

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES
ARE YOU PREPARED?

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

SUPPORTING LOCAL BUSINESSES

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.

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

May 2020



Greetings

Life after lockdown won't be like it was before.

We are reassured New Zealand is in a good place to come out of COVID-19 intact.

That's despite the loss of many jobs, businesses, exports and tourism.

During the lockdown I missed visiting local fruit suppliers, garden centres, wineries, bakeries, eating establishments and more, which I hope are still running or back operating soon.

All of us should certainly be supporting local businesses, taking advantage of low interest rates, extra subsidies and the like to keep the money circulating and others employed.

Working from home – as many of us have been doing – will probably become more the norm.

That could certainly reduce traffic congestion – I've never seen State Highway 16 so quiet and easy to negotiate, apart from the 1980s and 1990s that is.

So that's one thing I wouldn't like to see 'back to normal'.

I did miss the handshakes, gatherings and other social interaction curtailed during this time.

I also missed cycling around the area. My rides were much shorter and closer to home, the drop in traffic and lack of neighbourhood activity (walkers aside) reminiscent of some apocalyptic movie scene.

People I have talked to during the lockdown – via electronic means, of course - have usually said they hope lessons will be learned from all this.

That's especially so in relation to our environment, many suggesting that we should be moving more quickly to being cleaner, greener and sustainable in everything we do.

The absence of traffic in Auckland, for example, resulted in far cleaner air and dramatically reduced pollution, something other cities globally have witnessed too.

The impact of COVID-19 on us and the world will become more apparent during coming months.

Politicians and the public will see that we cannot go on as before, so it won't be 'business as usual'.

Humans – like viruses – can be quick to adapt, so I'm hoping we'll all come out of this with a better outlook and a far quicker response to things.

After all, we don't want another pandemic.

Perhaps a line linked to Dr Spock from the 1987 song 'Star Trekkin' by The Firm sums up our future: "It's life Jim, but not as we know it."

Geoff Dobson, editor



What's inside

- 3** People & Places
- 7** Safer Communities
- 8** North West Country
- 10** Community News
- 12** Muriwai Open Studio
- 14** In brief: Updates
- 16** Property News
- 18** Property Statistics
- 22** Home & Garden
- 24** Solarcraft
- 26** Central's Tips
- 28** Pets
- 30** Food & Beverage
- 32** Mother's Day Brunch
- 34** Health & Beauty
- 36** Staying Active
- 38** Area Columnists
- 40** Netsafe's Tips
- 42** Health and Safety
- 44** Sayers Says It
- 46** Local Board Update

ENQUIRIES / FEEDBACK:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W kumeucourier.co.nz

COVER PHOTO: Phelan Pirrie

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

Supporting local businesses Level 3

The COVID-19 pandemic restrictions have hit this area hard.

Businesses are struggling to survive, so North West Country business association manager Phelan Pirrie suggests local support for local businesses to help them.

At the Kumeu Courier we are doing just that.

People can shop local and do whatever they possibly can to help businesses remain in the area.

It's tough under the level three restrictions - or what Phelan calls "level 3.8" because they're not a lot different to level four.

"People using local shops will help keep local jobs," he says.

The Government will decide the next steps on May 11 - but that could be too late for some businesses, despite wage subsidies and other financial help.

Phelan says the restrictions could make things impossible for small businesses with tight margins.

"Many have a whole lot of bills and no income, plus have to top up staff wages, PAYE, provisional tax and GST - people don't realise the knock-on effect this has. Landlords don't get paid and people won't go out and spend money which is needed to keep businesses going. There are potentially hundreds of local jobs at stake."

The North West has become renowned for its cafes, restaurants, vineyards, function centres and more - but many of these have yet to see revenue coming in while still struggling to pay bills.

Some may be able to find alternative revenue sources - particularly

through online sales. A few businesses have been issuing vouchers online during the lockdown which people pay for then redeem later.

"Some business owners are being proactive. There are businesses I've spoken to are looking at new business models, so we'll probably see a change in the way many do business," Phelan says.

He's had past experience with a major shutdown, trying to run a central city jewellery business during the 1998 five-week central city power crisis.

There was a scramble for generators and he got one - but although businesses were largely operating customers didn't turn up because the then council told people not to come into the central city. His landlord gave him some leeway yet Phelan says it still took a long time to recover.

He's fearful it could be the same or even worse because, while the Government has allowed more businesses to open, the message is for people to stay home in their bubbles.

As Rodney Local Board Chairman, Phelan points to many projects across the area's roading network which have "ground to a halt", some like State Highway 16 improvements he hopes to see kick quickly back into gear.

"The NZ Transport Agency has been slow to get things moving over the last few years - this is an opportunity to fast-track government infrastructure projects," he says.

As consent fees, development contributions, a drop in revenue from the Auckland Airport and Ports of Auckland plummet, the Auckland Council is looking to trim hundreds of millions off its budgets. This may mean delays to projects such local parks development and the planned Huapai Reserve indoor recreation centre - due to reach the design stage in July.

"If the recreation centre doesn't happen now it will be very hard to do it in a few years," Phelan says.



Come and join us at Nature's Explorers Kindergarten - the best kindy ever!

Your child will thrive at Nature's Explorers. Here are a few reasons why:

- Our warm and caring nature based learning environment
- Specialist early education and low teacher/child ratio
- Gorgeous home-like environment

8 weeks half price fees
On all new enrolments

Visitors welcome at our beautiful kindergarten, visit or call us today
09 412 8800



www.naturesexplorers.co.nz

1 Maude St, Riverhead

People & Places

"Consent fees - all those things users pay towards staff, etc. - it will leave a huge hole in the budget."

Phelan also ponders how the film industry will get back up and running locally as this employs more than 1000 people and is an important local economic driver.

And he says while planning has started for the North West business awards in July, that event could be up in the air too.

He and other area representatives have been able to run meetings online through Skype and the like.

Helensville MP Chris Penk agrees with the call for local business support, adding that as the restrictions of lockdown life eventually ease "it's going to be hugely important that we support local jobs, simply to ensure that the North West doesn't grind to a halt completely".

He recently established an open Facebook group for local businesses and customers to find each other, called Virtual Village: Supporting our local northwest businesses.

The group's name is a nod to the fact that online and other contactless retail is going to be in our foreseeable future, Chris says.

"My office and I have been doing lots of work helping local businesses to understand about the rules of the game, particularly around the 'essential business' definition and wage subsidy matters.

"The uncertainty has been stressful for many and my heart goes out to those really struggling to run local businesses right now."

Auckland Mayor Phil Goff says he is facing a "big challenge" from the COVID-19 pandemic restrictions.

"The council may have lost up to \$650 million revenue a year, which means we have to look at cutting our expenditure by the same amount."

Conscious of the burden many will face, Phil says a rate rise of around 2.5% (down from 3.5%) is proposed which equates to about an extra \$1.35 a week for the average ratepayer.

Meanwhile, the lockdown presented some problems for Muriwai Beach, where Phelan is the local volunteer fire brigade's chief fire officer.

He says pandemic restrictions meant brigade members couldn't train together and teams on call-out were split to minimise risk.

Concrete barriers even had to be placed by Auckland Transport on the Coast Road from Motutara Rd at the entrance to the Muriwai

Regional Park following reports of people breaking into the area, defecating on toilet floors, lighting fires and generally ignoring restrictions.

A wave of surfers is now expected under level three, particularly if surf conditions are right.

The Government has warned that most restrictions still apply at level three, including physical distancing, and that freedom of movement won't come until the alert levels drop further or go all together.

Just when that will be no-one really knows.

Helensville electorate to change

Kaipara ki Mahurangi is the new name for a re-drawn Helensville electorate which loses some bits to other rebranded electorates while gaining areas further north.

The new name effectively means the area of land between Kaipara Harbour and the Mahurangi River, which is a clue to its geographical reality, Helensville MP Chris Penk says.

The new electorate will contain areas further to the north, including Warkworth and Wellsford, as well as Kawau Island, along with areas of Massey closer to the current population bases of Kumeu, Huapai and Whenuapai.

It's all rather confusing really," Chris says.

"Personally, I'm just very pleased to be able to stand again for this electorate, albeit re-imagined as Kaipara ki Mahurangi, retaining as it does Kumeu and surrounding areas also served by the Kumeu Courier.

"I'm sad to be losing the wonderful Waitakere Ranges (now New Lynn electorate) and also much of the area around Dairy Flat and Coatesville - soon to be the 'Whangaparaoa' electorate, as the re-named Rodney electorate."



Quality Steel Sheds, Designed for You.

Lifestyle & Residential Sheds, Farm Sheds, Commercial & Industrial Buildings

- Tailored to your specific needs
- Built up to 30m wide (span) and 7m stud height
- Made with .40-gauge steel roof and cladding for lasting durability
- Designed and engineered in NZ for your environment
- Building consent process handled by our team
- Locally owned and operated in Kumeu



KiwiSpan Kumeu
329 Main Road,
Huapai, Auckland 0810



0800 870 078
09 412 8455



www.kiwispans.co.nz
kumeu@kiwispans.co.nz



KIWISPAN



People & Places

The changes apply from the upcoming general election - due in September.

"So at least we have a number of months to get used to it all," Chris adds.

After the electoral boundaries were re-drawn in mid-April (boundaries are usually reviewed every six years to ensure about equal size), the Representation Commission settled on Kaipara ki Mahurangi as the new name for the Helensville electorate.

The Helensville title applied between 1978 and 1984 when Dail Jones was MP, the seat won by National's John Key in 2002 with Key going on to become Prime Minister from 2008 to 2016.

"In a way I'm sad to lose that nominal connection to my predecessor, Sir John Key, as MP for Helensville, and there will be a little bit of re-branding needed," Chris says.

"That said, I've often preferred to use the phrase 'your local MP', rather than 'MP for Helensville', when engaged in issues that particularly affect areas of the electorate some way from the township of Helensville - such as in the Waitakere Ranges."

Areas that have seen major population changes - such as the North West - are liable to be divided into new electorates accordingly, Chris says.

"It was the 2014 set of electorate boundary changes that saw Helensville gain areas such as Dairy Flat and Coatesville (from the Rodney electorate), along with the entire Waitakere Ranges (from the Waitakere electorate), and lose Greenhithe (to the newly created Upper Harbour).

"Thinking about the electorate's old and new names, on one level it's tempting to ask the classic rhetorical question posed in Romeo and Juliet - 'What's in a name?' - reflecting that the label on a thing doesn't change its essential nature."

Chris says if returned as the local MP for the next term he'll update his vehicle signs accordingly.

"Luckily, my vehicles are pretty long - between the ute and the mobile office (a converted horse float) known as 'Natty' - so we should be able to fit in the new name in a reasonable size font!"

He intends keeping the electorate office where it is on State Highway 16 in Huapai and to continue covering the electorate by holding constituency clinics and appearing at public events, such as weekend markets, with Natty.

"Although the coronavirus crisis has changed things so much, I've been conscious that the lockdown period has also represented an opportunity for me to continue advocating for the things needed by this area," Chris says.

"I've written to various local and central government decision makers about 'shovel-ready' infrastructure projects needed to get the area moving again (including the upgrade of SH16, which is already well overdue, along with potentially larger projects such as passenger rail).

"It's also going to be more important than ever in the coming weeks and months that we support local businesses and that government comes to the party with reliable internet and power for those needing or choosing to work from home.

"These issues have always been important but are thrown into even sharper relief by the current crisis, with our shared need to look out for the area and each other - a theme that will rightly continue to dominate 2020.

"In the meantime, my team and I remain very much available by email and phone (but not in person at time of writing, sadly).

"So please don't hesitate to get in touch on 09 412 2496 or email chris.penkmp@parliament.govt.nz - and take care and stay safe."

Kumeu River Wines picks bumper year

North West wineries like Kumeu River Wines say this vintage is among the best.

"We were very fortunate this year that vintage was about seven to 10 days earlier than usual, thanks to an early spring and early flowering," Kumeu River Wines' Michael Brajkovich says.

"This was followed by one of the driest summers we can remember, and some nice mild temperatures which gave us ideal ripening conditions."

Michael says Kumeu River started harvesting its sparkling wine (Crémant) on February 17, and the last day of harvest this year was March 16 - "so we had everything picked and processed before the lockdown".

The 2019 vintage, most of which Kumeu River will be bottling soon, was one of the best in living memory, Michael says.

"Dry conditions again were the key to this, and the wines are looking wonderful.

"However, we think 2020 will be just as good, if not better."



Registered Structural and Civil Engineer

Keith Stokes | 020 418 20407 | keithpstokes@gmail.com | Muriwai local

House Designs, Alterations, Refurbishments, Retaining Walls

General Commercial/Industrial Structural and Civil Design.

Design Calculations, Drawings, Producer Statements for building consent, Site Observation.



Tile Wright



- Bathrooms
- Kitchens
- Splash Backs
- Waterproofing

Josh Wright

027 260 8225

Tilewright@outlook.com

People & Places

Kumeu River Wines has been able to continue working in the winery as an essential business, but with only a handful of people to avoid contact as much as possible.

"Under level three we have all staff back, but practising sanitation and distancing rules as before," Michael explains.

"We are able to sell wine remotely for contactless delivery, and the best way to access that is on our website www.kumeuriver.co.nz," he says.

The winery cellar door remains closed until Level two starts.

The Level four lockdown meant the winery's matriarch Melba Brajkovich had to celebrate her 83rd birthday with only her bubble present, sharing the occasion with her grandchildren via Zoom.

Lending helping HANZ

When hand sanitisers couldn't be made fast enough to help COVID-19 pandemic hygiene, Waimauku pharmacist Robbie Hannon opted to make his own.

"Instead of waiting, I looked for a solution to the problem," Robbie says.

"I had in stock ingredients to enable sanitiser production so looked at what could I do to solve the problem for my customers and the medical practices I supply."

The hand sanitiser 'HANZ', which is being supplied to medical facilities, emergency services, Plunket, childcare centres and other places where contact is difficult to avoid, follows a World Health Organisation (WHO) formula after Robbie searched for an appropriate one, validated as effective.

Robbie says he was able to use his experience in pharmacy, small batch manufacturing and an ability to produce a viable solution to sort the hand sanitiser shortage for local customers.

"Efficacy was the critical factor," he says.

"The bottom line was product containing 75% alcohol, either isopropyl alcohol or ethanol. Also, the formula had to have the necessary ingredients to kill bacterial spores, hence the hydrogen peroxide ingredient. The importance was a product that was safe to use on the hands that did not leave a toxic residue on hands and was safe."

Robbie says that while many disinfectants exist on the market, they are mainly for surface use and not for putting on hands.

HANZ is made at the Waimauku Pharmacy using pharmacy grade ingredients, Robbie producing small batches of about 20 litres at a time "which suits the environment".



"At Waimauku Village Pharmacy, we aim to meet customer needs whatever way we can."

Mark Adcock of Smashing Promotions, Waimauku, put his hand up to help Robbie with marketing HANZ and establishing a supporting website after his own business suffered during the pandemic lockdown.

He says he heard Robbie had come up with a suitable product and offered to help with online marketing, setting up a web store and to market to the wider community.

"We're now getting sponsorship for it and aiming to get businesses to take it to present to clients and others," Mark explains. "It's the perfect promotional gift, affordable, practical, and will be used and seen often, and is also a scarce resource in short supply."

Robbie says it's a great idea to be able to use HANZ as a promotional tool for companies able to put their own stamp on the product and present it to their clients.

"We can help others to prosper," Robbie adds.

"We want all other businesses affected by COVID-19 restrictions to be able to dig a way out of the financial burden.

"Hence giving them a way to market themselves as local businesses and get greatest value out of their investment, be it a product to ensure safety - it is a win-win-win".

Robbie says whatever sized bottles and fittings could be found prior to the lockdown were used initially.

"However, the opportunity to tailor solutions for different situations arose. Also, with pumps and bottles becoming a scarce resource we decided to encourage recycling and seek from the clients the solutions to suit the environment," Robbie explains.

"Therefore we have spray bottles in various sizes, from 50ml, 250ml, 500ml, 1 litre, and spray, flip top and pump top options.

"This allows workstation set up, refill options and convenient carry bottles depending on customer needs."

The hand sanitiser also air dries so you don't need a cloth to wipe your hands afterwards.

A contact-less system has also been developed for getting HANZ to its destination.

Customers can order online, phone in their order or buy it direct at the Waimauku Pharmacy where contact-less payment is also available.

Contact-less delivery can be provided as well.

"It is great to be able to offer our local and even broader customers solutions that suit their needs in a timely manner, presentations and personalised to meet their needs," Robbie adds.

Visit www.waimaukupharmacy.smashingit.nz/ and for custom branded sanitiser visit mark@smashingpromotions.nz for more information.

