unanswered questions about our lives. Sometimes we have that strange déjà vu feeling when we go to various places, meet someone or just that strange inner feeling. As we go through various changes in our lives, we may sometimes wonder why we are here, what is our purpose or why has this happened to me?



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Regression, but have you heard of a Life Between Lives Regression? With over 30 years of research and experience the late Dr Michael Newton of the Michael Newton Institute, pioneered a hypnotherapy regression technique called Life Between Lives. This technique can help answer some of your deepest questions about your purpose in life as we go on a journey into the inter-life and find those hidden memories that have been stored deep in your mind and soul.

A Life Between Lives Regression session has been designed to take you on a very deep soul journey to experience your soul purpose and to connect back with your spirit guides. It is your journey back into the inter-life of your memories of the spiritual realm where we return in between incarnations. You may have the opportunity to learn why you are who you are, what other options you had and why you choose to incarnate as the person you are today, to name a few things you may experience. Each experience is different and can be very healing.

Your life changing LBL session can last between 2- 4 hours, where you will we can find the answers to some of your most inner deep questions. Each session is conducted by Jason Mackenzie an Internationally trained Hypnotist and Life Between Lives Facilitator who would be honoured to take you on this amazing journey. You will be taken slowly and safely into a very deep state of hypnosis as you are prepared to go onto your journey and as you come back into the present time and place, you should have answers to some of those questions.

Astramana™ Healing Services, was founded by International Hypnotist, Past Life Regression and Life Between Lives Facilitator, Clairvoyant, Tarot Reader and Reiki Master Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book a Life Between Lives Regression session or any other service that we offer. We look forward to facilitating your journey back in time.

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Paraesthesia: Unusual nerve sensations

Paraesthesia is a term that describes unusual nerve sensations like numbness, tingling, and pins and needles without any known cause. It is not usually associated with any pain, so most people ignore it. But it can be a sign of something a bit more serious. If left untreated, nerve sensations can lead to motor impairment (parts of the body not moving properly) and eventually impairment of the central nervous system.

It can be an early warning sign of nerve conditions like Multiple Sclerosis or Fibromyalgia, or an early warning sign of diabetes. It is reasonably common in alcohol dependence too. Paraesthesia can also be related to nutritional imbalances, which can be reversed with good nutrition, thereby preventing permanent damage.

Vitamin B1 is important to maintain the myelin coverings over nerves. Nerve damage can begin within 1 week of a B1 deficiency starting. You are at increased risk of low vitamin B1 levels if you drink excessive alcohol, are overweight, or have lost a lot of weight suddenly.

A deficiency of B5 is often the culprit in cases of burning feet. Vitamin B6 is interesting because nerve damage can result from either a deficiency or an excess of this vitamin.

Vitamin B12 is involved in myelin production which protects the nerves. Common tests for vitamin B12 levels in the blood can be misleading. You can see signs of B12 deficiency in your red blood



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cells (e.g. high mean cell volume or low haematocrit).

Low calcium levels can also be a cause of paraesthesia. Calcium can be low because of insufficient intake, or insufficiency in supporting nutrients like vitamin D, magnesium and vitamin K2. There are some interesting ways to test for calcium deficiency such as Chvostek's sign or Trousseau's sign. These are quick and easy signs that we can test for at the pharmacy.

The moral of this story is not to ignore unusual nerve sensations. Early testing and intervention often means great outcomes. Pop in and see the health coaches at Massey Unichem Pharmacy to chat about paraesthesia. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

French brilliance

These are the most amazing frames from France. You can change the look and the colour to match your mood or your clothes, by simply adding a clip onto the frame itself. New fronts arrive all the time from France. The frame itself comes in several shapes and colours, in metal or acetate, with or without nose pads. Everyone will think you have multiple frames, but you only have the one frame with multiple clipon fronts. There are even Polarised sunglass fronts. Drop in to Hobsonville Optometrists, 413A Hobsonville Rd and try on frames and fronts from our extensive selection! Phone 09 416 3937 for an appointment for an eye exam.



