

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES
50 YEARS SERVICE

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

'CAPABLE GUARDIANS' RECOGNISED

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

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

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May 2021



Greetings

Brace yourself!

Not only is this area facing increased traffic congestion, more housing, lack of services, reduced road sealing and repairs, greater costs (and rates) - but all these issues are years away from being resolved.

The tale of woes is outlined in Rodney Ward Councillor Greg Sayers' regular column in this edition, adding many of the issues will be "heartbreaking" for locals.

That includes no support for trains to Huapai, no immediate relief from traffic congestion, budget slashing affecting local residents, and no bypass for years.

It's something Kumeu Community Action (aka the Kumeu-Huapai Residents and Ratepayers Association) is keen to address, with another public meeting on such issues planned for Sunday June 20, 3pm, at the Huapai District School hall.

It's a guarantee nearly all the issues affecting this area will continue for some time.

And you can add to that increased costs with prices for most things starting to ramp up in a (relatively) post-COVID world.

Expect shortages and delays in getting many things too (building timber, for instance), and rising prices for nearly everything (fuel, food and other essentials).

I hear one of the few things to drop is housing prices, predicted by some - but I wouldn't bet the house on it.

The worry is - where's the money coming from to pay for all this?

Many are struggling to catch up after COVID, certainly some businesses (especially those reliant on overseas visitors).

Now is probably not a good time to ask for a rise - if you still have a job! I doubt we'll get tax breaks either - the Budget is due May 20.

We'll see a continuation of working from home, perhaps with some days in the office.

As an example, I work from home most days and cycle (which powers-that-be would like us to do more) into the city two days per week covering electric mobility, renewable energy, and other related fields.

Expect change, and lots of it - but not immediately for the real issues affecting this area.

Geoff Dobson, editor



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COVER PHOTO: Bex Baddeley and Brian Bracey

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

'Capable guardians' recognised

Waitemata Police honoured their "capable guardians" such as community patrols, Neighbourhood Support members and more at a special event in the Kumeu Showgrounds.

"It's the first time we've done this," says Sergeant Greg Wilson of the Waitemata Police, who hopes to see it become an annual event.

He says the aim is provide some training and engagement - a chance for everyone to get together - but especially as an opportunity for police to say thank-you to the community volunteers for their "phenomenal" work.

Among the 148 attending were representatives of the police district's community patrols.

A member of the Nor-west Community Patrol for 14 years, Brian Bracey is also a life member of the Kumeu Volunteer Fire Brigade which turned up at the event led by fire chief Bex Baddeley to help provide advice on attending vehicle crashes.



Bex says the showgrounds event had been "a great day which everyone got a lot out of".

The brigade has served the area for more than 50 years, Brian being involved "from the get go" and was a firefighter for more than 34 years before hanging up his jacket and boots but still maintains contact.

While the brigade has gone from strength to strength, it's the local community patrol which is now on the lookout for more members and sponsorship.

Meanwhile, those at the showgrounds were treated to a flypast from the Police Eagle helicopter and a visit from police dog Anzac which sat in on a question-and-answer session about police dogs, and a lunch.

Greg says community patrols are the "eyes and ears" for police and he hopes to be able to see such events for "capable guardians" develop further.

Maori and Pacific wardens were also due to attend the Kumeu Showgrounds gathering but had been called to other Auckland events, Greg adding he hopes to see them included in another similar occasion.

The COVID-19 pandemic and associated restrictions in Auckland had led to many social and other events being postponed until recently.

The same evening as the showgrounds gathering, Helensville firefighters honoured some of their long-serving members such as fire chief Ian Osborne (50 years medal), station officer Mike Mander (25 years Gold Star), and Phil Cox (21 years) at a huge event at Markovina Estate in Kumeu.



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People & Places

Anyone who would like to join the Nor-west Community Patrol or contribute in some way can email nor-west@cpnz.org.nz, contact Russell Brown on 0274 985 761 or contact Community Constable Dmitry Pantileev at the Kumeu Police.