KUMEU TYRES LTD Main Road, Kumeu

New Tyres
Truck Retreads
Used tyres

Wheel Alignments
Great Service
Fleet service

Phone Neil 09 412 9856

VODANOVICH LAW

SALES & PURCHASE OF REAL ESTATE
RELATIONSHIP PROPERTY | BUSINESS STRUCTURES
POWERS OF ATTORNEY | WILLS & TRUSTS
COMPANY & EMPLOYMENT LAW

PLEASE CONTACT IVAN

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

Safer Communities



COVID-19 is the hot topic. For the latest and reliable information go to the Government website www.covid19.govt.nz/

The Waitakere Volunteer Fire Brigade members formed two separate operational bubbles to continue to service the community while keeping their family

safe. Calls for assistance across New Zealand have dropped significantly which has helped the members stay in their bubble.

Commemorations for Anzac Day were different this year for everyone. For the Brigade members it was making and placing poppies at the front of their property and the fire station.

Now the clocks have been turned back marking the end of daylight savings the days and nights are rapidly cooling down. Most people are thinking about lighting fires or turning on the heating. However, the colder weather brings with it a special set of dangers that could increase the risk of house fires.

Fireplaces and chimneys

- Clean chimneys and flues before lighting the first fire of the season
- Always use a fireguard or spark-guard when using an open fire
- Never throw rubbish into the fireplace - especially batteries and aerosol cans
- Always empty ashes and ashtrays into

a metal bin and pour water over them before disposal. Remember that ashes can take up to five days to cool completely

- Keep matches, lighters and anything else that can create fire out of reach of children

Electric blankets

• Worn and old electric blankets can cause electric shock, fire and possibly even death. At the first sign of wear have your electric blanket checked by a qualified electrician.

- Make sure the blanket is always flat on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.

Keep safe and enjoy your time with your family.

Denis Cooper

Deputy Chief Fire Officer
Waitakere Fire Brigade
Phone 09 810 9251

Warm and nurturing environment
Large play spaces for all ages
Healthy, hearty, home style meals
High quality curriculum
Exceptional resources for play and learning
3 Days free for 3 - 5yr olds* conditions apply
Nappies provided for Under 2's

Contact Sarah or Jo
www.jojoschildcare.co.nz
09 412 5325

Corner Oraha Rd & State Highway 16, Huapai



Buy Locally – Help Our Community

The last four weeks have been an unprecedented time for our community. With a few days' warning, we suddenly ended up being confined to our homes and the area around them. At the same time, essential workers have played a vital role in keeping our supermarkets open and supplied or prepared for the worst in the health sector.

At the time of writing the direction our country has taken seems to have worked. While regrettably there have been some deaths our health services haven't been overwhelmed with thousands of people falling ill and dying as we've seen overseas.

As we emerge from Level 3 and then Level 2 it is going to be to a changed world.

For the last four weeks, most of our local business owners that provide goods or services that have been sitting at home waiting to see what will happen and how they will reopen. The effect on our restaurants and bars is going to be huge, likewise many service businesses and manufacturing have been without income for over a month. The film industry which employs over 1000 people locally has been dormant and that has, in turn, affected those businesses and contractors that supply that industry goods and services. In some way, COVID-19 will have touched every business and industry and the people employed by them.

There are over 800 businesses from Kauakapakapa to Riverhead that supply goods and services to the public and each other, they also employ hundreds of people in our local community. From horticulture to manufacturing, health, and education to professional services, hospitality, and retail, virtually everything you need is available locally.

By shopping locally or using local services you are ensuring we continue to have access to a great range of locally owned companies and that there are opportunities to work close to home and grow our local economy.

The North West Country business association has an online directory with 400 plus businesses and a growing list of them that are ready to trade either online or by click and collect. And when lockdown finishes you will also find a comprehensive local events page and some suggestions for day trips to explore the area.

So, before you trek into Westgate or go online to buy something off a business somewhere else in Auckland, pay our website a visit and see if you can find it locally.

www.northwestcountry.co.nz

Tony Forlong,
Chair – North West Country Business Association

NorthWest
COUNTRY

FLOUR KAUKAPAKAPA MILK PETROL MEAT PARAKAI
VEGETABLES BEER MECHANIC EGGS COFFEE ANIMAL FEED
RIVERHEAD **EVERYTHING** BREAD TYRE REPAIR ACCOUNTANT
HELENSVILLE ONLINE SALES LAWYER **YOU** PLANNING HOME
FOOD COFFEE **NEED** SALAD PARAKAI WINE MILK
PASTA HOME DELIVERY WAIMAUKU **IS** NEED PHARMACY
SUPERMARKET **AVAILABLE** KOMBUCHA PARAKAI PRINTING
SPORTS WEAR KUMEU YOGA **RIGHT** STATIONERY ACCOUNTANT
KAUKAPAKAPA SPIRITS **HERE** EGGS PASTA FUEL HELENSVILLE
ICECREAM POSTAL SERVICES VET PARAKAI PIZZA
ACCOUNTANT LAWYER **BUY** CLOTHING FINANCE L
BLOWERS RIVERHEAD CONSTRUCTION BAKER
CHAINSAWS BANKING **HEALTHCARE** PIES HEALTHCARE
PARAKAI MILK **VEGETABLES** VET RIVERHEAD
MECHANIC EGGS **HELENSVILLE** ONLINE SALES
BREAD TYRE REPAIR **FOOD** COFFEE SALAD
LAWYER **HOME** DELIVERY
PARAKAI WINE **KOMBUCHA** PARAKAI
WAIMAUKU PHARMACY **SPORTS** WEAR
PRINTING SPORTS WEAR **YOGA** STATIONERY ACCOUNTANT
KAUKAPAKAPA SPIRITS EGGS **PASTA** FUEL HELENSVILLE
ICECREAM **BUY** POSTAL SERVICES VET PARAKAI PIZZA
ACCOUNTANT LAWYER HUAPAI **LOCAL** CLOTHING FINANCE
BLOWERS **SUPPORT** RIVERHEAD BEER CONSTRUCTION BAKER
CHAINSAWS BANKING KUMEU ANIMAL FEED **OUR** PIES
HEALTHCARE **COMMUNITY** PARAKAI MILK PETROL MEAT
PARAKAI VEGETABLES BEER MECHANIC EGGS COFFEE ANIMAL FEED
RIVERHEAD **WWW.NORTHWESTCOUNTRY.CO.NZ** BREAD
TYRE REPAIR ACCOUNTANT HELENSVILLE ONLINE SALES LAWYER
PLANNING HUAPAI PET FOOD COFFEE SALAD PARAKAI



Community News

Kaukapakapa Village Market

At the time of writing we are unsure if the Sunday 17 May market will be going ahead until we hear again from the PM regarding alert levels and what the criteria will be. So I just wanted to let everyone know that the Kaukapakapa Village Market will be ready to provide you with a great morning of laughter and entertainment as soon as we are able and we know that there will be no risk to both our customers and stall holders. I know our crafters have been busy creating new and exciting things and our growers will have a plentiful supply of fresh fruit, vegetables and plants plus all your favourite regulars will be back. We have some great musicians lined up to play over the next few months - Ralph Engle, Foster on the sax, duo Barry & Maryanne, duo Take 2, The Cougar Chorus, Mike Lea. Plus free face painting each month and the kids craft/activity table will be back in action over the winter months. So take care everyone, stay well and be kind and we look forward to seeing you all again soon. Sarah



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

What is next?

We have all faced unprecedented changes in our lives, some of us never experienced such isolation and restrictions before. It makes us think what some of our parents and grandparents went through when they were young.



We all have been affected by these restrictions and we are grateful to those essential workers in the community who have worked so hard to keep things ticking along. YOU Travel Westgate would like to send out a heartfelt thanks to you!

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

It is hard to know exactly when travel restrictions will be lifted. Not

only do we need our own country to remove restrictions, we need other governments to remove theirs before travel can return to normal.

We believe it is likely that when restrictions are removed, it's likely to be Australia and the Islands that will open first. It's important for us to remember that we can visit New Zealand, there are amazing spots here for us to visit and YOU Travel Westgate are here to help. Even though we are unable to travel at the moment, we are still able to book travel for later this year and for 2021. There are specials available now for next year.

Times like this with the many cancellations and sudden changes made to travel around the world makes booking with a travel agent even more important. Show your support by booking your next trip with YOU Travel Westgate.

Check us out on Facebook and if you want to receive our newsletter, please email us with Newsletter in the subject line.

Contact us on 09 8310018, email westgate@youtravel.co.nz or visit at 18 Westgate Drive, Westgate.

Muriwai Open Studios update

Thank you to all the wonderful Muriwai and Kumeu people who attended our Kumeu Arts 200 x 200 exhibition opening. We had a fabulous time with lots of people and a great buzz. The Covid-19 lockdown certainly did shorten the exhibition, but don't despair if you missed it, some of these works will now be able to be seen at the new Ocean View Art Gallery in Muriwai, 77 Waitea Rd.



Do keep an eye on our Muriwai Arts Open Studios Facebook (for a rescheduled photography workshop by Laird Mckechnie) and Karuna Douglas is running a free adults clay workshop on Sat 30th May. This will include handbuilding and sculptural techniques. Bookings are essential. Please email karuna@maiadesign.co.nz to book.

Have you visited our website? We invite you to click on this link www.muriwaiartsopenstudios.com/ and take the time to browse through.

Scouts has gone digital

Scouts is a worldwide organisation with approximately 30 million Scouts in 216 countries. In fact it's easier to count the countries that don't have Scouts, a total of 6 countries.

NOR-WEST & KUMEU GLASS SERVICES

Specialists in Windscreens & Glazing

46 Main Road
Kumeu
PO Box 626
Kumeu 0841

Darren Hakesley



Phone: 412 9914
420 7818
038 1499
Fax: 412 7875
Mobile: 0274 965 596
nwkg@xtra.co.nz

EARTH MOVING CONTRACTOR BOLER

CONSTRUCTION LTD



Driveways, All Drainage, Site Cuts,
Property Maintenance, Subdivisions,
Horse Arenas, Footings & Drilling,
All earth work requirements.
Laser Equipped.

Steve PH 0274 971 154

A/H : 411 7177

E: bolerconstruction@xtra.co.nz

www.bolerconstruction.co.nz

Reg Drainlayer: Over 20 yrs Experience

Community News

Scouts has evolved considerably since it was first started over 100 years ago. When it first started it was just for boys aged from 11-15 years old, but over time there was the introduction of Cubs, Rovers, Venturers and the younger section called Keas. The Scout association of New Zealand welcomed girls into the association in the 1970's. The Scout programme has adapted but also remained fundamentally the same in some aspects. We still do knots and camping, but we are also moving into the digital world. During the recent lock down, we saw the introduction of "Scouting from Home" a worldwide programme to keep youth learning and engaged in the movement. This saw weekly programmes emailed to the youth/care givers with tasks to complete so they could continue to earn badges. A lot of groups had weekly Hangouts or Zoom meetings so the youth could chat and interact with their friends. Scouts NZ recently launched a new website (www.scouts.nz) and made the programme available on the website, not just to its members, but also to the public during Stage 4 as a token of appreciation of the support many of you have given Scouts over the years. The digital programme will continue into Term 2 as we follow the MOH guidelines around group gatherings. This is an exciting new chapter for the movement as it will allow Scouting to be done in a time when it suits the youth, but still have the advantages of a weekly meeting. If you want to know more about the online version of the Scout programme, then head to www.scouts.nz, you will also find links to local groups and other information about Scouts.

Feel free to email me if you have any questions about Scouts. zl.waitoru@zone.scouts.nz. Craig Paltridge. Waitoru Zone.

SeniorNet Kumeu

Almost by definition Senionet members are likely to be in the Covid-19 "High Risk" category, so we are all strictly obeying the lockdown rules of "Level 4" But we seniors don't give up that easily. Our members can still see each other and chat to each other and we are continuing to run our training classes.

Yes, you've guessed it, we have set up Zoom "chat rooms" and Zoom "training classes".

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

So far, we have had four chat sessions, the first lasted 6 hours. All members are sent an e-mail invitation to join and can join by simply clicking on a link in the email.



While we remain in lockdown we plan to have "chat sessions" for at least 3 days every week, where members can call in and leave as often as they wish. It's nice for those living alone as they can keep in touch and catch up on all the gossip, as well as learning how to use Zoom and set up their own family and friends' groups.

We have also provided two training sessions for members and have more in the pipeline.

So, as you can see, Senionet is alive and kicking.

If you would like to join our friendly and informal club, just contact: Brian Lacey on 022 183 1811 brian@lacey.nz.

Struggling to work from home?

Bad internet connectivity or poor mobile reception holding you back?

Do not leave this till the last minute. No reception, slow or NO internet?! Get in contact before it's too late. With winter coming up and all fixed lines get more unreliable. Now is the time to get this sorted.

IT@Hand Huapai have the solution for your mobile phone coverage and fast internet connectivity needs. If you are experiencing low cell phone coverage, have no coverage at your home address or can't access the internet, don't worry... we can help.

What will you expect to find? Friendly, professional and efficient service to bring you a quality and performance driven result that will meet your needs.

For more information please email huapai@itathand.co.nz.

Your local friendly IT team is happy to advise and support you with your computing requirements.

For more please come to IT@Hand Computer Services on 322 Main Road in Huapai. Phone 09 412 9227 or email huapai@itathand.co.nz.



When one door closes another one opens

Our heart goes out to the people who have been adversely affected by COVID-19. As I am writing this we still don't know the real effects of what this virus has done to our community or our world. One thing for sure, there is change in the air, people are changing or losing their jobs, family dynamics are shifting, businesses closing or even opening all to make us stronger and more resilient for any

Kumeu Huapai
PANELBEATERS

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

We're open if you need us

BestStart Orah Road
105 Orah Road, Kumeu
oraha@best-start.org | 09 282 8170

BestStart
Together we teach, learn and nurture

Community News

other future pandemics or disasters. We all know the phrase "When one door closes another one opens" so keep strong, focus on what you can do, and not what you can't for that will lead you in a new and exciting direction for the future.

At the farm we have been busy cutting back and maintaining our crops but also reminiscing the past, and working on what we can offer for the future. We love our roses and other cut flowers but COVID-19 has been a big blow to us too along with many other flower growers. I imagine the cut flower industry will come out of this pandemic quite a different industry, and my guess is that we may not see so many imported flowers anymore but this of course would be very positive for NZ flower growers. At the farm we will change some of the things we do yes, but we are not 100% sure how yet, we will still offer our well-loved U-Pick flower events, but one thing we are sure about is collaborating more with the other part of our business www.plantrescue.co.nz to grow more farm fresh vege seedlings and offering specialist seasonal vege boxes for the local community. We believe knowing where your food comes from is going to be an even more important factor in the daily lives of people and what a better way to do this but at the flower farm.

Angelique & the Team @ Kumeu Flower Farm.

Help bring more awesome to the world

Do you believe that all girls and young women should be valued, inspired and empowered to take action to change their world? GirlGuiding NZ does. This non-profit organisation has spent over 110 years providing adventures and challenges in which girls can discover their passions, contribute to their communities and form friendships in a safe and positive environment. This enables girls and young women to develop into confident, adventurous and empowered leaders of the future.



To help them on their journey they need inspiring mentors and leaders.

So, we are calling all go-getters, brainstormers, mentors and adventurers to volunteer with us.

Bring your enthusiasm, skills and energy and play a part in creating some of a girl's best experiences. As Emma, a GirlGuiding NZ Unit Leader says, "The girls make me smile all the time - but also give me a completely different perspective which keeps me learning."

To start the year with a bang, we need volunteer leaders in Kumeu, Waitakere, Henderson and Te Atatu Peninsula.

Join us in 2020 to empower the next generation of girls and young women.

Find more information at girlguidingnz.org.nz/volunteers.

A helpful resource for those you love

Do you have a loved one living with dementia or another cognitive challenge? Or a senior member of the family for whom a helpful practical product could simplify their lives, such as a specially designed simple music player or a telephone with large memory buttons with photos of the person to call? Or activity products such as targeted puzzles, games, and DVDs? Mindjig has these together with games and puzzles for the general public.



Mindjig is a small Auckland company run by husband and wife team Jonathan and Julie Bourla. It was Julie's brainchild sometime after Jonathan started as an Activities Coordinator at a home for people with dementia. Mindjig is a resource for both members of the public and rest homes and dementia facilities. The "jig" in the name Mindjig came initially from the specially designed jigsaws they produced, but they realised "jig" has other meanings in keeping with the company, such as a lure, a guide, and last but not least a happy dance.

Please have a look at www.mindjig.co.nz or feel free to email info@mindjig.co.nz, or call on 09 600 3251.

Kip McGrath Education Centres

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and our brand is now a global institution with over 40,000 students in 20 countries. New Zealand Kip Centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with NZ school programmes. We were recently awarded the Reader's Digest Gold Award for educational tuition in NZ.