Going to a GP is hard

And the pandemic is making it even harder. Harder to get appointments, to see a GP face to face, to see the same doctor who knows you. Most GP's are having a hard time too. There's new information every day, and they are juggling vaccines, swabs, RAT tests and looking after different patients with the increased risk of catching Omicron. No matter how hard it is, remember to always speak up and follow up on your own health. If you have any medical concerns, call your GP clinic, especially if



things are getting worse. If you are worried about an important investigation done, call to check the results, and don't presume it's normal. If you have been waiting for a referral appointment for the past 4 months, ask them to check for you. Remember that your GP is your health advocate so if you don't approach them, they can't assist you to make things right again. Don't let your health slip away - connect with your GP clinic today. Dr Frederick Goh - Royal Heights Doctors. Royal Heights Shopping Centre, Shop 12, 138 Royal Road Massey. Phone 09 393 6313 www.rhdoctors.nz.

Revolutionary spectacle lens for preventing short-sightedness

Myopia (short-sightedness) has been an increasingly prevalent issue in kiwi kids and up until now, the most effective myopia control methods are centred around various forms of contact lenses. Here at Westgate Optometrists, we are now offering a world-leading spectacle lens that has been proven to control the progression of myopia by up to 59%.



The Hoya MiyoSmart lens is now available in New Zealand, and offers potentially sight-saving technology. The ideology behind the majority of the myopia control lenses is based around producing blur in the peripherals of the vision in order to "trick" the eye into thinking that it has done enough growing.

Want to know whether Hoya MiyoSmart might be suitable for your child? We are providing a free consultation where we can assess and discuss myopia control methods, as well as answer any questions you may have. Phone our friendly team on 09 831 0202 to arrange a time that suits. Website: www.westopt.nz.


Non-exercise movement

You have probably heard of the concept of 'energy in Vs energy out' when it comes to maintaining or even losing weight.

The 'energy in' part is basically what we are eating.

The 'energy out' part is a combination of several things. We have the basal metabolic rate, the thermal effect of food and then physical activity.

Physical activity is broken into two parts, traditional exercise, and non-exercise movement (any movement not considered traditional



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exercise, for example taking the stairs, gardening, playing with the kids).

If your goal this year was to lose weight or get healthier, then increasing your non-exercise movement is a great start.

If you increased this non-exercise movement and at the same time cleaned up your diet (reduced 'energy in'), only good things will happen in your body. Give it a go.

To watch a video on this topic, visit www.elevatechiropractic.co.nz/blog to find out more.

Replace your silver fillings

Have you ever looked in the mirror or photos and seen a flash of silver in your teeth? Silver 'amalgam' was the popular material to use for dental fillings in the 20th century, but it can certainly impact on the appearance of your teeth and smile, as well as place uneven pressure on your teeth over time. Some people also have concerns regarding mercury content.



The good news is that it's very easy to replace silver fillings to restore the appearance of white teeth. At Fraser Dental we use composite resin for most new fillings and to replace silver ones. Composite resin is strong, and a far-superior material aesthetically compared to metal fillings, allowing for incredible bonding plus colour blending and matching to your natural tooth. The process to remove old silver fillings is as simple as having a normal filling placed. It's a standard, cost-effective dental procedure and only takes one appointment.

If you are interested in replacing your silver fillings and restoring your smile, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050.

New podiatrist

Here at Hobsonville Podiatry we have a new member of the team, Podiatrist Netta Pope.

As a new graduate she is excited to be out treating patients and putting everything she learnt to practice. She is a former teacher and school principal and strives to empower patients to make informed choices about their health through clear explanations of the pathology of presenting conditions.

Netta has a keen interest in treating general foot care issues such as

corns and ingrown toenails.

Having been brought up in the Waikato and then moving to the Far North she is enjoying a bit of city life here in Auckland, enjoying the abundant birdlife of the North Shore.

Netta is in clinic Mon- Fri and is looking forward to meeting the needs of those within our beautiful community.

Book online: www.hobsonvillepodiatry.co.nz or call 09 390 4184.

Covid at home

If you are experiencing Covid symptoms, no matter how mild, or you have been at a location of interest, get tested with us today. Phone The Doctors Massey Medical for an appointment on 09 831 0170.

Now that there is a higher rate of vaccination in Aotearoa New Zealand, most people who are COVID-19 positive will have mild symptoms which can easily be managed at home. 95% people who are COVID-19 positive won't need to go hospital. How to Manage a positive Covid Test at home.

Severe symptoms - Call 111 if you: Have severe trouble breathing or severe chest pain, Are confused or not thinking clearly, Feel faint or pass out (lose consciousness).