Train survey among push for progress

Issues affecting this area will again be covered at Kumeu Community Action (aka Kumeu Huapai Residents and Ratepayers Association) upcoming meetings.

It's also organising a survey on how and when the community would use a commuter train to Waitakere and Huapai if it were offered again.

This evidence will be compared to previous surveys and used to support the case for the commuter train option to be actively considered again by transport management and ministers, association chair Guy Wishart says.

Trains to Huapai formed part of the discussion at an earlier packed meeting in the Huapai District School hall which included traffic congestion, road repairs, the State Highway 16 bypass, the lack of a local high school and widespread development.

Coverage of that meeting featured in our April Kumeu Courier.

Kumeu Community Action's next public meeting is again at the Huapai District School Hall on Sunday June 20, 3pm-5pm.

By the time you read this, feedback is needed on Auckland's Regional Land Transport Plan.

Don't miss the chance to comment before the opportunity to have your say finishes on Sunday May 2, Guy urges.

Rodney Ward Councillor Greg Sayers suggests people could also fill in a survey via <https://surveymonkey.com/r/3SYWLS2> which is being used as feedback.

Greg outlines many of the area's issues in his own column, Sayers Says It, in this edition.

Meanwhile, the association's AGM will be held at Kumeu Arts



(behind the Kumeu Library) on Tuesday May 25 at 7pm.

If you are interested in joining the committee, nominations need to be in seven days before the AGM meeting date.

Email your nominations to info@khrra.org.nz.

"We are in particular need of skills in social media and website management, those with a business background and those with a passion for helping to improve their community," says Guy.

Membership rates have been reviewed recently, resulting in the fees for individuals being lowered to just \$5.

Guy says this is largely to reduce the barrier to joining the association and to strengthen its base of support.

"We encourage you to recommend membership to friends and family," he says.

"Fees are payable to ANZ bank account 11-5200-0032771-11 and should include your first and second names.

"Please then email info@khrra.org.nz to make sure we can continue to keep in touch with you."

Kumeu Central adds new businesses

Hot on the heels of Burger King and Anytime Fitness are several more businesses and services opening in the new Kumeu Central development.

One of New Zealand's first shops specialising in dogs has opened its doors there.



Doctor Dog at 1/2 Putaki Drive next to Burger King is run by Paul Treneary and business partners Andrew and Belinda Sabich and their team.

Specialising in providing nutritious and preservative/chemical free dog food and biscuits sourced from Waikato beef and New Zealand seafood under its own brand, Doctor Dog also has a dog grooming service (including star groomer Natasha Langton) and supplies dog toys, bedding, treats, shampoos, bowls, flea and worm treatments, and more.

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People & Places

Paul says their West Auckland-made dog food is certified by Massey University and exceeds their standards - "made from New Zealand ingredients in New Zealand and for New Zealanders".

He expects Doctor Dog to open 16 more stores throughout New Zealand, such is its popularity.

Paul has been involved with dogs for about 20 years, and says he learned more about them after suffering a life changing health condition at home and coming round to find his two dogs had never left his side.

He decided to learn more about dog behaviour and nutrition and says he wanted food for them that was nutritious but free of chemicals, preservatives and other additives.

Paul is also well known for starting a battery company after he bought a toy for his daughter then found the battery for it cost more than the toy.

Clipseal tins are available at Doctor Dog to keep the food and biscuits fresh as Paul says all the dog food is 100% natural and fresh so has about a 10-month shelf life.

Paul says he's keen to help with people's education about their dogs - especially around food and housing - and he even provides free training for customers and their dogs.

"We're a one-stop shop for anything to do with dogs," he says.

Doctor Dog is open weekdays from 9am-6pm and Saturdays 9am-3pm, phone 09 412 5533.

Evolve Accounting is moving in upstairs.

The accountancy firm has experience assisting architects, construction, trades, real estate agents and property investors/developers.

Meanwhile, a new St John Store opens at 306 Main Road in May.

It will be the 45th St John Store in the country.