This reputation lies not only in the professionalism and compassion of the teachers who tutor at our Centres, but also the high-quality, curriculum-based learning programmes that we create to meet

**WATER TANK
CLEANING &
REPAIRS**
& Solid Plastering
Call 027 410 8404

**THOMPSON
AUTOMOTIVE**
027 379 3750
New Mechanical Workshop opened in Waimauku. Vehicle servicing and repairs. Friendly honest service. Call Chris 027 379 3750

Community News

each child's specific needs.

At Kip McGrath you will see your child...

- enjoy learning
- develop confidence in his/her natural ability
- make real progress and achieve better results at school
- finally 'get it' and smile

Call today for a free assessment - 09 831 0272 or book online kipmcgrath.co.nz.

Kumeu Library is looking for your suggestions

At the time of writing, it is still uncertain when Kumeu Library will re-open, although we are all looking forward to seeing our customers again. What we can do right now is reflect on what we do, and plan for the future. Kumeu Library would like suggestions on any way we can improve our programmes and services, and assist our local community. You can help by letting us know what you would like to see at Kumeu Library, and we would love to hear from our community - from people who never use their local library, as well as our regular customers. In addition to providing access to over 3.5 million physical items for borrowing, free eBooks, eAudiobooks, eNewspapers and eMagazines, access to over 100 databases, a free movie streaming service, free Wifi, and being a community space, Kumeu Library also offers a range of programmes and activities

aimed at both children and adults, specifically designed for our community. What we at Kumeu Library would like to know is whether there is anything you would like to change about programmes you do attend, or what could be offered that we do not currently offer? Kumeu Library staff are also available to visit community groups - are you involved with a community group that would benefit from having someone from the Library visit? And, very importantly, we would like to hear from those in our community who do not use the Library - what would you like your community library to offer? Please send us your suggestions! You can contact us by emailing kumeu.library@aucklandcouncil.govt.nz. Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with all our news and events.

Huapai Copy and Print

On Tuesday 28th April when Level 3 starts we will be back in operation according to the rules. We will be operating an order by phone or email and pay online followed by contact-less collection from outside our locked door.

This will include all our normal services as well as sale of Cartridge World ink cartridges.

Brian & Joan - Huapai Copy & Print.
Phone 09 412 8882 or email huapai@copyandprint.co.nz.



COTTLE

COTTLE MOTORS & AUTO ELECTRIX

Phone: (09) 412 9908

Mobile: 021 760 681

PO Box 117, Kumeu

MUFFLER & EXHAUST SERVICE

COTTLE MOTORS & AUTO ELECTRIX

65 MAIN RD
KUMEU

WOF REPAIRS

THE BATTERY SHOP

- Professional Friendly Service
- Courtesy Cars Available
- AA Licensed Repairer

- Breakdown Service
- Autosure Warranty & Service Repairs
- AA Reward Points

- State Roadside Rescue
- Protector Insurance Approved
- Eftpos, Credit Cards Accepted

YOUR ONE STOP MECHANICAL & AUTO ELECTRICAL SERVICE REPAIR SHOP

FULL AUTO ELECTRICAL REPAIRS

- THE BATTERY SHOP – Yuasa Batteries Car, Commercial, Marine, Motorcycle
- Car Stereos & Speakers
- Wiring
- Starters & Alternators
- Lights
- Wipers
- Fuel Injection
- Vehicle Security Systems
- Central Locking
- Air Conditioning
- Auto Electrical Parts & Accessories

FULL MECHANICAL SERVICING & REPAIRS

- WOF & Repairs
- Cooling Systems
- Tuning & Servicing
- 4x4 Service & Repairs
- Automatic Transmissions
- Diesel Vehicle Specialists
- Suspension & Shock Absorbers
- Exhausts
- CV Joints & Boots
- Brakes
- Cam Belts
- Clutches



In Brief

Free financial crisis assistance

UHY Haines Norton Chartered Accountants are continuing to provide all accounting, tax, audit and business advisory services remotely. Under Alert Level 3 clients are not allowed on our premises, so our Kumeu office remains physically closed. However, the whole team continues to work safely from home and are contactable through all of the same channels.

We are proud to be providing free financial crisis assistance for businesses affected by COVID-19. We are offering up to two no-obligation collaborative business meetings with our experts, completely free of charge. Our experts can demonstrate how different scenarios for revenue, profitability and cash flow may impact, and provide analysis and information around changes you may consider making due to the COVID-19 crisis. If you have any concerns regarding the financial future of your business we are here to help. This offer is open to all businesses - you do not have to be a client with us.

To start your free financial crisis assistance please contact Mark Foster on 021 220 5817 or email crisisassistance@uhyhn.co.nz.

The Mobile Car Specialists – we are open

We'd just like to let you know that we are now back open for business and able to provide our services to you throughout levels 1, 2 and 3.



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

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

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

Our services include:

- Dent removal - small to large
- High quality paint correction / cut and polish
- Ceramic coating paint protection
- Yellow / foggy headlight restoration
- Signwriting removal




NOW OPEN
PH 09 416 0003
gymzone.co.nz

4 WORKSPACE DRIVE, HOBSONVILLE

Gymnastics • Parkour • Tumbling & Trampoline
Preschool • Holiday Programmes • Free-Play
School Programmes • Birthday Parties

where movement begins

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

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

Are you prepared?

Waimauku Pharmacy have manufactured their own range of WHO formulated Hanz Sanitiser.

Available ex-stock in a range of sizes, and also with the facility to add your own customised label.

The perfect functional promotional item to showcase your business.

Your brand will literally be "in and on" their hands, all day, every day.

You will build goodwill and profile your business in the local community. Pricing is dependent on quantity ordered.

So please, if of interest act now, reply with desired quantities and we will get straight back to you with confirmed pricing or call the office 09 412 6135 ext 2, or text 021 761 704 and of course if there is anything else we can assist with, please advise.

PPE, apparel, signage, webshops, websites.

All the very best to you and your bubblers - from the team at Smashing Promotions.



Thank you from Bridgestone

We wish to thank all the essential employees who have been working over these past weeks to flatten the curve, putting themselves and their families on the front line.

We have been happy to help out our Community during the lockdown, keeping you safe on the road, fixing punctures and supplying new tyres where needed.

Our other activities in lockdown have been excessive baking and entertaining children

We look forward to meeting you and helping you with your tyre needs, at the big red building 43 Main Road, Kumeu ... Our landline 09 412 9111 is diverted to our mobile so we are available to help you via appointment at Level 4. At Level 3, Tuesday 28th April we





Grant Castle



P (09) 412 8239 | 106 Main Road, Kumeu
M 027 299 7054 | E castlepanelbeating@orcon.net.nz

In Brief

will resume normal trading whilst observing Covid 19 protocols and using Zoono sanitation products.

Covid 19 Tyre Tip - check the pressure on your tyres ... some air might have leaked whilst you were observing lockdown.

Lollipops Kumeu

Kia ora whanau, in these uncertain times it is wonderful to see the combined effort across the nation to fight Covid-19. A huge thanks to all our essential services for your continued efforts.

Lollipops Kumeu have taken every precaution to ensure our centre and team are ready for the return of our centre community. We believe health and safety are crucial for the wellbeing of our tamariki, kaiako and whanau.

We are a Reggio inspired centre with large natural spaces for children aged between six months and six years. We believe in respectful relationships and the holistic development of every child.

You can view our beautiful centre through our website, Facebook page and Instagram.

Feel free to contact us for enrolment enquiries, we would love to



hear from you.

Ko te ahurei o te tamaiti arahia o tatou mahi - Let the uniqueness of the child guide our work.

Kia kaha Aotearoa. Lollipops Kumeu.

Waimauku Scouts firewood fundraiser 2020

With the weather starting to turn a bit chilly and damp, we wanted to let you know we WILL still be doing firewood deliveries. Our firewood season started with a hiss and a roar, and our scouting families managed to get a good pile ready before we were forced to stop due to the Covid-19 restrictions.

Please email us waimauku.scouts@gmail.com or phone Lisa on 021 511 336 to get your orders in as we will start a contactless delivery service once we are able.

Cost: \$120m3 for a mix of old-man pine, macrocarpa, gum and wattle. Delivery: Free delivery locally within Waimauku/Muriwai/Kumeu/Huapai. Stacking: Available for a donation.

A huge thanks to our local community for their continued support of our Scout group as we fundraise to get our exciting new Scout Den built. Thanks especially to Matt and the team at Brotherhood for their ongoing support in helping us to help keep the community warm in winter.

Burnetts Septic & Water Tank Cleaning

Your septic tank should be cleaned every 3 years
(average family of 4)



PLEASE PHONE
09 412 9210
Bruce
0274 924 494
Jeremy
0274 871 990

COMPETITIVE PRICES
OVER 30 YEARS EXPERIENCE

Property

Property market report

Property demand and supply through Covid-19.

Sales activity through the months of February and March were strong however we saw two dramatic effects in April. Firstly the unprecedented withdrawal of properties for sale, an indication that as many as 45 percent of homes have been taken off the market. And secondly a huge surge in New Zealanders returning home from overseas, boosting the demand for homes in key centres.

The Real Estate Institute of New Zealand's national lower quartile selling price was \$480,000 in March, a record high, and up 4.7% compared to February and up 7.9% compared to January.

There was also strong price growth in Auckland where the March lower quartile price was up 7.6% compared to January, and in Wellington where it was up 17.1%. In Canterbury it was up 6.9%.

However outside of those main centres the price trends were more mixed, with March lower quartile prices down compared to the start of the year. In Bay of Plenty they were down 3.0%, down 5.0% in Hawke's Bay, Manawatu/Whanganui down 1.7% and Otago down 4.8%. The lower quartile price was unchanged in Southland, with all other centres posting gains.

In March the average of the two year fixed rates offered by the major banks dropped back to 3.46%, equalling the record low set in October last year.

That helped keep mortgage payments affordable, with the payments on a home purchased at the national lower quartile price of \$480,000 taking up just under a quarter (24.75%) of the median take home pay for couples aged 25-29 who both work full time.

Even in Auckland, the region with the highest prices in the country, mortgage payments would take up 39.87% of the take home pay of couples aged 25-29, just under the 40% threshold at which mortgage are considered unaffordable.

So in a snap shot, supply of property on market is expected to be at record low levels, and demand is expected to be at record high levels, and this in part has to do with repatriation of Kiwis and the other is the extremely low interest rates for mortgage finance.

If it's time to consider selling your property, now is a pretty good time. Call me today for a report on what value is within your home or investment property. In addition we will provide a pre-sale audit to outline quick wins that can make a real difference to buyer demand and in turn your price.

Let's look at the sales results:

Coatesville Lifestyle	\$1,490,000 to \$4,500,000
Helensville Residential	\$385,000 to \$915,000
Helensville Lifestyle	\$860,000
Huapai Residential	\$827,500 to \$1,100,000
Kumeu Residential	\$765,000 to \$1,000,000

Kumeu Lifestyle	\$1,450,000
Muriwai Residential	\$739,000 to \$925,000
Parakai Residential	\$389,000 to \$615,000
Riverhead Lifestyle	\$3,500,000
Swanson Residential	\$759,000 to \$1,460,000
Taupaki Residential	\$1,005,000
Waimauku Residential	\$972,000 to \$1,425,000
Waitakere Residential	\$1,150,000
Whenuapai Residential	\$849,000 to \$1,250,000

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

Reflecting on our personal and family affairs ... wills and EPAs

ClearStone Legal (Francine Cameron)

During these unprecedented times there is rarely a better time to reflect on our personal/family affairs including the opportunity to review an existing Will (or consider putting one in place) and arranging Enduring Powers of Attorney.

EPAs - Enduring Powers of Attorney (EPAs) can be best likened to an insurance policy - you need it in place before you need it. If you or a loved one become incapacitated then having EPAs in place gives the authority, to

make decisions on your behalf, to someone you trust. Having these already in place if the times comes, saves time and money at a time when both can be critical. Without this, decisions can't be made without going to court which is costly and time consuming. Not having EPAs is likely to result in delays in action, added stress for loved ones and could lead to undesired outcomes.

Wills - Most of us want a say in how our assets are to be distributed in the event of our demise to family and loved ones as well as who will care for our children. Many issues can come into play including de facto relationships, blended families and family disagreements. Good practical legal advice can help you strategise to ensure your wishes are carried out (and by whom).

If you do not have a Will then the Administration Act 1969 will determine where your assets will go. This may not be what you intended and requires additional steps to administer your estate resulting in delays and additional costs in distributing your assets,





Henderson Reeves

creating smart legal solutions

P 09 281 3723 **F** 09 438 6420
E auckland@hendersonreeves.co.nz
 PO Box 217, Waimauku 0881
www.hendersonreevesauckland.co.nz

Friendly Legal Experts

- Property Law
- Family Law
- Business Law
- Family Trusts
- Employment Law
- Estates
- Debt Collection
- Wills

smith AND PARTNERS

LAWYERS

293 Lincoln Road
 Henderson, Auckland
 PH: 09 836 0939
smithpartners.co.nz

Property

as well as distress for family members. Also, without a Will you have not specified who will receive particular items, for example jewellery or tools or whom is appointed for guardianship.

We are still available and operating from home during Lockdown. While we cannot meet with you in person, we are continuing to assist and advise on a range of legal issues. We are happy to help with your Wills, Enduring Powers of Attorney or discuss any other queries or issues by email, phone or audio-visual links.

Please contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre) on 09 973 5102 or email admin@cslegal.co.nz for a no obligation chat. In the meantime please take care of yourselves and your loved ones and stay safe. We look forward to seeing you again soon.

Kemp Barristers and Solicitors

Kemp Barristers & Solicitors have looked after our clients in the face of many challenges over the years, and we'll continue to do the right thing for you and the community as New Zealand manages the impacts of the COVID-19 pandemic.

As this is a particularly important time for you to take care of yourselves and your loved ones, we are here to help you in whichever way we can.

To assist during the lockdown, we are available to meet with you through digital or telephonic appointments.

We are closely following the Law Society's recommendations and

keeping up with the changing environment regarding issues such as digital signing and what this will mean for you in keeping your legal requirements met.

This may be a time in which to ensure that your personal and business matters are properly structured. Our team is here to help.

Phone 09 4126 000 / info@kempsolicitors.co.nz.

Precision Roofing

Due to New Zealand returning to alert Level 3, the team at Precision Roofing will be back on board for business. We will be able to provide free no-obligation quotations and carry out roofing work contactless.

The safety of our clients and staff is our priority. We will have additional measures in place to ensure both our staff and you are protected.

We will be increasing our already high standards of hygiene, including, but not limited to; strict handwashing and sanitising protocols, the safe use of nitrile gloves when necessary, all staff to maintain personal distance (ideally 2 metres) and staying home when unwell.

Our services include; colour steel re-roofing, tile roof restoration, spouting and downpipe work and repairs on all of the above.

If you would like a free no-obligation quote, please get in touch, we would love to hear from you!

0800 00 22 22 info@precisionroofing.co.nz.



QUINOVIC

Experts in property care and return



Contact me
for a FREE rental
Appraisal!

Brendon Stuckey

09 837 6000 - 0274 907 777

brendon@quinovic-wa.co.nz

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 \$
COASTVILLE	3,100,000	2.39HA	233M2	4,500,000	SWANSON	1,300,000	638M2	364M2	1,460,000
	1,675,000	1.62HA	235M2	1,490,000		900,000	408M2	162 M2	925,000
	1,650,000	1.75HA	180M2	1,650,000		1,025,000	460M2	207M2	1,000,000
HELENSVILLE	1,650,000	1HA	138M2	860,000		750,000	151M2	136M2	779,000
	330,000	0M2	43M2	385,000		1,260,000	600M2	355M2	1,440,000
	930,000	3151M2	106M2	915,000		1,250,000	40500M2	170M2	1,390,000
	640,000	517M2	127M2	665,000		1,225,000	652M2	337M2	1,322,000
	600,000	1023M2	88M2	680,000		1,250,000	600M2	343M2	1,450,000
	580,000	445M2	82M2	660,000		690,000	1193M2	95M2	759,000
	800,000	0M2	156M2	750,000		1,250,000	600M2	330M2	1,398,888
HUAPAI	1,150,000	893M2	254M2	1,100,000		860,000	1080M2	120M2	775,000
	790,000	1113M2	114M2	925,000	TAUPAKI	1,125,000	2162M2	170M2	1,005,000
	940,000	660M2	170M2	827,500	WAIMAUKU	1,250,000	1.45HA	200M2	1,425,000
KUMEU	1,350,000	2.02HA	148M2	1,450,000		1,150,000	1.29HA	175M2	1,375,000
	910,000	405M2	168M2	920,000		1,150,000	1606M2	183M2	972,000
	950,000	505M2	182M2	1,000,000		1,175,000	4209M2	306M2	1,100,000
	860,000	400M2	158M2	880,000		1,400,000	1623M2	301M2	1,305,000
	265,000	2833M2	85M2	765,000	WAITAKERE	1,000,000	1HA	127M2	1,150,000
	870,000	361M2	167M2	890,000	WHENUAPAI	870,000	188M2	163M2	886,000
MURIWAI	870,000	898M2	67M2	739,000		1,540,000	6240M2	100M2	1,250,000
	1,350,000	1758M2	180M2	925,000		970,000	186M2	224M2	875,000
PARAKAI	470,000	657M2	88M2	615,000		940,000	166M2	211M2	875,000
	550,000	0M2	100M2	585,000		970,000	190M2	224M2	870,000
	325,000	0M2	59M2	389,000		800,000	139M2	148M2	849,000
RIVERHEAD	3,112,500	2HA	200M2	3,500,000					

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.