Moderate symptoms: Call your healthcare team (or GP if you don't know how to reach your healthcare team) if: You have new or worse trouble breathing, Your symptoms are getting worse, You start getting better and then get worse, You have symptoms of severe dehydration such as; Having a very dry mouth, Passing only a little urine (pee), Feeling very light-headed.

Mild or no symptoms; It is important to stay hydrated- drink plenty of water, Keep monitoring your symptoms so you notice any changes, It is important to avoid running, strenuous exercise and high impact activities.



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Area Columnists

Lions - coming fundraising events

March will likely be the peak period for COVID-19 (Omicron) cases in our community, making the running of community service and fundraising events more challenging.

Huapai-Kumeu Lions will still be running its late May book fair at the Kumeu Community Centre.



Please pack up any books you would like to donate and get them ready for the collection in the fortnight before the fair. If you are moving house or have some other activity which prevents May collection and you would like to donate before May, please contact Huapai-Kumeu Lions on 021 922 545.

The Lions Vintage Shop at 35 Access Rd is open Tuesday-Friday (11am-3pm) and Saturday (10am-1pm). Donated items are sold to raise money for local projects such as supporting the fire brigade, food banks, women's refuge and many other local community projects. The helpers who run the shop are volunteers, enabling the maximum amount of funds raised to reach the community.

Huapai-Kumeu Lions are starting to sell vinyl records online as a fundraiser. If you would like to donate some vinyl records, please contact us. Long-time Lion Arthur Ogden kindly donated his record collection recently which has given us a great start to the project. His wife Irene sorted the collection into categories, which helped greatly.

Lions are starting to work with local small businesses as a fundraiser. Long known for their peppermints and Christmas cakes, Lions are

now partnering with Lemon Tree Kitchen to sell Russian Fudge and other delicious food. The fudge will initially be available from the Vintage Shop, so look out for this when you next visit the shop.

As the pandemic moves into the past, some of you may like to join Lions in serving our community by fundraising and helping out where you can on various projects.

Contact your local Lions group at Helensville, Waimauku or Huapai-Kumeu. We would love to meet you.

By Guy Wishart, Huapai-Kumeu Lions President, 021 922545.

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 children 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 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 more and more 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 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



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Area Columnists

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. Did you know, that when a child masters the monkey bars, this is a key step in developing fine motor skills needed for writing.

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With over 28 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.

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Chris Penk – MP

It goes without saying how critical the internet is to us today. Our lives practically revolve around it, whether it be accessing emails or software, working from home, paying the bills or ordering those essential items.

Sadly, for some of our communities it's considered a luxury to have fast, working access to the internet. This is obviously a cause for frustration on any regular day but it's another thing entirely to have slow and barely-there internet access during periods of lockdown and self-isolation. Unfortunately, this is the lived experience for some of our local communities.

That is why I'm advocating for fast and reliable internet access for all areas of my electorate as a priority in 2022. And I'm pleased to say that progress is already being made.

Recently I met with a Chorus representative to advocate for individual constituents. One community that has particularly been hit hard with poor internet access is the area of Coatesville. Due to its location, Coatesville was initially considered to be outside of Auckland city coverage to justify ultra-speed broadband, but at the same time was not considered as sufficiently remote or rural enough to justify the Rural Broadband initiative, so the residents were losing both ways.

Thankfully, where there is a will, there is way. Chorus identified around 650 residents who were willing to contribute to the internet trust scheme. Along with some government funding in the mix, we now have nearly all of these residents connected to fast, reliable internet. This is a huge win for our Coatesville constituents as a result of a combined public/private solution.

But the work isn't finished yet. My next mission is to seek out practical solutions for other communities that don't appear to have a silver bullet any time soon, yet who are desperately in need of working internet.

I will continue to lobby the government for a better deal for our north and northwest Auckland. Because reliable, working internet



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access is something that's worth fighting for.

Now's the time to get boosted

The new year is underway and Parliament is busy as we debate legislation and continue to prepare so New Zealand is well-placed to take on Omicron".

On the local front I am working with the Kumeu Action Committee following up on the lobbying for a new secondary school in the area. The MoE Education Growth Plan to 2030 anticipates that new primary and a possible secondary school will be needed in the next few years.

I plan to have my mobile office in Kumeu for people to drop in for a chat later this month so watch out for notice on my Facebook page.