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

Local GP and St John Helensville Area Committee Chair Dr John Elliott says proceeds will help fund the Area Committee's ongoing community services to help build community resilience.

"All our community works are numerous and ongoing, and the St John Store will form an absolutely vital part of funding our local initiatives including the installation of automated external defibrillators (AEDs), replenishing lifesaving equipment for the emergency ambulance service, and sponsoring the St John Youth programme," John says.

"The new store is an exciting addition to our St John hub of

activities in the community. With both the Helensville and Huapai stores working together, a local St John destination shopping trip has more appeal," he adds.

A ceremony to bless and open the Huapai store is on Saturday May 15, with business to commence at 10am.

Volunteers are now needed to help run the St John Huapai store.

Anyone interested in retail and customer service, and can offer some free time, should contact Ferne Shaw at ferne.shaw@stjohn.org.nz, call 027 235 7900 or visit join.stjohn.org.nz to apply online.

50 years fire service recognised

Caption: Ian Osborne, right, receives his 50-year medal. Photo: Stellanova Photography.



Helensville Volunteer Fire Brigade fire chief Ian Osborne has received his 50-year medal for services to fire fighting.

Ian was among brigade members such as station officer Mike Mander (25-year Gold Star) and Phil Cox honoured for their lengthy services at a special event at Markovina Estate in Kumeu.

It's also the first time a Helensville firefighter has recorded 50 years of service.

The event was attended by about 140 people including Fire and Emergency New Zealand national commander Kerry Gregory, and about 20 Gold Star and six 50-year medal recipients.

Ian grew up in Warkworth and went to nearby Wellsford in about 1967 to work in an electrical business, joining the Wellsford brigade



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People & Places

in 1971.

He came to Helensville at the end of 1976 and joined the local brigade while running a Helensville electrical shop and becoming well known as an electrical appliance repairman.

Ian recalls Hinemoa House burning down not long after he arrived in Helensville.

He served as deputy chief fire officer for about 20 years and has been its chief for around 14 years.

Highlights included the brigade gaining a second engine - using one as a rescue tender - and saving people from housefires.

A house blaze on Christmas Eve last year was a good example. Ian says the brigade was heading to a car crash in Kumeu when it got the call to the Awaroa Road fire. "It was well ablaze. People were trapped inside so we poured water on to make a pathway for them to get to safety."

A few days later the brigade was called to another Helensville house fire but this time the occupants were away.

Ian has seen the brigade's workload increase over the years, generally getting about 250 call-outs annually - usually to fires and vehicle crashes.

"We had about five calls in one day recently, but the next it could be a couple."

The local firefighters often attend crashes on Old North Road - two were just 30 seconds apart - usually after rain makes conditions slippery.

Ian says that after 20 years of fire brigade involvement he just "kept doing it", no doubt to help people in distress but also because of the camaraderie.

Now 71, Ian could probably put his feet up. But he says he still gets calls from locals to do electrical repairs and although he's considering a reduced brigade workload he wants to remain involved with it.

Gold Star recipients are usually given life membership in their brigade anyway.

Ian says the Helensville brigade is always keen to receive new members, particularly those who work locally.

School ball venue - Allely Estate

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- The surrounding gardens provide lots of nooks for quiet chats and plenty of perfect backdrops for group photos and selfies.
- Hang out under our fairy-lit courtyard or bring the noise into our marquee. We have a dancefloor and room for a DJ or full band - and no neighbours to complain about the decibel level.
- There's plenty of room for parking and we can arrange buses or other transport to and from the venue.
- The best bit is how easy it is to theme our venue - a neutral backdrop means you can style it up where it counts. Drape the ceilings, have amazing centrepieces on each table, literally roll out the red carpet, have your school year up in the lights, hang greenery from the ceiling - so many options.

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People & Places

- Our events planner will be with you every step of the way, helping you arrange everything you need to make it a night to remember. Our list of suppliers include those with photo booths, epic sound systems, neon lights, flowers, balloon garlands, twinkling lights and more - we know how to party.