Mike Pero's **low** commission rate:

2.95% up to \$490,000

(Not 4% that others may charge!)

1.95% on the balance

Plus \$490 admin fee. All fees and commissions + GST

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.

LIST
TODAY!
TO RECEIVE A
\$6,000
MULTI-MEDIA
MARKETING
KICK START*

Mike Pero | REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Kumeu
Phone 0800 900 700 Licensed REAA (2008)

Graham McIntyre
Brand & Territory Owner
027 632 0421





WAIMAUKU ON THE HILL - PRECAST CONCRETE AND WEATHERBOARD

6 6 3

\$2,875,000

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

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

www.mikepero.com/RX2328642



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



HIGH MOTIVATION IN MASSEY - 675SQM

3 1

By Negotiation

20 Hartley Terrace, Massey
By Negotiation

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

www.mikepero.com/RX2286150



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



FOR AN EDUCATED DISCERNING BUYER 4 5 3 By Negotiation

2 Koraha Road, Kumeu
By Negotiation

North facing, this home has been crafted to suit a family or mature couple offering an adult wing and Children/Guest wing. Open plan designer kitchen with breakfast bar and scullery, lounge area with gas fire place and dining area, separate formal lounge and family room, a generous designer space that flows through to the covered patio and beyond to the in-ground heated pool.

www.mikepero.com/RX2249624



Graham
027 632 0421
graham.mcintyre
@mikepero.com



SEAVIEWS, COUNTRYSIDE LIVING 3 2 1 \$649,000

18 Shelly Beach Road, Shelly Beach
Asking Price \$649,000

This renovated and redecorated three bedroom home delivers a delightful easy living home with new kitchen and bathroom. Open plan lounge dining which extends to North East decking with commanding rural and inner harbour views. Downstairs is an over-height double garage with office/ workshop and laundry, providing plentiful space for storage.

www.mikepero.com/RX2268507



Graham
McIntyre
027 632 0421



AFFORDABLE ON 1236 SQM OF LAND 4 2 2 By Negotiation

16 Denehurst Drive, Waimauku
By Negotiation

Open plan living and entertaining linking to north facing decking with large overhangs delivering the best of the sunshine and shade with the protection from the rain. An excellent layout including four bedrooms (master with ensuite and walk in wardrobe), two bathrooms and three toilets feature in this expansive two level home.

www.mikepero.com/RX2223811



Graham
McIntyre
027 632 0421



BRICK AND TILE - AFFORDABLE, MODERN LIVING 4 2 2 By Negotiation

36 Fordyce Road, Parakai
By Negotiation

Easy care Brick and Tile home on 520 square meter section, this property is perfect for a family or an investment in a great semi rural environment. Offering four double bedrooms, including master with en-suite and walk in wardrobe. Open plan entertaining living opening out to north west patio. A double garage with options for workshop keeps toys and tools off the street.

www.mikepero.com/RX2163650



Graham
McIntyre
027 632 0421



CLASSIC KIWI BUNGALOW - BEST LOCATION

3 1

By Negotiation

62 Tudor Road, Henderson

By Negotiation

The home is a genuine and classic bungalow that has been crafted to enjoy three bedrooms and two lounges although the hero of the home is an exquisite open plan entertainers kitchen and lounge and the infusion of a second lounge with the attached Palapa offering an extra open air living space for all occasions.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2269727



PRIME LOCATION, 4 BEDROOM, 2 BATHROOM

4 1 2

By Negotiation

22 Vina Place, Massey

By Negotiation

The home has an easy flow through open plan lounge dining to north east decking overlooking fully fenced back yard and two level play house. Offering four generous bedrooms, office nook, ensuite and main bathroom to ensure limited congestion in the mornings. Central kitchen, storage and laundry area delivers an easy transition to getting jobs done.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2250920



QUIET FULLY FENCED ROW LIVING

4 1 2

By Negotiation

46 Zefiro Drive, Massey

By Negotiation

Set at the end of a ROW, enjoying 609 square meters of land with loads of off street parking - up to 8 cars, a fenced lawn area which leads onto a private deck with established plantings and open pergola. The home has four bedrooms, huge Master with walk-in Wardrobe/Ensuite, family bathroom & separate WC. Open plan entertainers living with two lounges flowing onto decking areas.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2255417



3222 SQUARE METERS - BIG OPPORTUNITY

4 1 2

\$1,545,000

44 Puriri Road, Whenuapai

By Negotiation

This gently sloping fully usable property ticks the boxes for a sensible buyer interested in adding value and creating a return, based on the size of the land and the two driveways (independent development opinion from Terra Nova planners available to prospective buyers). The property has multiple improvements including a very well presented period bungalow, office, workshop, sheds and garaging.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2204835

Home & Garden

Laser Plumbing Whenuapai

With the move to Covid-19 Level 3 now confirmed, what will that mean for our customers?

It means our business will be operational again from Tuesday 28th April 2020.

Our team of plumbers, roofers & drainlayers will be back on board, able to attend to any of your leak requirements. We will be carrying out all work in line with the Covid-19 regulations while maintaining public health requirements and still fulfilling our usual health and safety obligations.

We will be regularly disinfecting tools and surfaces, encouraging good hand washing hygiene, not allowing anyone who is unwell in the workplace and maintaining physical distancing.

You can contact us in the same way you always have - by phone, email and through our website.

Ph | 09 417 0110 Email | whenuapai@laserplumbing.co.nz | www.whenuapai.laserplumbing.co.nz.

Monthly spotlight – plumbing

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

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

Ever had mess
left behind?



No mess, no dodgy products &
no run around. We guarantee it.

Ph: 09 417 0110

Roofing | Plumbing | Drainage | Gas fitting
Drain Un-blocking | 24 Hr Service



"Totally Dependable"

Laser Plumbing
Whenuapai

whenuapai@laserplumbing.co.nz

www.whenuapai.laserplumbing.co.nz

Our company has contracted to various housing companies for many years and has a great reputation of completing work on time and on budget.

Laser Plumbing & Roofing Whenuapai is based in West Auckland and services the plumbing needs of homeowners, commercial and industrial businesses. Our dedicated and knowledgeable team is focused on providing excellent service to our customers. No job is too big or too small for Laser Plumbing Whenuapai.

We also have a plumber available 24 hours, 7 days a week for any plumbing emergencies - as unfortunately, these can come at any time.

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

Independent pre purchase house inspections

The inspections: A complete and thorough visual inspection of the entire building including: The roof and gutters and valley trays. Cladding and all joinery. Foundations, floor and sub floor framing (including for insect infestation). Floor to ground differentials. Inside the roof space checking the roof, roof framing, insulation and ducting etc. Moisture meter readings taken on the inside of all exterior walls (leaky building issues). Moisture meter readings taken around showers baths toilets etc. (plumbing leaks). Decks and pergolas. Fences, retaining walls, separate garages and carports etc. Impending maintenance or repairs needed.



My promise to you: Your inspection will be carried out in a thorough and professional manner by a very experienced and competent builder. We will provide a verbal report by phone, and via e-mail a detailed written report (including photos of all faults), clearly outlining all findings. A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005. We are totally independent and work only in the interest of the perspective purchaser. We cover the entire Auckland area, from Wellsford to Pukekohe and beyond. Reports are promised within 24 hours but are usually sent on the same day as the inspection. Competitive prices - full written or verbal only reports

YOUR BUILDING SUPPLIES SPECIALIST

Prenail
Truss
Cladding
Linings
Insulation

Posts
Poles
Retaining
Gates
Fencing

Power Tools
Hand Tools
Hardware
Safety
and much, more

2
Airport Road
WHENUAPAI
416 8164

154
Main Road
KUMEU
412 8148

2
O'Neills Road
SWANSON
832 0209

ALL STORES OPEN MON-SAT

westernitm.co.nz



Home & Garden

I believe it is necessary to have a pre purchase inspection carried out prior to purchasing any home, old or new. Older homes may present problems such as subsidence, insect infestation, rotten windows or leaky building issues etc. but almost all the faults I find on new houses are workmanship related, many of which are easily remedied but some not so. Council inspectors ensure that the house is built according to the building code, but not necessarily to a high standard of workmanship or attention to detail. On one new house I inspected recently I found 104 faults.

There are numerous things that a pre purchase house inspector needs to be aware of and on the lookout for, which is what makes the work interesting for me, bringing my lifetime of experience into play.

Post lockdown your inspector will wear disposable gloves at all times and when inside the property a face mask and shoe covers will be added.

Contact - Kevin: 021 288 0101 or email kevinmontgomerie@gmail.com.

A1 Property Maintenance Services

A1 Property Maintenance Services Ltd based in Huapai has many years' experience with property renovation and maintenance including kitchen, bathroom, decking, fencing, aluminum gate automation, painting, and much more.

Our company has reputable clients and experienced staff to carry out all jobs with quality workmanship and detailed finish. Contact us on 021 965 616 for peace of mind service with on time job completion and workmanship guarantee.

Your May garden

As the last leaves of autumn fall now is the time to protect your garden from frosts and harvest the ever classic feijoa for warm winter crumbles.

Autumn is the best time to plant new trees and shrubs as they can get established over the cooler, wetter winter months. Add some Tui Novatec Premium Fertiliser at planting time and tie to a support stake.



In the flower garden, plan new roses to plant and prepare the soil by adding Garden X Compost. Palmers new seasons roses start arriving in store later this month. Now is the last chance to plant spring bulbs for a dazzling display.

In the edible garden, feed citrus trees with Tui Citrus food to maintain foliage colour and good health. Sow seeds of beetroot, broccoli, broad beans, cauliflower, cabbage, carrots, onions, radish, spinach, swedes and turnips directly into your garden bed. Garlic and shallot bulbs are in store now and can be planted until late July.

Reduce watering of house plants and move them into warmer positions.

Palmers Westgate | Corner of Maki and Northside Drive, Westgate
Open 7 days from 8.30am. Phone 09 810 8385 | www.palmers.co.nz

Jim's Mowing

Jim's Mowing franchise owners are lucky guys compared to many other business. We were able to hibernate our businesses over the lockdown. And despite being a bit bored over the break we knew the grass, weeds & plants were growing and making new work for when we could return. And yes lucky there too, being outside and on clients lawns & gardens means we get back to work as soon as the country moves to L3, sooner than many others.

We are keen to get back to what we love to do and to help as many clients as possible, there may be a bit of backlog at first but call now on 0800 454 654 and we can book you in as early as possible.

Returning to work clients will notice just a few differences - no cups of tea, hugs or handshakes please. We are operating strictly to the government guidelines around distance and touching objects on properties - like gates - to be sure to protect you, ourselves and our community from any illness. If we have any sign of illness we will not operate, likewise we appreciate a call from clients if they aren't 100% well too. And no cash or cheques - online payment is totally contactless.

What won't change is the same cheerful smile & wave, dependability and high standards of work. You'll soon hear again the buzz of your friendly local "Jim" in action and notice the crisp, clean, tidy lawns, gardens and hedges re-appearing in your neighbourhood.

Gary Turton - Franchisor, Jim's Mowing NZ North. Phone 0800 454 654.

Waimauku Garden Club

My word, February was the last time we went on an outing together. That was to the Nathan Homestead and the Auckland Botanical Gardens. We do so miss meeting together and tripping out.



Precision Roofing

And Spouting Solutions

Think Roofing, Think Precision
Free No Obligation Quotes

0800 00 22 22

Atlan Norman
Managing Director
021 044 3093

www.precisionroofing.co.nz
info@precisionroofing.co.nz

sustainable
LANDSCAPES



rock retainer walls | entranceways | ground shaping & digger work

Dave Milina

E: info@sustainablelandscapes.co.nz
M: 0275 196 219 | O: 09 414 4503

www.sustainablelandscapes.co.nz



Home & Garden

Once we have the all clear and the committee has met to replan and discuss future trips and ongoing health procedures, we will be on track again for some exciting outings. Keep well and keep safe. Sit back, relax and enjoy your surroundings. Be creative. Contacts: Ann 021 035 7406, Bette 021 145 1854, Diana 027 478 8928, Judith 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

Solarcraft – we got this NZ - power security ...

Firstly, a BIG shout-out to the folks at the Kumeu Courier who have rapidly adapted to keep this great publication going for everyone.

You'll all be well aware of how our natural environment reacted to the lack of people going out to work, schools etc. Within only one week of lockdown, pollution in the air dropped dramatically. As we are in the renewable and sustainable energy business, this data was the true silver lining at this rocky time. Change in behaviors actually made a difference to our air-quality, along with the near-stamping out of a pandemic! There is great power in numbers.

We had a swell of solar enquiries just before and during lockdown with a lot of people concerned about their power security. Hybrid systems are the go at the moment, as you can be both connected to the grid and store energy in your battery for high-use power times at night and within power outages.

If you have any questions about how solar can work for you, the planet and your future, contact us on info@solarcraft.co.nz or phone Phone 0508 272389 W: www.solarcraft.co.nz.





SOLARCRAFT

- SOLAR POWER SYSTEMS -
COMMERCIAL & RESIDENTIAL

W: WWW.SOLARCRAFT.CO.NZ
P: 0508 272 389
E: INFO@SOLARCRAFT.CO.NZ

'OFF-THE-GRID, IN-THE-CITY'



Custom Design & Installation

Tile and grout cleaning and re-colouring

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

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



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

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

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

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

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

Western ITM level 3 trading

Western ITM will commence contactless trading from Tuesday April 28th under level 3. We will be processing orders received via phone and email and are able to receive those now.

Orders can also be placed via our Trade Portal facility. The best contacts are your sales representatives and our trade support team. We will confirm your order and advise of pick up or delivery time.

N.B. Our main phones and DDI phone numbers will not be manned until Tuesday 28th.

Please observe all our contactless trade safety procedures. Posted on our website is information relating to the collection or delivery of your orders. We will also be requiring you to complete our Contact Tracing Register when collecting.

Our stores will be operating within our trading hours 7am -5pm



issues with drainage... the solution is kaneage

Kane Franklin
Registered and Certified Drainlayer

Phone 0275 565733
Email kaneage0@gmail.com



Home & Garden

Monday to Friday under level 3 but please phone ahead to enable us to collate your orders ahead of time. Under level 3 we will not be open on Saturdays.

Contact information for Orders:

Swanson - 09 832 0209, swanson@westernitm.co.nz.

Kumeu - 09 412 8148, kumeu@westernitm.co.nz.

Whenuapai - 09 416 8164

Remember, if you're feeling unwell or showing symptoms of the below please don't come into store, stay home and consult your GP or Healthline on 0800 358 5453; fever, cough, shortness of breath, sneezing or a runny nose. Stay safe, we look forward to seeing you soon. The team at Western ITM.

KiwiSpan Kumeu

Dreaming about your perfect shed? The team at KiwiSpan Kumeu are here to help. Use this time to get your project started with the paperwork side of things. The drawing, engineering and consenting can continue behind closed doors, and you'll be ahead of the rest.



Have you been wishing you had more space? A shed with a games room been playing on your mind. Maybe a shed with a workshop? Or for those of you working from home, a shed with an office and bathroom would be ideal.

Why not get in touch with the team today, all KiwiSpan buildings are customisable. This means they can quote to your specifications. They only require a few details and they can get a quote out to you; they don't even need to visit your site.

Contact KiwiSpan Kumeu today for more information! www.kiwispansnz.co.nz/design-your-kiwispan-shed/ or email kumeu@kiwispan.co.nz, phone 09 412 8455.

SPS Plumbing Services Limited

Hi I'm Scott, the owner/operator of SPS Plumbing Services Limited.

I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying Plumber with 15 years' experience.

I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in Orewa and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer

satisfaction and believe in getting it right first time. My services include - hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes and dishwasher and washing machine installation.

SPS Plumbing Services Limited - Scott Sutherland, Certifying Plumber. Phone 0274 300 251 www.nocowboys.co.nz/businesses/sp-s-plumbing-services.

Older Stonemason swears by natural materials

Hi, I'm Dave Milina. I am a little older now and for most of my life I have been a stonemason having been taught from the old Dalmation school. I would say it's been an interesting journey. The majority of my contracting time has been spent in the public and private sector, working for Council in Parks and Reserves, and also in working with private clients.



The contracts have been massively varied in stonework and in landscaping, however what I want to tell you is this... Sustainability is the big thing now. Sustainable materials and natural materials are big. After all these years, I now work mainly with two materials - rock and aged mulch.