Education had a big boost this month when the Government has provided \$21 million that will ensure our children can have warm, dry, fit for purpose classrooms into the future by boosting the projects that are ready to begin construction but need the extra push so delivery can begin.

One of the schools to get the funding boost was Parakai School.

I visited Parakai School last year and was impressed with the programmes and positive learning environment the staff were providing the students so it was a pleasure to get the really good news this month of the announcement of a huge boost for school property upgrades which has meant that Parakai School is able to get their building upgrade underway.

On the other hand the need to get a personal boost is here as the Omicron virus is now in the community and, while over the past two years, everyone has pulled together to keep each other safe there's another really important way we can help protect our friends and family, as well as our doctors and nurses - getting boosted.

Boosters are our strongest weapon. The latest data from most countries shows that boosters make a real difference against

Omicron, reducing the chances of people getting really sick and ending up in hospital.

Every booster strengthens our community's immunity, helping to take pressure off our health system. It's the most significant thing you can do to protect your family and friends, and our nurses, doctors, paramedics and health workers, as together, we respond to Omicron. If you're eligible, I'd strongly encourage you to get your booster as soon as you can.

If you're 18 or over and it's been three months since your second vaccination, you can get your booster today. It's easy to book, or find a nearby walk-in or drive-through clinic, at bookmyvaccine.co.nz. If you'd rather book over the phone, you can call 0800 28 29 26.

Thanks to those of you who've already stepped up for this extra layer of protection. Uptake has been brilliant so far, and more than 1.9 million Kiwis have already been boosted. With more than 10 million doses of the vaccine administered across the country, and every DHB having reached that 90% first dose milestone, we've all pulled together to keep each other safe.

Thanks to our collective mahi over the past two years, we've had fewer cases and deaths than most other countries, and our economy is in good shape. As we face Omicron, it's important to remember that being fully vaccinated is great, but being boosted is even better.

Marja Lubeck MP.

Sayers Says It

By Greg Sayers, Councillor for Rodney.

Five priorities for the next Mayor of Auckland

In just seven months the postal voting papers will be delivered for Aucklanders to decide who will be their next Mayor, councillor and local board members. Final results will be announced on October 8, 2022.

Political jockeying has already begun, however, any clear favourite to become the next Mayor of Auckland has not yet crystallised.

With about 80% of Aucklanders not convinced the Auckland Council is performing as it should be, the next Mayor faces a huge task in winning over the trust and confidence of the general public.

The next leader can waste no time and will need to act with decisiveness to build credibility around Auckland Council's decision-making. Things will have to be done very differently if this is to be achieved.

To positively re-position the Auckland Council, here are five



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She was My World, My Everything and her life stolen from me. Words cannot explain the pain I go through every day without her.

Please Join me and Sign my Petition to slow down the traffic in our neighbourhood before another precious life is unnecessarily taken.



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suggested top priorities the next Mayor of Auckland needs to focus on.

These are; stopping the wastage and overspending, getting the council back to core business, spending of local rates locally, reducing the regulations and red tape, and fixing the traffic congestion.

Firstly, the council must stop wasting money rather than putting its hands deeper into ratepayers' pockets.

We have all experienced examples of low quality, non-priority spending by the council and Auckland Transport. The next Mayor of Auckland needs to make every dollar count. The public is being let down badly at a time when household budgets are stretched. This has to stop.

Wasted spending means other more important jobs are not getting done - the roads are not being fully maintained, promised bus services along the Northwestern Motorway postponed, flood protection measures such as removing debris from the river has been non-existent for years.

The ratepayers of Kumeu and its surrounding districts have been extremely patient, enduring significant rate rises every year. However, this patience has now run out. It is time for a new Mayor to show respect to those households who have borne the brunt of past rate rises. It is also driving the likes of our elderly and families on fixed incomes out of the area.

The next Mayor needs to get the council back to delivering core business. If Auckland is really about equality across the Super City, then let's have our roads, footpaths, walkways and public transport comparable with the rest of Auckland.

We need to get the council back to the "need to haves", like dealing with Kumeu's traffic congestion; rather than the "nice to haves", like pink cycle-ways, white-water rafting parks or giant hanging mirrors in the CBD. We need to catch up on the underinvestment in our area.