- On the less exciting, but just as important side, we can help with security and have Covid-19 regulations in place.

School ball themes we love: Secret garden (half of the theming is done for you already, with our stunning gardens. Hollywood glamour, Under the sea, Black and white, Summer nights, Enchanted forest, Glow up, Everything's golden, Masquerade, All that glitters, Another world, Carnival fun, Back in time, Ancient Greece, Disney dream, James Bond, Arabian Nights, Disco fever.

Whatever your school ball vision is, we can help you bring it to life with a stunning venue, caring staff and suppliers who know their stuff!

If you're interested in checking out Allely Estate for your school ball, please contact us with questions or to organise a tour. But get in quick as our ball season is booking out fast. www.allelyestate.co.nz.

Kumeu Library temporarily closed

Remedial works to repair a leaking roof and building will see the Kumeu Library temporarily closed for most of April.

The library is scheduled to reopen Wednesday April 28 at 9am while the full remedial works are due to finish in June.

The closure includes Easter (April 2 to April 5) and the first term school holidays (April 17 to May 2, which includes Anzac Day on April 25) - so no school holiday programmes will be held at the Kumeu Library during the break.

The library's usual programmes resume gradually from April 29 and children's programmes from May 10.

Some noise and disturbance are expected during various stages of the project.

Library items can be returned to other Auckland Library branches during the closure - the nearest including Te Manaway at the



NorthWest Shopping Centre at 11 Kohukohu Lane in Westgate and the Helensville Library at 49 Commercial Road.

Items issued at Kumeu Library prior to the closure will have an extension on returns until Monday May 10.

The library has a leaking building issue with the cladding and was one of a number of buildings built under the former Rodney District Council that has this issue, Rodney Local Board chair Phelan Pirrie says.

The cost is currently estimated to be \$1.8 million and involves repairs to the roof, cladding and interior of the building.

"As with any leaky building repairs, until the cladding is off it will be difficult to know if there is further work required."

Visit www.facebook.com/kumeulibrary for more information.

Huapai Hillbillies Hoedown

Tickets sold within minutes for the Huapai Hillbillies Hoedown on May 1.

The annual fundraiser for the Kumeu Volunteer Fire Brigade is extremely popular, with limited tickets selling in two batches - both gone quickly.

Fiddler Marian Burns and honky-tonk/country rocker Brendon Ham and the Brendon Ham Band perform at the hoedown which runs from 7pm till midnight at the Kumeu Showgrounds.

Both entertainers are well known and attend events throughout New Zealand, and the Huapai Hillbillies Hoedown is renowned for being a foot-stomping, yee-hah session among the haybales.

Many also dress country for the occasion.

The Kumeu Volunteer Fire Brigade says the event is its biggest fundraiser of the year and it's very excited to have another sold-out hoedown.

It also thanks the local community for all its support.

The brigade was recently represented at the Waitemata Police "capable guardians" event and the April Kumeu Markets, both at the showgrounds.





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The Beer Spot gets 'Best of the Best People's Choice Award'

The Beer Spot group has been awarded the Westpac Auckland Business Awards - Best of the Best People's Choice Award for 2021.

It caps off an unbelievable year which has included some incredible achievements and massive challenges, The Beer Spot group founder and co-owner Jason Payn says.

"If anyone told Laurence (van Dam) and I it would be like this, we probably would have gone fishing instead...and I'm a really bad fisherman.

"That award is incredible and humbling," Jason says. "It's decided by public vote...there's no judge input.

"To get that result is purely because our customers appreciate the experience they receive at each The Beer Spot site, and took action to vote for us."

Jason says customers came back in numbers as soon as the plethora of lockdowns lifted.

"We really appreciate that effort because they've been doing it tough too.

"What our customers might not understand is what they do for our staff, the 250 plus independent brewers around New Zealand, and the Auckland food truck industry."

Each site has a different food truck each week, some of the people involved going on to open restaurants.