By using dry stacked rock, a hillside covered in kikuyu is being transformed into a landscaped area ready to plant vegetables and fruit trees.

Using natural materials to create beautiful landscapes is deeply satisfying. Talk to me to find out more. Dave Milina 027 1962 19 161.



JET HOME

Sewage Treatment Plant

Sewage Treatment Systems
Concrete or Fibreglass Tanks
Full Installation & Servicing
Council Approved
Drainlaying & Excavation
Water Tanks, Pumps, Filters

Ph 09 415 1538 email info@jetwaste.co.nz



Westie Bins Ltd
0274747161

www.westiebins.co.nz

Lawn Mowing by your Local Jim

- RESIDENTIAL - LARGE & SMALL
- COMMERCIAL
- HEDGES & PRUNING
- GARDENING / SPRAYING
- SECTION CLEAN-UPS
- RUBBISH REMOVAL



To book your job call 0800 454 654

or book online www.jimsmowing.co.nz

Central's Tips

May 2020



Autumn is Nature's best gardening time

Make your own slug repellent -

Save your eggshells and grind them up in a coffee grinder, then spread this around the base of young seedlings as a deterrent for slugs and snails. It has the additional benefit of adding calcium to the brassicas such as cabbage, broccoli and cauliflower. Re-apply the shells after rain.



Start Hydrangea cuttings

In autumn you can cut the stems of favourite hydrangeas to produce more bushes for spring - this is a great video showing how easy it is to do, but you don't actually have to grow them on in pots - in New Zealand it's possible to place cuttings directly into the soil. Keep moist.



New strawberry plants - for free

Plants that have cropped for two years become less productive. From now on you'll notice long runners coming from them. These end in new foliage which will have a root system on the underside, and this is your new plant for next season. - snip it away from the 'mother' and re-plant in rich soil in a sunny position. That's next summer's strawberry patch sorted!



Start your own raised vegetable bed with Central Landscapes



Growing vegetables in raised beds is a solution for gardeners with clay soils. Use sleepers to make your beds and use a 100mm base of scoria if the ground beneath does not drain well. Line the bed with black plastic to lengthen the life of the wood and fill it with Garden Mix. Plant seasonal vegetables such as cabbage, silver beet, carrots, beetroot, rocket and winter hardy lettuces. A layer of Somerset pea straw around young plants can help protect them against windy conditions

Distressed Lemon trees?

Lemon trees that have dried out over summer attract scale, which attaches itself to leaves and branches. This occurs with plants situated under eaves or in covered areas. If you don't have Conqueror Oil to spray them with, inspect the leaves and flick off any hard or soft brown scale, which can be the cause of yellowed or misshapen growth. Check stems and the leaf junctions as well, as scale are tenacious.





**Contactless
Deliveries:**

Please phone, enquire
online or email your
order to organise
a delivery.

**We dig
your bubble**

Providing supplies for your backyard bubble projects.

Whether it is creating garden paths, making vegetable gardens, seeding a lawn, forming new gardens or a backyard spruce up, our team can offer over the phone advice and online ordering.



Please call or email to place your order: Central Landscape Supplies Swanson
09 833 4093 • swanson@centrallandscapes.co.nz
www.centrallandscapes.co.nz z • 598 Swanson Road, Swanson

Pets

Tips to Avoid Dog Bites

Here are a few tips and myth busters that you may NOT be aware of.

A wagging tail - many of us have been told that this is a sign that the dog is happy. Unfortunately this is NOT always true. Research has shown us the tail wagging only shows that the dog is engaging with something in its environment. They could be engaging in a positive or negative way. You need to look at the whole body not just the tail.



Rolling on its back - again many of us think this is because they want their belly rubbed. Again NOT always true. They are actually telling us that they are scared and small so please don't hurt me.

Bringing you their toy - yes they are showing you their toy and may want you to play with them. But this is NOT always true and if you go to take the toy or pick up the ball they may try to snatch it back which could result in a bite. Remember that we all train our dogs to different commands so there may be certain rules that need to be followed or commands given when playing with that particular dog.

Always ask permission before you interact with any strange dog - this means ask the owner if you can pat the dog. You do not know the dog; his likes or dislikes. You may be wearing a hat and the dog is scared of hats, carrying an umbrella or he may just not like strangers. If the owner says no, don't be offended, just move on and ask the next person if you can pat their dog. By asking permission you are also letting the dog know you are there so if you are allowed to pat him he won't get a fright.

Which brings us to the next point.....

Side and Back - remember where the bitey end of the dog is and stay away from the head and face. Only pat the dog on the side and back. This is especially important with children. If you have a child (or anyone) approaching a dog head on to pat it and the dog does not want to be touched and decides to have a bite, the child's face is right next to the dog's mouth. The majority of bites to children are on their head and face. If they are standing to the side of the dog to pat its back then if the dog doesn't like it he can move away. Worse case scenario he may bite the hand but the child's face is nowhere near the dog's.

Stand like a Tree - We regularly get people telling us how dogs run up to them and the first reaction if you are scared or don't like dogs is to run or turn your back and move away. We recommend you stand like a tree. Hold your elbows and look at your feet. Do not move. What you are trying to do is to be as boring as possible to the dog. Any sudden movements or running away make you more exciting. If you run, you may instigate play or pray drive.

Please contact me if you have any questions or if you know of an organisation that could use our assistance. Email jo@dogsafeworkplace.com - www.dogsafeworkplace.com or phone 027 737 244.

Stories from a pet photographer

My mind is so often blown by how incredible dogs are. The amount of love they have to give, how trusting they are, their eagerness to learn and please, and their ability to provide such a valuable companionship to those who show them love. All of this becomes even more astonishing when you meet a dog like Bella the Japanese spitz. As soon as I met her, I could tell just how sweet she is. And yet, as I chatted to her lovely mum, Alexandria, and learnt of Bella's start in life, I couldn't help but wonder how dogs find the willingness to love...even when love wasn't something they were able to experience in their puppy years.



Bella was born in a puppy mill, a hideous place where dogs aren't seen as pets, but rather a way to make money. Bella is very small for a Japanese spitz, and has some issues such as a fairly obvious underbite. These were most likely due to inbreeding. At 6 months old, Alexandria was told that if she didn't adopt Bella, she would be put down due to her size. Obviously Alexandria didn't think twice

CRAIGWEIL HOUSE
WARMLY INVITES YOU TO...

COME VISIT OUR UNIQUE BOUTIQUE RURAL CARE FACILITY

Situated on the Twin Coast Discovery Highway off State Highway 16 within reach of Muriwai Beach and the Kaipara Coast.

A caring environment nurtured by our dedicated team
Rest Home • Hospital • Secure Dementia • Day Stays

★★★ No Premium Room Charges ★★★

You're welcome to come in for a cuppa and see us or ring us today to discuss a complimentary day stay

09 420 8277
143 Parkhurst Rd, Parakai
info@craigweil.co.nz

Craigweil House
Home & Hospital
FEEL AT HOME WITH FAMILY

ANYTIME PEST CONTROL

FLIES, ANTS, COCKROACHES, FLEAS

RATS, MICE, SPIDERS, WASPS ETC.

WEEDSPRAYING

KEVIN MORRIS REGISTERED TECHNICIAN

PHONE: 09 411 7400 MOBILE: 027 277 7143

Pets

about rescuing wee Bella.

Bella is now living her best life with the most loving dog mum. You would never guess that she had a rough start considering her happy demeanor. During the session she was the most content when in her mum's arms which certainly says something about their bond.

Want to capture some special memories with your pet and family? Get in touch! All of my pricing and session info is on my website. www.dogandco.nz.

Kanika Park Cat Retreat

Giving your pet a tablet - hints and tips. There will be times when you must give medication to your cat, such as worming tablets, or antibiotics. Giving meds can be tricky so here's a few tips that can help make meds time less stressful

Check the instructions given by your vet, and double check that you have the correct dosage. Have your cat in a sitting position and place one hand on top of the cat's head, over the ears, holding cheek bones, see photo below. Tilt the head backwards so your cat's nose is pointing to the ceiling. This will cause their mouth to open slightly. Hold the tablet between your thumb and index finger of



your second hand as shown in the picture here. Open their mouth with the fingers of your other hand. Drop the tablet into the back of the throat as shown below. Close their mouth and rub the neck. Ensure the tablet has been swallowed. Still no success?

Try disguising it in something such as cheese, peanut butter or tuna. Some meds should not be given with food, so check with your vet first.

Kanika Park Cat Retreat is happy to give medication during your cats stay. We do require that it is clearly labelled. We do not charge for giving meds.

Remember - never give your pet human medication unless specified by your vet. Human medication such as ibuprofen and paracetamol can be harmful or fatal. Phone 027 550 1406 or email info@kanikapark.nz.

Horselands Kumeu Grain - level 3 supply

Contactless supply of all animal welfare goods, and change of season footwear/clothing. Large and small animal feed/bedding and supplements. Covers for horses and dogs. First aid, drench, fly strike treatments. Quality waterproof clothing and footwear.

Horselands Kumeu Grain - 933 Waitakere Road, Kumeu. Email: kumeu@horselands.co.nz, www.Horselands.co.nz or phone 09 412 7400.

WYATT
LANDSCAPE
SUPPLIES
0800 638 254 or 09 422 3700

Call: 09 411 9604

948 State Highway 16, Waimauku

(just after the Muriwai turn off)

www.wyatts.net.nz

Locally owned & operated

Free
loan trailers
for use

Trade
Metal
supplies

*For all your
landscaping needs*
stock up now for summer and autumn

OPEN 7 DAYS! Mon-Fri: 7.30am-5pm Sat: 8am-4pm Sun: 9am-3pm

WE CAN DELIVER

• Sand • Metal • Shell • Pebble • Scoria • Mulch • Garden Mix
• Topsoil • Compost • Tirau Gold • Pine Bark • Cambian Bark

Food & Beverage

The Good from Scratch Cookery School

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



Classes are a hands-on experience that take you on a culinary journey that involves picking and gathering ingredients for the day's menu while learning about why they're important nutritionally, how to master the cooking process, and the best ways to grow and pick seasonal food at home.

The Van de Elzens are offering a 25% discount exclusive to locals on vouchers for a limited time. To access this discount, email info@goodfromscratch.co.nz for details. The Van de Elzens are excited to share their new venture with you.

Visit goodfromscratch.co.nz to purchase vouchers for use when lockdown ends, and receive a signed copy of Michael's cookbook, FAST. Classes will be added when the Alert Level allows, so keep an eye on the website for updates, or email us to ask for alerts.

Westbrook Winery

Westbrook Winery would like to thank everyone who has supported us during lockdown through online sales. What a fantastic community we live in. The winery has been able to operate as an essential business under stringent Level 4 protocols. When we move to Level 3 we can re-open the Cellar Door for customers to collect orders but with very strict no-contact rules. What does this look like? Customers will need to continue ordering online through the website or via email. From Tuesday 28th April the office will also be open between 11am and 4pm, seven days a week to take phone orders. You can still choose free delivery to



What does this look like? Customers will need to continue ordering online through the website or via email. From Tuesday 28th April the office will also be open between 11am and 4pm, seven days a week to take phone orders. You can still choose free delivery to

Come and check out our new
Delicatessen, Coffee, Juice & Ice Cream Bar

BORIĆ Food Market

1404 Coatesville - Riverhead Highway, Auckland
www.boricfoodmarket.co.nz

your door for the duration of our Level 3 Lockdown using the code FREEFREIGHT at checkout but now you can also 'click and collect' from the winery, seven days a week. If collecting please let us know the day and time (between 11am and 4pm) you will be collecting. Our team, following strict guidelines, will make the order up for you. On arrival, you'll just need to register by sending us an email, pay at the door using our contactless payment system, and uplift your delicious Westbrook wines. We look forward to hearing from you soon. Call 09 411 9924 or email info@westbrook.co.nz to place an order, or purchase online here www.westbrook.co.nz.

Hallertau

Always drink beer in the shadow of the brewery as the old saying goes. There's a lot of truth in some ancient wisdoms and Hallertau has always firmly believed in buying, supporting and drinking local. It's helpful when you've got some world beating wineries on your doorstep. Hallertau beer is made from Cantabrian malt, Nelson hops and West Auckland water so our supply chains are safe regardless of what happens globally. Hallertau has continued to responsibly brew beer throughout the alert levels of the Covid-19 crisis. As we move into Level 3 Hallertau re-opens as a Drive-Thru restaurant for contactless service of take away food and beer. Visit our website or Facebook for menu details and opening hours. Support your local brewery.



The Gallery Sushi & Café

We are going to open our café/restaurant for takeaway only during this level-3 period from Wednesday 29th April 2020. We want to help everybody get through this tough time. And truthfully, we also hope to survive as a local business too.

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



Kumeu Produce Market

Produce Retail & Wholesale Specialist

p. (09) 412 9998
f. (09) 412 9398

407 State Highway 16 Kumeu
PO Box 104100 Lincoln North

Food & Beverage

We offer a delicious all day café menu and full range of Japanese meals for lunch and dinner to give you the ultimate cultural experience within your meal. Our community is continuously growing and our menu satisfying our customers and keeping things exciting for you all.

Please know that for this level-3 period as per NZ Government guidelines we are going to offer contactless takeaway options. We are undertaking rigorous cleaning procedures after every single cooking, using disinfecting spray to wipe down all high-touch surfaces. We are also vigorously cleaning our hands throughout the whole food preparation process to ensure we adhere to the best hygiene practices possible.

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

Meet Allely Estate's owner

Allely Estate is closed under level 3 but we are still busy talking to customers who want to hold their special event with us once we get to level 1 or 2. We can't wait until we can host weddings, corporate parties and special celebrations again! In the meantime, we thought we'd introduce the awesome members of our team, who work so hard to give Allely Estate the reputation it deserves, starting with our owner and director, Stuart Thornell.



Q. What does a normal week see you doing? The week generally starts off with a catch-up with the team to ensure that everything is as it should be for the week ahead. We cover everything from menus to staffing to liaison with our multitude of trusted suppliers - and then the week goes by pretty quick making sure each event runs smoothly. On event days you'll see me rushing around ensuring our outdoor areas are in sparkling condition and checking that everything is up to our usual high standards.

Q. What do you love about your job? The people, for sure. Whether it's a bride and groom, someone celebrating a birthday or someone organising a corporate occasion, I really enjoy that I get to see so many people enjoy our amazing venue and experience our hospitality. I get huge satisfaction each time the Allely Estate team - from our talented kitchen team to our amazing front of house staff - contribute to a memorable moment in someone's life. That's a pretty cool reward.

Q. Your most memorable wedding and why? Ahh, a difficult question. Every wedding has its own charm and it would be almost impossible to single one out. I love the colour of our Indian weddings, the performances at our Pacific Island weddings, the intimacy of our smaller weddings, the creativity at our younger couples' weddings

and the personal touches at all other weddings.

Q. Why do you think people should choose Allely for their wedding day? Whilst I could run off a long list of things, from our manicured gardens to our purpose-built marquee and our extensive menus through to our historic villa, what really sets Allely Estate apart from every other venue is our people. We are able to use our experience to provide the utmost flexibility to our couples, be it creating a particular culinary dish from Sri Lanka or sourcing an African drum group. Nothing is too much trouble.

Q. What's something about you that might surprise most people? Apart from those closest to me, it is a little-known fact that I have an addiction to aniseed balls.

To discover more about what makes Allely Estate so special visit us at www.allelyestate.co.nz or call 09 412 7206.

Update from the Herbalist

We are open for online sales with delivery by courier.

For the past 12 months we have been creating herbal gardens using organic growing methods and working on developing a new range of products. We have been developing a gluten-free and grain-free, low alcohol herbed and hopped ale based on an ancient brewing recipe with a modern twist. The recipe is in the final development stages and we are looking to bring it to market in 2021 or sooner.



We have expanded our onsite bee hives this past season now have a range of honey products available for sale on our website (see below). We also have Chai Honey which can be purchased separately or in a Chai Honey Care Kit which includes black tea with



**four simple ingredients
make good bread...
flour, water, salt & time**

Good, honest, traditional sourdough
If you live in Muriwai, Waimauku, Huapai, Kumeu
& Riverhead we bake a range of bread, pastries
and other sweet treats daily and deliver to your
home every Friday & Saturday

Book online now...

www.gourmetgannet.co.nz



FreshChoice Waimauku
A-2 Waimauku Retail Centre
5-19 Factory Road
Waimauku, Auckland
Phone: (09) 411 7890/411 9495
Fax: (09) 411 8050
Mobile: 021 048 3355
Email: waimauku.fc@xtra.co.nz

Food & Beverage

a tea infuser, a herbal coffee substitute (caffeine free), Dutch cocoa, choc-cinnamon sprinkles to go on top of your chai drink and a jar of our delicious Chai Honey. We also have a Calming Tea Kit which enables you to blend your own herbal tea, Balms for skin healing and beard taming, hand sanitiser with a 64% ABV as recommended by the CDC to ensure anti-viral efficacy and from our own herb gardens we have two Herbed Salt blends - Purple Basil, Chive & Garlic Pink Salt and Rosemary Chive & Garlic Pink Salt. Autumn is a time of harvesting and drying for both herbs to be used in our teas, herb products and tinctures, and also for saving seeds for next season.