The next Mayor would be wise to reposition the council as a servant to the public, rather than a faceless mega-corporation. People are frustrated with decisions being made centrally by a disconnected one-size-fits-all mentality. We need our rates spent on local infrastructure, not on Auckland CBD projects that provide little or no benefit for Kumeu's ratepayers. The council needs to start giving Kumeu its fair share of council's spending.

Part of the rates being spent locally includes the greater empowerment of local board's spending budgets. The 21 local boards across Auckland cover every Aucklanders, yet they get less than 10% of the council's operational funding and even less for capital expenditure. Much is expected of local boards but they are starved of the resources to really make a difference in the community.

Unnecessary council regulations and red tape also needs to be removed. The time delays and cost to do business with the council is out of control.

License costs, user charges, compliance costs and consent costs have all skyrocketed. These costs are being passed onto housing prices. The costs need to be reduced to sensible levels in order for new housing to be created.

Removing red tape and allowing local contractors, community volunteers and other community groups to deliver community projects is essential from any new Mayor to create a more inclusive and fairer Auckland.

Finally, traffic congestion in Kumeu continues to get worse by the day! Money needs to be spent on building and maintaining better roads.

Which of the mayoral candidates will promise the bypass to be built sooner, road sealing and better road maintenance, significantly improved bus services, rail services to Huapai, park 'n rides for Kumeu, roundabouts on SH16, and "greenway" paths to better connect our townships through safe pedestrian, cycle, and equestrian links?

If the trust and confidence in the Auckland Council is to dramatically improve, the Mayor will need to lead strongly by establishing a culture where their top priorities are significantly different from the previous Mayor.

Tanya Franklin - The Travel Brokers

The world is starting to open up, and the impossible MIQ is no longer required, currently just home isolation is needed for 7 days is required, but we are hoping that this too will go by the wayside soon, please just enquire.



It has been an incredibly hard 2 years, while I have been juggling other part time jobs, I am very proud to have kept my Travel Broker business going, just keeping my head above the water, and sadly so many of my colleagues in travel have not been able to, and have had to leave the travel industry. Of the 7500 TAAZ Bonded Travel Agents & Brokers in 2019, now only 2000+ have re-registered for 2022.

I can't wait to be able to be doing what I love full time again.

My happy place Fiji is on sale this week with fabulous airfares starting from \$499 per adult & \$349 per child 11 & under, subject to limited availability, with some resorts offering fabulous 'stay pay' packages with stay 7 nights & pay for just 4, that's 3 nights for free, there are some amazing deals to be had. There is still limited space available at the family friendly resorts for the April & July school holidays.

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Heritage Expeditions Unseen Stewart Island + Pre Cruise Land Package.

Departures: 18 Oct 2022 & 02 Nov 2022

Pre Cruise Package add on from NZ\$655 per person

Heritage Cruise only price from NZ\$6125 per person

Discover the time-forgot rawness of wildlife-rich Stewart Island/Rakiura and Ulva Island/Te Wharawhara with Heritage Expeditions, New Zealand's pioneering small ship expedition cruise company, on this exclusive 8-day voyage aboard our luxurious 18-guest expedition yacht Heritage Explorer.

HERITAGE EXPEDITIONS Discover Marlborough Sounds

DEPARTURES 13 Apr 2022 / 20 Apr 2022 / 26 Apr 2022 / 9 May 2022 / 20 Nov 2022 / 17 Dec 2022

Pre Cruise Land Package add on from NZ\$2635 per person

Cruise only Price from NZ\$4950 per person

Discover the tranquil waterways, wildlife and rich history of New Zealand's Marlborough Sounds on an unforgettable 7-day Kiwi adventure exploring Queen Charlotte and Pelorus Sounds, French Pass and d'Urville Island.

Famed for the breath-taking beauty of their winding cobalt waterways, iconic landscapes, lush native forests, wildlife and remote coastlines these regions are also rich in early New Zealand history and the location of some of the country's most important conservation efforts.

For detailed itineraries & inclusions to be emailed through to you, and for any enquiries at all, please just ask. As a self-employed local business owner, I support Waimauku School, our Scouts, and the Lions club, and I just love being a part of our fantastic community.

Tanya Franklin - The Travel Brokers, Waimauku, email tanya@ttb.co.nz, phone 09 411 9105 or 021 254 9169.

\$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.

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

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Get in touch with Safer at Quinovic West Auckland today.

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