"It's bittersweet," says Laurence van Dam. "We can't deny their success, but it means we lose a great drawcard, which goes nicely with our 40 taps of rotating beer.

"Thankfully, the food truck industry is growing and the quality has lifted dramatically over the past five years. Think restaurant quality, on a corndog and chip punnet budget."

During the past five years, the group has opened outlets in Northcote, Huapai, Morning-side, Panmure and Whangaparaoa - home of the first The Wine Spot.

"We had a war cry of five branches in five years and 200 taps in 2020, all for local, independent breweries. We achieved that with eight months to spare, but way, way over budget - and we had no idea a pandemic was coming," Jason says.



"People told us we were brave, but the truth was we were too far down the road to stop!"

The past year has played havoc on budgets, "but the biggest achievement is keeping all of our staff", Laurence says.

For the rest of April, Laurence and Jason enjoyed birthday beers specially brewed for the fifth celebration.

One is called 'False Profit XPA' from Weezledog Brewing in West Auckland, the other is 'Lekker Bru NZ Pilsner', based on a recipe by award winning Helensville homebrewer Gavin Keyworth, brewed at Liberty Brewing.

Caption: The Beer Spot ownership group, from left, Ashton Welsh, Laurence van Dam, Jason Payn and Adrian Wills. Photo: Smoke Photography smoke.co.nz

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Safer Communities



The change back to Alert Level 1 allowed us to be part of the opening of Waitakere Township's new playground on the 27 February. It was a great day for the community to come together and celebrate the park upgrade.

Unfortunately, the following day we went back into another lockdown which forced the postponement of the Waitakere Fire Station open day to the 10 April.

A huge thanks to our awesome community who braved the weather to attend!

The escape my house maze was a hit with the children who then encouraged their parents to have a go.

We hope you went home with helpful information and a better insight into how we operate in the community.

Our volunteers certainly appreciated your support, enthusiasm, and interaction.

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

<https://www.escapemyhouse.co.nz/>



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Community News

Motutara Waimauku Scout Group

This month we spot light Motutara Waimauku Scout Group. Thanks to Vanessa Belton for the following article.

Motutara Waimauku Scout Group have made major progress the month with their "new home" project. On 25th of March our building was finally moved up onto our new site in Waimauku. We now have a large undertaking to fully renovate our new Scout Den and construct our carpark and driveway access. We are hoping to be open for action early next year. We are currently based in Glasgow Park Hall in Waimauku, with around 90 youth and Leaders in our active group.

The project was started in 2015, with our group being given a building that was in Henderson. This building has an amazing history of Scouting, having been home for another Scout group. It was no longer being used. After an absolute mountain of paperwork, we obtained a Community lease for our new site in Waimauku. Then we obtained Resource Consent and Building consent.

We wish to acknowledge the strong overall community support and the incredible generosity of many businesses to get us this far. Craig Walker Building Removals, Burnetts Transport and Earthmoving, Atlas Concrete, Brotherwood Ltd, Sullivan Hall Chartered Engineers, Envirolgy Ltd, Babbage Consulting, Geoconsult, Western ITM, Pinelea Builders, Tree Consultancy and many more. We will be reaching out for more help this coming year, we would love to hear from you if you can give us a hand.



We really appreciate the support of the Rodney and Henderson local boards. And a big thank you to Karen Walby and the Leasing and Land team at Auckland Council for their ongoing encouragement.

We are excited for our community as there will be opportunities for community groups to use our Scout Den. We are keen to grow our group to introduce more youth into the wonderful world of Scouting.

If you wish to know more about Waimauku Scout group or any of the other Scout groups in the Waitoru Zone (North/West Auckland), then please visit www.scouts.nz, or email me: zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

What's on at Kumeu Arts?