Whilst we re-develop our website for The Herbalist, we will be listing our new products for sale on our herbal tea website: www.NewZealandHerbalBrew.co.nz.

Rescued food goes to good use

Fair Food has seen a huge increase in food it rescues and delivers to mainly West Auckland charities, food banks and community agencies.

"During COVID-19 we are rescuing enough food from closed businesses including growers, manufacturers and retailers to feed 5000 in one day," the West Auckland-based organisation says.



That's about 2000 more than prior to the pandemic, with the number of people facing food scarcity rising through job loss or being unable or fearful of leaving the home to shop during the alert levels.

Instead of being dumped, the food is delivered free to more than 40 agencies and services helping those in need.

Established in 2012, Fair Food is billed as Auckland's first food rescue charity.

It has saved more than 380,000kgs of food from going to landfill and delivered at least 1.13 million meals - most going to foodbanks, health and education facilities, religious centres and more.

Food goes from donors to recipients within hours, about six to eight deliveries made daily with more than 40 organisations covered about once a week.

Fair Food hopes to get a refrigerated truck to help keep food fresh for delivery.

Anything considered unfit for human consumption goes to feed animals on a West Auckland farm.

Volunteers work hard to save tonnes of food from going to waste and used instead to feed people in need.

You can help by donating or offering to assist - visit www.givealittle.co.nz/org/fairfood or go to www.fairfood.org.nz/ for more information.

Fair Food is urgently seeking a West Auckland base or warehouse space. If you can help contact executive director Veronica Shale at veronicafairfood@gmail.com, 021 31 00 44, or general manager Justine Knowles at info@fairfood.org.nz, 022 167 8963.

Quick and tasty Mother's Day brunch

Here's something new to serve mum on her special day; poached or fried egg and tomato on a bed of baby spinach leaves, with NoShortcuts Beetroot Relish on the side... a nice gentle start to the day. Add a bit of mushroom and/or bacon for something extra tasty.



The NoShortcuts range of award winning chutney, relish, pickle and jam uses only the freshest NZ produce, with no artificial colours, fillers, flavours or preservatives added. In short, NoShortcuts products are wholesome, real foods in the fast and easy convenience of a recyclable glass jar.

In the western suburbs you'll find NoShortcuts at Countdown in Hobsonville as well as Organics Out West in Glen Eden or online at www.noshortcuts.co.nz, [noshortcutsnz](https://www.facebook.com/noshortcutsnz) on Facebook or [noshortcutschutneys](https://www.instagram.com/noshortcutschutneys) on Instagram.

Jenna-Maree Cakery

At our store in Hobsonville you will find a wide range of delicious sweet treats. We have ready to go cabinet cakes, cupcakes, macarons, slices, cookies, fudge, scones and more as well as gluten free / dairy free & vegan options.

Our specialty is our custom made celebration cakes. From our 7 Tiered Cakes down to our 4" Baby Cakes, each one is made with love and care because our decorators are passionate about what they do. All



QUALITY WATER



SUPPLIES

**7 DAYS
PHONE NOW!**

Dave, Bev &
Andrew Speedy

Registered by Ministry of
Health & Auckland Council

Fresh Water Supplies

Ph. **411.8116**

Mob **021.265.2389**

JENNA-MAREE CAKERY

Visit us instore

102C Hobsonville Road, Hobsonville

or Online

www.jennamareecakes.co.nz / 021 0255 6929

Follow us @jennamareecakes



Food & Beverage

our cakes are made using high quality ingredients and only ever flavoured by nature.

From 28 April 2020 under COVID-19 Level 3 we will be operating for contact less pick up or delivery. Our cabinet cakes and cupcakes make a great option during this period where you are unable to celebrate with friends and extended family. You can still have your special cake but the size is more suitable for just your bubble. We have a wide variety for both adults and children which can all be ordered directly from our website.

102c Hobsonville Road, Hobsonville. www.jennamareecakes.co.nz.

Peko Peko

As we have new customers since we opened our bigger place at the new block next to Hobsonville Primary School, let us introduce a little bit of ourselves. Kazu and Aki met in Auckland more than 10 years ago. Kazu was already working in a kitchen and Aki was working as an Early Childhood Education teacher. Aki loved cooking and Kazu had a dream of opening his own food business. After a couple of years of planning, our journey started with a little humble food truck in 2014. Our concept



was simple. We are dedicated to introducing healthy homemade Japanese food to the customers, using minimum processed frozen food. We believe in eating healthy good food connect to our lives to live longer and happy in good health condition. Peko Peko means 'hungry' in Japanese, which is a quite casual way of saying like kids say "I'm peko peko!" and we thought it sounded similar to Maori so it'd be easier to remember. Then we found Maori word 'pekopeko' is the peppery herb so actually the word connected to the food. We love New Zealand and we both appreciate it has been treating us well since we landed in this beautiful country. After 4 years of serving our Japanese food to the neighbourhood from the little food truck, we finally decided to move onto the next stage. Meeting so many lovely customers made us stronger to stand on the ground and kept us challenging. We appreciated lots of customers have been treating us like their family and friends and we would like to pay it forward to the community. We have Facebook and Instagram pages that you can find some of our home cooking during the lockdown. We are looking forward to seeing everyone again soon.

Café Botannix

We hope you and your loved ones are keeping safe and well!

The team at Café Botannix Westgate are missing being at work and seeing all of our lovely customers.

We've been spending our time planning new cabinet treats and our winter menu. We hope to see you all very soon. Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix.

DRIVE THRU



HALLERTAU

FOOD + BEER



Braised Beef Krokets (4) **\$15**

Jalapeño Poppers / crispy / gooey / hot **\$10**

HFC – Hallertau Fried Chicken / crispy chicken / chilli caramel / mayo / pickled cucumber **\$14**

Pizza

Cured & smoked pancetta / pear / rocket / parmesan **\$18**

Margherita / tomatoes / mozzarella cheese / fresh basil **\$18**

Pulled beef brisket / smoked tomato / chilli sauce / red onion / mozzarella **\$18**

Burgers

Beef Burger – local pickles / pancetta jam / iceberg / tomato sauce **\$15**

Chicken Burger – Cornflake fried chicken / pickled slaw / bbq chilli mayo / smoked tomato chutney / pretzel bun **\$15**

Sides

Hand-cut Potato Chunkies **\$8.5**

Pickled slaw – pickled cabbage / edamame / coriander / mayo **\$9**

Dessert

Lemon & white chocolate cheesecake – shortbread / lemon curd / poached pears **\$11.50**

DRIVE THRU PICKUP

TWO WAYS TO ORDER AND PAY.

1. VISIT WWW.HALLERTAU.CO.NZ / TAKEAWAY & DELIVERY FOOD
2. PHONE ORDER AND PAY AHEAD: 09 412 5555

TAKE-AWAY HOURS:

Mon – Thurs 3-9pm

Fri – Sun 12-9pm

HALLERTAU RIVERHEAD

1171 Coatesville Riverhead Hwy,
Riverhead

Health & Beauty

Shoe Talk's tips on caring for your feet

Hints and Tips:

- A lovely monthly home pedicure... don't forget the red wine and chocolate to add to this process. The reason you need to do this is to get rid of dead skin, improve circulation, keep your toenails in check and to keep the skin soft on your feet.



- Another top tip to keep your feet in great shape is, buy a pair of natural fibre socks, rub Vaseline all over your feet and then put on the socks, you can do this just before you go to bed.

- Wear slippers inside or a big pair of fluffy socks.

- Don't try and warm up your feet too quickly if they are chilled, this can cause chilblains. Just pop on some warm socks, slippers and move about, your feet will soon be toasty.

- Reduce chance of fungal infections -don't wear the same shoes every day, especially at the moment when there is a higher chance you are spending more time at home, make sure they have a chance to completely dry out before you wear them again.

North West Physio Plus

During Level 3 lockdown, Telehealth Physiotherapy services are available to new and existing patients using an online video platform on a computer or phone. Face to face consultations are likely to restart at Level 2 with approved health and safety precautions in place.

What is Telehealth?

Just like a normal session, you would have in the clinic, we are able to discuss your pain or problem and any relevant medical history. We can then identify your goals of treatment and identify a treatment plan identifying the steps that we need to get there. If there are specific tests you need to take, such as physical tests or answering a questionnaire, we can find ways of doing these with you also. We can still guide you with appropriate talking therapies, education, advice, exercises and self-management techniques.

We can also recommend or refer you for an x-ray, ultrasound scan or to see a GP or specialist if necessary.

For those needing a physiotherapist or an exercise programme, we can provide you with an online video-based rehab exercise programme, with a checklist that you can do in between sessions and arrange a follow up to monitor your progress and progress or change the exercises and self-management as appropriate.

How does it work?

Our physiotherapists will arrange a time that suits you to conduct the telehealth session. We will then email you a link which you can click to open the 'Zoom' telehealth viewer and you will be able to see and hear your physiotherapist.

You do not need a membership to Zoom, and the connection is secure so there are no cybersecurity risks

Please don't hesitate to get in touch with us via phone, email or our contact page if you have any questions, and let's work together to keep making progress at this difficult time, to get you back to the things you want to do as soon as possible.

www.northwestphysioplus.co.nz - phone 09 412 2945 or email info@nwphysioplus.co.nz.

How is dentistry adapting to keep our patients safe?

Over the past couple months Covid-19 has brought new challenges into dentistry as the transmission of this virus is thought to occur through respiratory droplets as well as contact with contaminated services.



At Kumeu Dental we are working very closely with the Ministry of Health and the Dental Council to keep our patients and staff happy and healthy. We have worked very hard to outsource the scarce new hospital grade protection gear and antivirus disinfectants, to be able to support our community and be here for emergencies throughout the shutdown period and beyond. This includes N95 mask, face shields, full gowns, surgical gloves and hospital grade cleaning between every patient, with hand sanitiser offered on arrival & departure of all patients.

Here at Kumeu Dental we are very proud to have successfully treated many existing and new patients throughout these trying

Kumeu Chiropractic

adjust ♦ adapt ♦ thrive

Dr. Chris McMaster ♦ Dr. Nolene McMaster & Associates

412 5536
www.kumeuchiropractic.co.nz

8 Shamrock Drive, Kumeu

Take Your Eyes to For Eyes!

- **Advanced scanning equipment for early detection of cataract, glaucoma and macular degeneration**
- **Specialty assessment of child and adult reading difficulties**
- **Specific-tint lenses for Irlen Syndrome**
- **Lenses to correct red-green colour-blindness**



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

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

Health & Beauty

times while minimising the risk of the spread of Covid-19. If you have any dental concerns please ring 09 412 9507 and one of our friendly receptionists will see how we can help you.

Lightening crotch during pregnancy

Not all woman experience Lightening crotch, but those who do sure know about it, especially as the bub grows bigger. A sudden sharp, deep pain in your nether regions, often described like you have been punched (hard) in the vajayjay. It may be a stabbing, jab, electric shock, deep ache, pins and needles, burning or stinging. But no matter how you describe it, it'll take your breath away, make you feel like your legs are about to give away and potentially linger for a few long seconds. It is considered a "normal" part of pregnancy, however it is happening often then it is worth while getting it looked at. We are your local pregnancy chiropractor and can assess your round ligaments, pelvis, low back and pubic symphysis to ensure you are functioning to the best of your ability whilst growing that bubba and before you give birth. Contact us on reception@livechiropractic.co.nz to find out more or book online www.livechiropractic.co.nz.



Osteopathic Natural Health

At Osteopathic Natural Health we were instantly affected by the Covid-19 Coronavirus.

Even before the Level 4 Lockdown we had responded by implementing better-than-standard infection control and hygiene measures. By the time the Country went into Level 3 and 4 and we had to cease physical appointments at our Waimauku and Helensville practices, we had identified that we would have to radically adapt to practice under quarantine conditions.

As Osteopaths, we pride ourselves in being a "hands-on" profession. We love the human side of our treatment approach and it is this powerful aspect that has potent positive effects across the board for our patients. We needed to create some way of maintaining this quality and continuity of care moving forwards.

In response, we spent the first few weeks of Lockdown engineering

a Telehealth system. Telehealth is the use of information and communication technologies to deliver health care when patients and care providers are not in the same physical location. It utilises cutting edge internet technologies to bring together many aspects of the Osteopathic consultation. First off, we integrated our web site, online booking, patient management and ACC management systems. The next stage involved adding an on-line exercise prescription service and our brand new website shop, for contactless rehabilitation equipment and supplementation payment and delivery. This powerful suite of tools enables a positive Telehealth experience.

Obviously, under Telehealth there are limitations; mainly, we cannot physically treat our patients. However, we are able to apply the same rigour in our case history and examination processes as during a physical consultation. Over the video link, we can get you to do diagnostic movements and make observations exactly as we would face-to-face. Osteopaths have detailed anatomical knowledge and, as such, we can guide you through an in-depth understanding of your condition, demonstrate self-treatment techniques and offer lifestyle and management advice. We can advise you, with no pressure, if we think you need to purchase any exercise aids and follow this all up with a summary email including a beautiful exercise PDF with clear photographic illustrations and links to demonstration YouTube videos.

We have been busy with this system for the last few weeks and the results have been great. The whole package really helps to change to cycle of irritation in many instances and puts control positively back in the hands of the patient. Hopefully, these measures will enable those in need to get through this next period until we are able to reopen our doors and get our hands on again.

If you feel you could benefit from Telehealth advice and help please see our website:

osteopathicnaturalhealth.co.nz or give us a ring on 09 411 5002 - the phones are diverted to home so you might get an excited child in the background if you are lucky!



**NorthWest
Physio+**

- Physiotherapy
- Acupuncture
- Pilates
- Cancer Rehabilitation
- Massage Therapy

During lockdown we are still able to provide physiotherapy services to new and existing patients via a Telehealth service which uses an online video platform on a computer or phone.

Contact us for more info:

www.northwestphysioplus.co.nz

09 412 2945

info@nwphysioplus.co.nz

**KUMEU
GYM**
GET FIT IN YOUR COMMUNITY

- Fully Equipped Gym
- Designated Cardio Area
- Group Fitness Classes
- Smart Training
- Personal Training
- Indoor Netball Leagues 4 Nights a Week
- Pita Pit Onsite



Providing fitness in Kumeu for 30 years

Ph. 412 8932 | www.kumeugym.co.nz

Health & Beauty

Stay safe. David and Jeannie Baskeyfield - Osteopathic Natural Health, Waimauku and Helensville.

Depression

Most people have fluctuations in mood. Feeling good one day, not so great the next. But when does feeling "down" become depression? Important criteria for depression include feeling down or depressed for most of the past month or losing interest in normal pleasurable activities for the past month.

I recently had a lady tell me she thought she needed antidepressants and sleeping pills. After a short conversation it became apparent that she had been feeling this way for a few days. She was worried about her children who were overseas during the COVID pandemic. I reassured her that she did not have a disease. Her feelings and poor sleep were a normal response to a stressful situation. Sure, she needed some help to lessen the pain of her feelings. Often an external perspective and someone to listen is all a person needs.

According to Professor Bruce Arroll from Auckland University (Department of General Practice and Primary Healthcare), behavioural therapies are much more effective than anti-depressant drugs. He says, "Talk first, drugs second".

Professor Arroll's research shows that 26% of patients who take a placebo (inactive pills) get better within 2 weeks. 48% get better within 12 weeks. The results for antidepressant drugs are not much different to placebo (31% and 57%, respectively). This means that many patients get better anyway. If you give them an antidepressant drug, they will think the improvement will be due to the drug, and therefore be reluctant to come off it.

What are effective non-drug treatments? Behavioural therapies (a form of counselling), exercise (including yoga and stretching), problem solving, and mindfulness, and writing a gratitude diary have all been shown to be effective in helping people who feel

stuck.

Talk, move, be mindful and grateful. Powerfully simple! Martin Harris Massey Unichem Pharmacy 396 Don Buck Road Massey 09 833 7239 martin@masseyunichem.co.nz.

5 ways to protect your back when working from home

If you are working from home, here are five tips to help protect your body.

1. Choose the best possible place to work. Ideally this would be a desk or dining table, don't work on the couch or bed.
2. Have your desk setup as best as possible. Aim to have the top of the screen at eye level.
3. Move regularly. Aim to move your body at least every 30 minutes.
4. Do some basic stretches. Two of my favourites is the chin tuck and the 'Bruggers Relief Position'.
5. Use a headset or earphones when using the phone.

To find out more about these tips and how to do the stretches mentioned, you can watch the video I made on our website, www.elevatechiropractic.co.nz. If you do have pain or discomfort, please call the clinic on 09 413 5312.

Helping older people stay active at home

While we are all locked up in our bubbles it is not just the swimmers, runners and cyclists that need to scratch that exercise itchit's everyone.

Therefore the awesome CSP (Chartered Society of Physiotherapists, UK) has adapted a simple set of exercises designed for older people to help prevent deconditioning whilst living in isolation. And they want it shared. Let's keep people moving- very locally.

Developed by physiotherapy experts the exercises will help older people stay strong, improve mental health and prevent falling.

There are lots of ways that you can see the exercises in different formats:

Share the URL with links to an animation and an A4 printable poster www.csp.org.uk/easyexercises

Norwest Podiatry Clinic

Norwest Podiatry clinic will open at Alert level 2 in response to COVID-19 as guided by Ministry of health. In the meantime, GP should be first point of contact. If you are suffering from pain in your feet and wants us to see you as soon as we open, then give us a call us so we can put you on the list to be called.

We are happy to take your call at present if you need any advice. Looking forward to hearing from you call us on 09 412 77 40.

DT DENTURE CLINIC
DENTURE SERVICES AND REPAIRS

Attention Denture Wearers
Expert Treatment,
Individual Needs

We offer:

- Full Dentures
- Partial Dentures
- Same Day Relines, Repairs and Tooth Additions
- Mouthguards
- WINZ Quotes

Make a booking to discuss your FREE treatment plan.



67 Brigham Creek Road,
Whenuapai
www.dtdentureclinic.co.nz
P: (09) 416 5072

Made in NZ with imported materials

Health & Beauty

Share the animation

-downloadable versions of the individual exercises and the full animation are located here <https://vimeo.com/showcase/6900217>

-Share them on YouTube here <https://youtu.be/n8s-8KtfgFM>

Share each of the six exercises separately on Twitter or retweet @theCSP tweets using #StayInWorkOut

Use Facebook to post the exercises with your friends and family

See the full poster below...

We all know how important it is to keep active when ageing and it is more important than ever whilst so many people are living in isolation. So try these exercises once a day to pass some time and keep fit!

Emma Steel - MPhy (Sports). NZF Football Ferns -Lead Physio. Hobsonville Physiotherapy, phone 09 416 4455 or book online www.hobsonvillephysio.co.nz.

KinetEx

In these times of uncertainty, high stress, and anxiety about the future, it's important to give yourself an outlet for the negative emotions that can bubble up to the surface. Many people find that exercise provides a great release, and the science consistently backs this. Exercise has been shown



to significantly improve mental health for individuals struggling with conditions such as anxiety and depression, as well as general stress management. Once again, exercise provides a form of therapy. As is the KinetEx catch phrase, it really is 'Movement for Health'.

If you would like to utilise the free natural healing properties offered through exercise but have an existing health consideration or just don't know where to start, come have a chat. KinetEx offers free initial consultations, and is operating via Zoom video call throughout the lockdown period.

Contact Yolanda at yolanda@kinetex.co.nz or check out the website - www.kinetex.co.nz.

Your dental health during

We are all adjusting to the "new normal" for work, school, study, health and recreation. One of the long list of changes is to avoid non-urgent medical visits - which includes your dentist.

Your oral health may seem somewhat insignificant at a time like this. However, having a healthy mouth is critical during a pandemic. Your mouth is a gateway for viruses and bacteria to enter your body - this is why we are all urged not to touch our faces. Maintaining great oral health essentially frees up your immune system to fight off other illnesses as needed.

Keep up with your regular brushing and flossing routines. Try not to over-indulge in sweet foods, acidic beverages and foods that could cause problems like hard lollies or popcorn. Change your toothbrush if you have been sick in case it harbours any lingering bacteria or viruses.

If you have any dental concerns please phone Fraser Dental on 09 416 5050 and we can arrange for our sister practice McIntosh Dental (in Henderson) to assist you with emergency dental care during Alert Level 3

Ingrown Toenails

Ingrown toenails are one of the most common complaints we see at Hobsonville Podiatry. There are many reasons why an ingrown toenail may develop - wide nail plate, narrow shoes, involuted (curving nail), trauma, weak nails, very sweaty skin, very dry skin. We are experienced in managing all sorts of ingrown toenails and a lot of the time we can manage the issues conservatively, meaning no need for surgery.



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

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

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

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

**HOBSONVILLE
OPTOMETRISTS**
Glasses & Gifts

Frank G Snell B.Sc., B. Optom
Optometrist

Unit A, 413 Hobsonville Road, Hobsonville 0618
Ph: 09 4163937. E: hobsonville@eyeteam.co.nz

Gillian Wiltshire D.O.

Registered Osteopath
ACC Accredited

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

Area Columnists

Tactics and strategy – 2020 vision

At the time of writing the nation is on the eve of going into a reduced form of "lockdown".

The hard work and sacrifice of everyone reading this column has enabled significant gains in relation to health outcomes - thank you. The authorities deserve praise for some good decisions made and I'll leave any reflections on anomalies (such as the "voluntary" aspect of school attendance) for another day.

The tactics of meeting the coronavirus threat have been well canvassed in recent times but the longer term, strategic view also needs serious attention.

To some extent, the health response to Covid-19 has been tactical by necessity, whereas the much needed economic recovery must be strategic. That said, the tactical response has already needed to include some mitigation of the damage to workers' wages, through a government subsidy. And conversely the long term game will need to account for the risk of re-igniting a fire of infection, as well as encouraging a vital free market economy.

Naturally health outcomes and prosperity are linked in many ways too. Future spending on health care in hospitals and Pharmac funding (to give a couple of obvious examples) are crucially dependent on revenue flowing from private coffers to public Treasury.

It's now incumbent on all decision makers (and those who fancy themselves as future decision makers, such as non-government MPs) to promote plans for making New Zealand a place where the lights can remain on in our schools, hospitals and courts in the years ahead. I'm looking forward to that contest of ideas throughout 2020, as a prosperous and pleasant future for us all depends on it.

As always, feel free to contact me via my electorate office (currently operating remotely, for obvious reasons) by email to chris.penkmp@parliament.govt.nz

parliament.govt.nz or phone to 09 412 2496.

Cheers, Chris Penk MP.

My Science Playroom

With a range of emotions from bated breath, bright eyes and excited chatter my three boys would hurry me to the car to visit their favourite Science Museum in Pretoria South Africa. This happened like a ritual every school holiday. It was also an incentive to reward good learning behaviours.



Their natural curiosity encouraged joyful exploration of various science models and physical science activities. Some of it was geared towards older children in high school and not for them. Some displays were behind glass and all of them were at a much higher level than the youngest could easily see and touch. After visits our children experienced a period of much higher level of critical analyses and thinking in their play. Their play was more complex, and they were willing to challenge themselves to duplicate some of theories that they have experienced at the science museum in their daily play on the farm. These observations became stuck in my mind.

When we decided to emigrate to New Zealand 22 years ago, the boys' first outings not only included the beach but also the museums in and around Auckland. There was no interactive science museum for them. We created our own science fun at home. During my time at various teaching positions in Early Childhood Education and Tertiary, the interest stayed with me and my family to create a little science museum for younger children. And in June 2016 we did.

Our Science Playroom is unique in that the whole family put their skills and interests as well as funds together to build and create a range of custom-made fun activities with underlying science theory or principles. The family have engineers, medical doctors, teachers, and IT specialists at hand, and we did most of the design, building and maintenance ourselves. That saved a lot of costs. An electrician would have come in handy in this mix!

We have a strong focus on sustainability, a oneness with nature and social responsibility to eco-friendly materials. That love for one another and respect carries through in the manaakitanga of our practices. We want to share that love and respect through the kinds of science displays we offer. All the displays are linked to general knowledge and the NZ Curriculum as well as the ECE Te Whaariki. It is an integrated, STEAM (Science, Technology, Engineering, Arts and crafts and Maths) curriculum, with an interactive 'learning through play' focus.



SPECIALISING IN ALL TYPES OF PLUMBING & DRAINAGE




PLUMBING



DRAINAGE



GAS



PUMPS



WATER TANKS



FILTRATION

LOCAL, RELIABLE & REASONABLE

New housing,
alterations & repairs

Domestic & Commercial



Master Plumbers
Te Whānau A Māori

P 09 412 6322
E sales@waterfx.co.nz



Parakai Springs swim school





Contact Us: **09 420 8998**
swimschool@parakaisprings.co.nz

Area Columnists

With Covid-19 we were knocked down temporarily. We will have to pack up, store resources and leave our current site at the end of April or when we are out of lockdown. In the meantime, we decided to change the business model and become a charitable trust. Once people are able and willing to come out and play again, we will reopen with lots and lots of new ideas, resources, and all kinds of favourite activities in a new setting.

Donations of time, effort or finance will be much appreciated. We will be looking for a new setting for the Science Playroom. All ideas and contributions will be listened to. So, we invite you to be part of our journey to leave a legacy for our children and grandchildren, where they will be able to work at their level, explore and play freely, to lift their language and minds to higher level of thinking and doing and so become the problem solvers of the future.

For more information join us for daily experiments on our FB@scienceplayroom videos.

Information on our website www.scienceplayroom.co.nz or send me an email Amanda at info@scienceplayroom.co.nz.

Covid-19 and the implications of getting it wrong

Do workers and employers fully understand their obligations and entitlements under the current Covid-19 situation? I spend a good deal of time in mediation or the ERA representing both employers

and employees, and lately have been fielding calls from employees and employers around the wage subsidy.

Some workers have been made redundant after the employer has been paid the wage subsidy for them. Others are working from home but only getting the subsidy or the employer is making up the wage to 80%.

Both are incorrect, first if your business isn't operating and you have been given the subsidy you are required to keep that person on your books for the 12-week period. It's expected that you will endeavour to pay up to 80% of the FT salary during that period. If you can't, you must pay the full \$585 to the employee.

If you're forced to let staff go, then normal employment law still applies and you are required to follow all the normal processes for redundancy, or dismissal. Failure to do so leaves employers open to a personal grievance claim.

Secondly people who are working are required to be paid at least the minimum wage for their work and all contractual obligations must continue to be met. During the lockdown, businesses are legally required to pay workers for every hour worked (not 80%) and must continue to meet all contractual obligations.

This means employees regardless of whether they are working from home, or from a workplace must be paid at least the new minimum wage, or more if their contracted rate is higher, for the work they do.

It's a difficult time for everyone, but it's also a time when people shouldn't drop the ball, if you're unsure get advice. It'll be cheaper in the long run.



A GOOD BEGINNING LASTS A lifetime

Remember adventuring in a diverse natural environment, immersed in nature; playing confidently amongst the trees, paddocks, veggie gardens & treehuts?

It's all still possible for your family with us.

SPACES ARE LIMITED, POP IN OR CALL US FOR MORE INFO

P. (09) 412 8055

A. 79 Orahā Rd, Kumeu 0892

WWW.COUNTRYBEARS.CO.NZ



Area Columnists

Netsafe's tips to #StayconnectedStaysafe

1. Do a stock take: Assess how many devices in your house connect to the internet to understand where the risks are and start to mitigate them.

2. Assess new technology: Investigate new apps or platforms by checking out T&Cs, reviews and minimum age requirements before using them.

3. Secure your virtual house. Use strong passwords, update your software and use two-factor authentication where possible.

4. Share your experience: Talk to your friends and family about the technologies you use and let them know the tips and tricks you use to eliminate risk.

5. Combat misinformation: Guide people to official information sources like covid19.govt.nz to stop the spread of fake news.

6. See something, say something: If you see suspicious or criminal activity online, report it. If you don't know where to report, Netsafe can help.

7. Practise safe clicking: COVID-19 is being used as a lure so be careful clicking on links, attachments or ads from unknown sources as they might be hiding malware.

8. Protect your info: Criminals are harvesting personal information. Stop and think carefully about the details you're disclosing or whether they need to be entered online.

9. Have fun: Explore the different technologies available to help



you connect, learn, stay informed and participate in Aotearoa's new virtual society.

10. Help others: Share your online safety tips and experiences using #stayconnectedstaysafe to help others.

For further details, visit netsafe.org.nz.

Complimentary business mentoring

Last month, before the necessary Covid-19 lockdown, I introduced the Seven Factors (7Fs) for a successful Business Model, and therefore business - in short, every business needs a complete solution that is appealing to customers, that sells for more than its costs, and where there is a sufficient stream of customers to build and sustain the business.

The 7Fs are still valid. Whether previous needs have evaporated or changed, or new needs have arisen, customers only buy what is valuable to them; customers buy solutions to their needs.

Things to do immediately are:

1. Collective welfare - assume positive intent - be kind to everyone.
2. Reduce costs to the minimum.
3. Apply for every grant, subsidy, or loan on offer.
4. Ensure you have the cash or credit you need.
5. Find out what people now need and follow the 7Fs.

Our futures will be different from our previous expectations, so how will your business adapt? Is there still a need for your solution? Have new needs arisen?

For the 7Fs and complimentary business mentoring, see DontThinkCheck.co.nz/SaveMyBusiness/ and call Glyn Davies, Business Resultant®, M: 027 459 6397.

Need something lifted or shifted?

Kumeu based Hiab hire. 7 days
26 metre reach



Call us for all your lifting requirements.
Phone A P George; 027 229 2919

Embracing our community

One thing is clear- we're still here.

Our Helensville Citizens Advice Bureau office is ramping up its help for our community during the Covid-19 crisis.

Aligned with our national Citizens Advice Bureau service, we continue to be called on for help more than ever at this time.

Don't Think, Check!®

Don't gamble for business success.

For complimentary information, visit:
www.DontThinkCheck.co.nz

For advice, call or email:
Glyn Davies
Business Resultant®, M: 027 4596 397
Glyn.Davies@DontThinkCheck.co.nz

Area Columnists

Our amazing team of volunteers and staff around Aotearoa have seamlessly continued to deliver the CAB service by phone and online from their own homes.

At the start of the lockdown there was an initial 300% increase in enquiries and a sustained increase in the following weeks.

In a period of just three weeks during the lockdown we responded to more than 6,000 enquiries from people seeking information and support. These enquiries have covered a huge range of issues.

Our service has also been called on to support welfare outreach by local civil defence offices and by the Ministry of Social Development at a national level checking in with vulnerable people aged 70+ in our communities.

We are fortunate to have a willing group of trained and police-vetted volunteers around the country who are generously carrying out this additional work.

Our Helensville office can still help callers with their rights and obligations and to make sure that no one is disadvantaged through not being able to understand what their next steps are.

Contact CAB by freephone 0800 367 222, email and live chat or go to www.cab.org.nz for more information.

New Zealand, and generate around a third of New Zealand GDP. But for many lockdown has been really tough. Income has been either reduced significantly or even reduced to zero for an extended period of time. Even out of lockdown, revenue is not going to be at the same level as pre COVID-19. Many will not re-open. Other will not survive the first 3-6 months after lockdown.

But New Zealand entrepreneurs are resilient. We have quickly found new ways to work. Many of us have been working from home. We are finding new ways to communicate with each other and manage workloads and productivity. We are finding new ways of getting our products and services to our customers. And we have been forced to assess and improve our health and safety policies to ensure the safety of all.

But where do we go from here? For many a rethink of the business model is required.

Our target customer may not be the same as it was. International tourism is gone for the foreseeable future. The New Zealand and the World economies are in recession. Many people have lost their jobs and have less money than they had before. How can you adapt your product and service offering and your advertising message to match the new environment? There is a groundswell of support for buying local and supporting local business, so how can you take advantage of that?

Revenue levels are like to be reduced for some time. What does this mean for your cashflow? How can you reduce costs? How can you work more efficiently? What is the minimum revenue you need to have a sustainable business?

Rebuilding our SME economy

Small and medium business make up 97% of all businesses in

House & Land Packages



Country Living, Turn Key!

\$1,165,000

House 181m² | Section 629m² | 3 | 2 | 1 | 1 | 2



Wood Valley Wonderland!

\$1,185,000

House 186m² | Section 18510m² | 3 | 2.5 | 2 | 2



Tick The Boxes In Huapai

\$890,000

House 144m² | Section 357m² | 3 | 2 | 1 | 1



Architectural Kiwitahi Haven

**Price By
Negotiation**

House 207m² | Section 297070m² | 4 | 2.5 | 1 | 2

[View more House & Land Packages at signature.co.nz](http://signature.co.nz)

Contact Dean Pritchard for more information
027 471 1886 | 0800 020 600 | deanpritchard@signature.co.nz

Signature
HOMES Est. 1983
YOUR HOME. YOUR WAY.

Area Columnists

Communication is key through all of this. Keep talking to your staff so they know what is going on. Your staff can contribute ideas on improvements. Talk to your customers to let them know how they can continue buying from you. Talk to your suppliers to ensure a security of supply and to agree credit terms. Talk to your competitors to find new ways to collaborate. Talk to your bank to access short term cashflow relief, or to shift loans to interest only in the short term. Talk to your trusted advisor to work through your cashflow forecast for the next 6 months, and to work through your plan for regrowth.