This May we have two contrasting exhibitions by our members. In the Main Gallery, we'll have a display of artworks in the tradition of Still Life. While in the Pod gallery we're celebrating NZ Music Month with a themed exhibition called 'Art on Record'. Artists have been asked to create LP album covers for real or imagined bands or musicians. At the opening event and party for both these exhibitions on Friday the 7th of May there will be DJ's, visuals and a live painting demo. This month we've also teamed up with the Hallertau Riverhead to host a 'Make a Beer Stein Workshop' during which participants will create personalized beer mugs using clay whilst they enjoy a Hallertau beer for inspiration. There's always lots happening at Kumeu Arts so come and join the fun! Find us on Facebook or visit www.kumeuarts.org for more info. Painting by Yvonne Abercrombie for 'Art on Record 2019'.



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Lions' book fair supports scouts

Riverhead Scouts will be the main beneficiaries of Huapai- Kumeu Lions' book fair on Saturday 22nd and Sunday 23rd of May.

The scout group will help the Lions sort and set up the books for the fair to be held in the Kumeu Community Centre. Soft and hard covered fiction will all sell for \$2. There will be tables of books on gardening, cooking, crafts and hobbies, travel and sport and many other topics including a good supply of children's books providing something of interest for all the family.

Kumeu Huapai

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Community News

Vinyl records, CDs and videos will be offered for \$2 or less.

Riverhead scouts, as well as the Lions are collecting used spectacles for people in the Pacific Islands and anyone with unwanted glasses is encouraged to bring them along and drop them in a box at the fair which is open from 9am to 2pm each day.

Lions will not be actively canvassing for unwanted books until their August fair as they are currently over-stocked with books already donated by the community.

SeniorNet

Last meeting, we had an interesting talk about rural internet and how to overcome the problems of trying to run a household of the old copper lines. We then learnt all the latest developments that will help in the future. Brian gave us an interesting talk on the use of the Covid app and the Bluetooth you should use. This month we are running courses on Bookmarks and file explorer and using files. We meet on the first Wednesday of the month at 10 am at St Chads Church in Huapai. We have a wide range of tutoring at all levels, why not come down and see what we are at.



Nature's Explorers

At Nature's Explorers, home away from home kindergarten, we believe the stage of early childhood is the most important time in a child's life for their growth and development. It is a valuable time for tamariki to develop social skills, in turn developing friendships which will lead to learning concepts such as: including respect, consideration and kindness towards others.



We acknowledge and celebrate that all tamariki and their whanau are individuals and value the unique contribution and culture they bring to the programme. We believe tamariki and whanau are the leaders of their own learning waka and we as educators are there to support and guide it. Therefore, we value and appreciate their opinions, ideas, and feedback. We are committed to supporting

children to feel a high sense of belonging at the centre. So in turn, they are confident to try things out and test their ideas, explore, dream, create, experiment and know that their play and exploration is valued as meaningful learning.

We believe that creating a beautiful nature-rich learning environment helps children grow and learn in authentic ways. We value how relaxed tamariki are when exploring outdoors and love the in depth learning that comes from integrating natural materials throughout their play.

We are committed to the principles of Te Tiriti o Waitangi: Partnership, protection, and participation. We actively work alongside whanau and parents to share decision making that supports the learning and wairua of their tamariki. If you have any queries or are interested in visiting us please contact Ange on 09 412 8800.

Kumeu Friendship Group

We meet on the third Thursday of the month at 10 am at St Chads Church in Huapai. We have usually two speakers to keep us entertained with a short break in the middle for a cup of tea or coffee. Last month we went on a trip, we went on a fabulous cruise on the Kaipara Harbour and fish and chips for lunch + tea or coffee and sweet slice at the Jetty Café in Shelly Beach. We welcome new members.



Kumeu Library

The remedial works at Kumeu Library are well underway, and due to be completed in June. The library re-opens from 9am on Wednesday 28 April, with all our programmes gradually resuming over the following ten days. Book Club resumes on Thursday 29 April at 7pm, and Book Chat on Tuesday 4 May at 10.30am.

We have really missed having our usual fun school holiday activities for children, and are looking forward to resuming our normal schedule of children's programmes from Monday 10 May: Storytimes from Monday 10 May and Saturday 15 May at 10.30am, Make: Build: Do for Homeschoolers from Wednesday 12 May at 10.30am, Make: Build: Do Afterschool from Thursday 13 May at 3.30pm, Rhymetime from Friday 14 May at 9.30am, and Wriggle & Rhyme from Friday 14 May at 10.30am.



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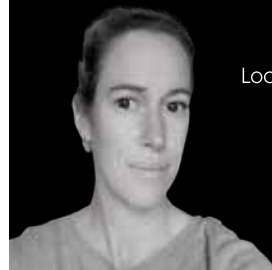
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You will be able to return items to Kumeu Library through the overnight returns slot from Tuesday 27 April. Requested items that are still uncollected from Te Manawa will be returned to Kumeu Library and you will be able to collect them again when we re-open on Wednesday 28 April.

Please note that building works at the Library will be continuing throughout May and into June, so there will be some ongoing noise and disturbance for customers. Please be assured that this will be managed as far as possible, and we apologise for the inconvenience.

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

The Mobile Car Specialists

Buying or selling a car? The best thing you could do to maximise the sale price is have a paint corrective cut and polish done to remove / minimise fine scratches, blemishes, sunscreen marks, oxidation and most other unsightly marks. The condition of the exterior makes a big impact with potential buyers so make sure it's looking good!



Likewise, if you've just purchased; often your vehicle could do with a professional polish, or dents removed, and NOW is the time to do it, otherwise you'll never end up getting it done until it's time to sell ;)

Our other services include: Dent removal - small to large, yellow / foggy headlight restoration, deep clear coat scratch removal, ceramic coating paint protection, signwriting removal.

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Kaukapakapa Village Market

Sunday 16 May 8.30am to 1pm.

Come along and enjoy a great morning at the market with live music from Foster on the tenor sax, free hair plaiting for the kids and a great selection of stalls including fresh locally grown fruit & vegetables, sausage sizzle, cakes, pies and doughnuts to enjoy with a freshly made coffee, unique locally made hand crafts, winter hand knits, skin care, handmade soap, jewellery, plants, preserves, bargain books from the Lions table and bargains galore to be had from our car boot area ... plus much more - see you there. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.



Restoring fish for all kiwis

My love of fishing started when I was a kid. I clearly remember my first night fishing mission off the beach when I was 13. A friend and I lugged all our gear around the rocks, threw out some lines and hoped for the best. Not even the lack of comfort or freezing temperature dissuaded me.

I was hooked. It was this love that kick started my own marine business, GT Marine, many years later.

We'd almost always catch our limit back then, but twenty years on and it's definitely not like it was. Now it seems like every time I visit a 'spot x' from my childhood it's pretty barren. I worry that when my kids grow up fish numbers will be almost non-existent and the ecosystem will be damaged beyond repair.

The recreational fishers I know are as passionate about fish stock as I am and we all follow the fishing rules set out by MPI. But we're increasingly frustrated with how fish stock has been mismanaged by authorities and how destructive commercial fishing practices, like bottom trawling and dredging, have been allowed to continue.



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Commercial operations are also getting away with dumping a huge amount of by-catch and the destruction of threatened marine mammals like dolphins, without prosecution.

The QMS (Quota Management System) was established back in 1986 as a means to stop overfishing in the commercial sector, by setting catch limits for every fish species. While the intention might have been good, it's fair to say it's not really working as it should. The fish stock is not effectively protected, with a number of species declining at an alarming rate.

We're passionate about ensuring our children and future grandchildren can fish like we once did. That's why GT Marine is supporting LegaSea and the fantastic work they do in raising the profile of issues affecting fish stock. Their mission is to restore New Zealand's coastal fisheries, which is a cause we're keen to get behind.

LegaSea are proposing a new framework to replace the QMS which aims to replenish fish numbers for all kiwis. You can find out more about this proposal at www.rescuefish.co.nz or find out more about GT Marine at www.gtmarine.co.nz.