Together we can rebuild stronger and smarter businesses.

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

Health and Safety and Covid-19 - back to work

Last month little did we know that we were likely to be in lockdown yet my article was able to touch on many of the protocols around working from home, something many of us will have been able to do while in lockdown.

By the time we read this article we may be all be heading back to the office and the factory, or the warehouse or the construction site. Having survived lockdown and Covid 19, now more hazards and risks may face us as we start back to work.

Securo has put out a back to work checklist, and while we cannot print it for all to read, we can highlight some of the main things we need to do to ensure that we do not have an accident or pick up an illness or Covid-19 when we do return.

What are some of the things we should check? We need to check the external building for damage, is the guttering okay, outside stacking still okay, the yard is free from hazards and rubbish. Internally are the fire extinguishers still in place and operational, stacked items still secure, water on and flows, no leaks, lights work, circuit breakers okay, boilers safe to start up, rubbish bins emptied, bench tops need cleaning and wiping down with disinfectant, Covid-19 signs in place, personal protective equipment available and a reminder to everyone not to share the PPE.

Management need to talk staff; people will be fearful that Covid 19 may return and we will have to head back into lockdown. Remind staff who are unwell not to come into work and ensure that visitors and contractors sign in and as a minimum leave their phone number for tracing purposes.

You may require more protocols around client and worker interaction and staff meetings. Can you do Zoom meetings or Skype.

The above are just some of the items on the Securo check list. For more information contact John Riddell Securo Health and Safety Consultant by email securo4@securo.co.nz or visit the website www.securo.co.nz.

Homes are for living not working

The Hangar is a purpose-built co-working office space located on the water's edge in Catalina Bay, Hobsonville Point. Home to a number of business owners, entrepreneurs and remote workers, The Hangar offers a sophisticated modern workplace that gives businesses room to grow without the stress of a home office that doesn't "switch off" or the overheads of a full commercial office space.



What is co-working and who is it best suited to? Co-working is the practice of sharing a fully-serviced workspace with other entrepreneurs, small businesses and remote workers to create a fun, collaborative working community.

Co-working is all about balance and flexibility. Do you need a desk 5 days a week or only 2? Do you want a fixed desk that is setup with pictures of your pets and kids, or a flexi-desk which you can pack up at the end of each day? The choice is yours.

Co-working doesn't discriminate. You don't need to be a business



SEPTIC & WATER TANK CLEANING

YOUR SEPTIC TANK SHOULD BE CLEANED EVERY 3 YEARS (AVERAGE FAMILY OF 4)

WE SERVICE ALL AREAS

PROMPT, PROFESSIONAL SERVICE WITH 30 YEARS EXPERIENCE

PHONE: 09 412 9210 OR 027 492 4494





Steven Baxter
Painter & Decorator
1168 Old North Road
Waimauku
Auckland
0882

☎ 027 201 7001
☎ 09 411 5136

Baxters Decorating
baxtersdecorating@gmail.com
www.baxtersdecorating.com





OPEN NOW!



- Mechanical repairs for all makes & models
- Auto Electrical for all makes & models
- Service, tyres & wheel alignment



“Jason and the team, with over 45 years experience combined”

906 State Highway 16, Waimauku Roundabout

Ph: 09 411 7579

Area Columnists

owner to join, you could be a remote worker who's looking for networking opportunities and more of an office environment closer to home or a creative who just needs more space to grow.

The Hangar has built an incredible member community of locals who enjoy working from the beautiful Catalina Bay offices every day.

To meet the team a grab a free trial and tour of The Hangar email Danielle@thehangar.nz.

Sayers says it

By Cr Greg Sayers, Councillor for Rodney.



Auckland ratepayers may be pleased that a number of councillors have agreed to take a 20 per cent pay cut in response to the Covid-19 crisis. Those councillors have rightly shown solidarity with the vast number of people worried about their jobs and business interests.

However, the amount this saves is not going to make much difference to the council's annual budget of nearly \$5 billion.

Auckland Council must be much bolder than cutting councillors' salaries if it wants to help the city be salvaged from the economic

crisis we face.

Not only should it be looking at significantly cutting internal costs, the council should also be reducing the costs Aucklanders face when dealing with it, and especially with regard to speeding up the time it takes for permission for building projects, along with a wide range of other construction-oriented projects that will not only save jobs but also will create new ones.

Every day of delay in gaining planning permission comes with a cost.

There are the interest costs that add to a project and provide absolutely no benefit to anyone other than the banks. There are workers who cannot work if they are waiting for council staff to work out if a consent is approved. There are projects that do not proceed because the consenting process is so time-consuming and expensive that it is not worth the effort of the entrepreneur to seek council's permission.

Delays are expensive and frustrating in a normal economy. They are even worse when our economy is suffering as it is now. Delays add costs without adding any benefits. We need our city's planning staff to be ruthless in speeding up consenting processes so we can get Auckland back working.

The Covid-19 crisis is an appropriate moment for us all to consider what the core business of Auckland Council is.

When so many in our community are facing extreme financial hardship and cutting back on luxuries, Auckland Council needs to take similar steps. Somewhat surprisingly, the definition of core

We're locals like you



Being local is really important to Matt and Rachael. They've lived here their whole lives, raising a family and being part of the G.J. team for over 7 years. With their extensive experience at G.J.'s, you're sure to get great service, the care and knowledge of a local, and the support of a national franchise. G.J.'s really do offer the best of both worlds.

So if you're thinking of building, talk to the Rodney West team first and find out why more people trust G.J. Gardner Homes than any other builder.



09 412 5371 gjgardner.co.nz

G.J. Gardner. HOMES

Area Columnists

council business is currently undefined by its bureaucrats.

Council needs to spend its money wisely on the things that are essential and core services to the community, not nice-to-haves. And we need to help our city's economy recover by speeding up council permitting processes so Aucklanders who can afford to re-invest capital into businesses, and thus create jobs, can get on with projects, rather than wasting time waiting for council to make decisions.

These two steps will make a real difference to Auckland's economy. Speeding up planning permissions and consenting would cost council little while getting our city back to work.

Deciding on core council business and sticking to it will mean a more efficient council that delivers better value for our people.

Obviously, there are other council levers, such as its policies around rates, including rates relief, deferred payments, rebates, rate adjustments, postponements and rate remissions for both businesses and households.

As well the council having to make significant internal savings.

A combination of pulling all of these levers is what is required in order for Aucklanders to witness a humane, generous and a genuine "we're all in this together" response from Auckland Council.

Add more rhythm to your child's life

Brought to you by New Shoots Early Education.

Rhythm relaxes our bodies and minds so we can feel calm, connected and curious. It lets you engage with your children, and puts your children in a headspace where they can learn and grow. Here's some tips to include more rhythm to your day..



Start your day right - A strong morning routine will put you in good standing each day. You may have early risers, hangry children or a struggle over the shower. Still, if everyone knows what to expect from the outset, it's easier to maintain your rhythm throughout the day.

Try:

- Family breakfast - Whether it's toast or a big Kiwi breakfast, bringing

the family together around the table at the start of the day gives everyone a chance to connect.

- A morning ritual - Start the day on a positive note. Light a candle or have a short dance party.

- Being prepared - Just as you may have packed the nappy bag the night before childcare, find ways to make mornings easier. Set the table at night, make the pancake batter, or select children's clothing to make the morning seamless.

Daily activities

Daytime rhythm relies on a balance of planned activities and unstructured play. Go with the flow, keeping space limitations and varying ages and personalities of children in mind as you find your guiding tempo.

- Music and dance - Put on a playlist, sing and dance, get out some real or makeshift instruments.

- Family projects - Involve the whole family in projects around the house like building a treehouse or planting a garden.

- Messy play - Children learn so much from tactile activities like colouring and painting, playdough and water play.

- Free play - Play is so important in early childhood! Let children gravitate to their favourites, be it cars or kitchens, blocks or dolls, loose parts or sandpits.

- Take a siesta - Introduce a short nap after the midday meal. Entice your children by pretending you're in a country where siestas are common - like Spain, Mexico or the Philippines.

- Low key activities - Board games, story time or relaxation yoga all encourage conserving energy, using quieter voices and introspection - three ingredients for a revitalising rest.

- Play while lying down - You need rest but the children won't nap? All is not lost with these clever activities. Recline and let the children draw on your stomach and legs. Become the race track

KEMP BARRISTERS & SOLICITORS
WE CONTINUE TO SERVE

As this is a particularly important time for you to take care of yourselves and your loved ones, we are here to help you in whichever way we can.

To assist during the lockdown, we are available to meet with you through digital or telephonic appointments.

This may be a time in which to ensure that your personal and business matters are properly structured. Our team is here to help.

contact us : 09 412 6000 info@kempbarristers.co.nz

AUTOWORX NZ
SERVICE CENTRE
E O I N S T U A R T
 Phone 09 412 5900 | Mob 022 639 0274
 338 Main Road Huapai - Kumeu, Auckland 0810
 autoworxnz@outlook.com

Area Columnists

your children's cars zoom over. Ask your future doctor to perform a pretend operation on your back. Use your creativity - the options are endless!

An evening routine - Evenings may be one part of the day where you are already familiar with routine. Bath time follows dinner, before story time and sleep. A grounding evening routine will help your children have a good night's sleep, which sets you up to find the next day's rhythm.

Once the youngest family members are asleep, find a moment for yourself. Read a book, write in a journal, enjoy a cup of tea or soak in the bath - this is a brief window where parents can find their own rhythm too.

If you're interested in learning more about New Shoots Children's Centres, you can visit www.newshoots.co.nz.

Phelan's Local Board update

Everyone will be getting used to a bit more freedom by now and no doubt itching to get further beyond their direct neighbourhoods.

Our district is blessed with parks that have some of the most beautiful views in Auckland and are great for a walk while maintaining social distancing. Note that under Level 3 all parks facilities and playgrounds are closed, so sorry, no toilets. This is because the Council is unable to clean them every time they are used to avoid public exposure to infection.

The obvious one is Muriwai Beach, with over 50 km of wild black

sand and dunes. Get out now and enjoy some raw west coast beauty north of Okiritoto Stream which is dog friendly, with few other people, and, for a few more weeks, without vehicles. If your dog is looking for a change of scenery you can let them blow off some steam at the local park Pollard Lane in Waimauku.

Near Muriwai there is another couple of great Department of Conservation walks. Head to Constable Road to the Te Henga track, part of the Hilary Trail, which runs from Muriwai to Bethels Beach. Take half a day or so to do the whole track or just get down to the cliff edge walk to blow out any cobwebs. If you want to do a bush walk at the beginning of road is the peaceful Goldie Bush walk down through a Kauri forest to the Mokoroa Falls, you'll need good walking shoes for the falls walk. No dogs are allowed at either reserve and make sure you use the shoe wash stations to stop the spread of Kauri Dieback Disease.

Another well-kept secret is the large regional park Te Rau Puriri at 2911 South Head Road. This relatively undeveloped 340-hectare park has grown with the addition of new land over the last few years and boasts stunning views of the Kaipara Harbour and one of the peninsula's dune lakes, Rototoa. A new management plan is being developed which will see this park become a great destination for the north-west. There are some seasonal restrictions with dogs because it is a working farm, so check online before you go.

Back in Parakai there is Kaipātiki Reserve (formerly Parakai Domain) this is a jointly managed reserve between Ngāti Whātua o Kaiapa and Auckland Council. There is a major redevelopment plan underway for the reserve over the coming years. Heading north the recent addition of a perimeter track at Rautawhiri Park in Helensville allows all-weather walking - dogs are welcome, there's also the

KUMEU CENTRAL IS LIVE!



Colliers International are proud to bring this brand new retail and office development to the market, giving tenants and owner occupiers the opportunity to house their businesses in this sought after Kumeu development. Burger King and Anytime Fitness are committed, as well as Williamson Water & Land Advisory Ltd as owner occupiers, all of which will be opening their doors in August 2020.

Available retail floor areas range in size from 63m² to 129m², with only one office space left of 165m². Construction has commenced with completion due later this year.

FEATURES

- Retail and office space for sale or lease
- Retail sizes from 63m² – 129m²
- One office space of 169m²
- Developed by renowned Matvin Group
- Sought after central Kumeu location
- Burger King and Anytime Fitness committed



Caroline Cornish
021 390 759

Craig Smith
021 490 580

Area Columnists

small local Sinclair Park in Kaukapakapa off Macky Road.

Consultation has been delayed on the Council Annual Budget due to COVID-19. There are now going to be significant cuts to spending over the next year. This is partly because of the expected reduction in income from investments like Auckland Airport and Ports of Auckland plus reductions in fees and charges. There is going to be a public consultation on two options for a rates increase going to the public for feedback this will also identify which areas of spending that will be cut and what the implications of this will be. At the time of writing, I don't know what the implications will be for local projects.

If you have questions or concerns about Auckland Council, you can contact me on either 021 837 167 or email phelan.pirrie@aucklandcouncil.govt.nz Phelan Pirrie, Chair, Rodney Local Board.

Lockdown impacts overseas fibre recycling market

All mixed paper and cardboard recycling collected in Auckland will temporarily be sent to landfill because current global restrictions have closed Auckland's overseas market for processing them. There is currently no capacity in New Zealand to process Auckland's volumes of paper and cardboard recyclables.



Despite the change, Auckland's kerbside recycling collection services will continue as normal as part of the essential services still being delivered by the council.

Councillor Richard Hills, Chair of the Environment and Climate Change Committee says, "Auckland Council sends fibre, such as paper and cardboard overseas to be recycled, but with countries around the world shutting their borders, that is not an option. While it isn't ideal, we have no choice but to landfill these items at this time. Our focus will be to make sure Aucklanders can still recycle with as little disruption as possible.

"This situation also highlights why we need to have the ability to deal with our recycling in New Zealand rather than relying on other countries".

Auckland has the most extensive recycling collection system in the country, and aluminum, steel, glass and plastic are all still being recycled at this time.

Marja Lubeck

Labour List MP based in Rodney

Please contact me for appointments and assistance:

- ☎ 0800 582 325 (0800 LUBECK)
- ✉ marja.lubeck@parliament.govt.nz
- ✉ PO Box 94 Silverdale
- 📍 /MarjaLubeck 🐦 @marjalubeck



Authorised by Marja Lubeck, Parliament Buildings, Wellington



Pete Sinton
Managing Director

09 412 2016 | 021 637 772
49 Beach Street, RD 2, Sandspit, Auckland 0982

petesinton@townplanner.co.nz



- HEAT PUMPS & AIR CONDITIONING
- DUCTED & HOME VENTILATION SYSTEMS
- SERVICING & REPAIR
- FREE ASSESSMENT & QUOTE

Office 09 912 0553,
admin@clarksonaircon.co.nz,
www.clarksonaircon.co.nz

The Picture Framing Company LTD.

We will frame anything!



- ✓ Competitive prices
- ✓ Professional Framers
- ✓ Knowledgeable Team
- ✓ Friendly Service
- ✓ Integrity
- ✓ Quality

Established in Kumeu for 20 years

Ph 412-6224 · www.pictureframing.co.nz · 14A Shamrock Drive, Kumeu

Anna Jeffs

Licensed Private Investigator

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

*Licensed by
The Ministry of Justice: 13-008198*

- Surveillance
- Infidelity
- Criminal Defence Support
- Family Law & Civil Litigation Support
- Missing Persons
- GPS Vehicle Tracking
- Computer Forensics & Bug Sweeping
- Document Process Serving
- Investigations
- Undercover agents



Anna Jeffs
Director

Fox Private Investigators Limited
anna@foxprivateinvestigators.co.nz
021 036 8417
0800 4 FOX PI (0800 4 369 74)
www.foxprivateinvestigators.co.nz



Exclusive
**GOLF MEMBERSHIP
OFFER**

Beautiful parkland golf course near Riverhead



15 MONTHS MEMBERSHIP FOR THE PRICE OF 12 MONTHS*



PLAY

- Play in friendly, sociable golf groups: men / women / mixed
- Join fun challenging competitions
- Green Fees:
 - Affiliated \$45 or \$40 with a member
 - Casual \$55 or \$50 with a member

LEARN

- Learn in a safe, friendly environment
- On-site Golf Professional
- Individual & Group Lessons
- Golf Clinics for adults & juniors

ENJOY

- Enjoy our vibrant, sociable Bar & Café (open daily 8am to 6pm)
- Fun social events (including: quiz nights & curry nights)
- Business networking

* This exclusive offer only applies to our Full Playing Membership of \$1,358 per year and is available for a limited time until end of June 2020, so come join us now. For more information on joining us contact Huapai Office for a friendly chat:

Huapai Office: (09) 412 8809 | office@huapaigolf.co.nz | huapaigolf.co.nz