Autumn book fair

29th/30th May 2021 - Helensville War Memorial Hall. The Lions Club of Helensville is holding their autumn Book Fair on the last weekend of May in the Helensville War Memorial Hall. The Book Fair is being held in conjunction with the Kaipara Coastguard and all proceeds from the weekend will go towards funding for their proposed new Marine Rescue Centre at Springs Road, Parakai. The Christmas Book Fair, held in November, raised \$13,245 and we aim to beat this for Coastguard Kaipara who perform voluntarily an essential service on our harbour, keeping boaties safe.

Books are priced to sell with nothing over \$2, with a good selection of children's books at 50c. Plus, there is also a good selection of jigsaw puzzles, board games, DVDs, CDs and quality magazines available.

Non-Fiction will be split into twenty separate categories, including one dedicated to New Zealand subjects and a large General Non-Fiction section to browse through.

Fiction is arranged alphabetically by authors, with six special interest groups, the largest of which is the Fantasy/Science Fiction section. There is also a tremendous number of children's books for all ages.

Small donations of books can be left at Burmester Realty, Helensville or for larger lots, call Chris on 09 420 8527, or any other member of Helensville Lions.

Please note that the last date we are accepting books for this Book Fair is Friday 21st May.

When was the last time you allowed yourself time to play?

There is substantial evidence that suggests learning through play, (or 'play based learning') brings numerous benefits to children's learning and development.

Our tamariki at Jojos learn through play how to become valued members of our community simply by playing together, (or apart!) and enjoying the support of their Kaiako to enable them opportunity to explore and engage with their surroundings.



We believe learning through play helps to develop confident, connected, actively involved, lifelong learners and are passionate about delivering our high quality of care and education to your children with these values instilled. If you are thinking of checking out daycares for your family, come and see us today at Jojos to learn more about play based learning and what makes us different from other centres. Please email admin@jojoschildcare.co.nz or phone the centre on 412 5325 for more information

STIHL SHOP Kumeu

A big congrats to the team at STIHL SHOP Kumeu who were awarded STIHL New Zealand's "Outstanding Marketing Achievement Award 2020" at their national dealer conference last month. This is the third year in a row our local Kumeu store has received this award. "We're ecstatic to be recognised for our efforts", says Rae Deakin from STIHL SHOP Kumeu. "We're a smaller store within the group, so to continually impress the head office of such a reputable brand like STIHL is a real honour". All STIHL SHOP stores are individually owned and operated and it is up to each store to stamp their own mark on their local marketing plan, which the Kumeu team does with a focus on community involvement, safety education and social media. Well done, Craig, Margaret and the team at STIHL SHOP Kumeu.






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In Brief

Free New Zealand and Australia travel event

Tuesday 13th May 21 from 4pm - 6.30pm.

We are holding a free travel information event at Huapai Golf Club with our favourite New Zealand and Australia travel operators and invite you to come along. The Café and Bar will be open for you to purchase meals and drinks so please let us know if you are interested in attending or if you would like more details.



Otago Rail Trail 3rd November 21

I have four spaces left on this fun 5 day tour where you won't be riding a bike, instead exploring this fabulous area by small van with a maximum 14 people. Let me know if you are interested and I can let you have more details.

Just call us on 09 416 1799 or email hobsonville@helloworld.co.nz if you would like our help or information about travelling both within New Zealand and overseas.

Your helloworld Team of Lesley, Hayley and Carolyn.

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From the sea to the stars - Kumeu Children's Art Club

At the Kumeu Children's Art Club this term, the theme was 'Under the Sea'. The children had fun with clay, card and print making, and created tiles which will be a permanent feature in 'the Hub' area around Kumeu Arts. They also got to take sea creatures and prints home. The life under the sea that they reflected in their art included penguins, submarine views, octopus, sharks, seacats, coral and seaweed gardens, squid and a mer-horse, reflecting the size of children's imagination and the beauty of the ocean.



Next term we are celebrating Matariki. We will reflect on Maori creation stories and make art work that engages the tactile senses

not just the eyes. We will use lots of different media and exercises, and children will go home with their own handmade bound books.

Kumeu Children's Art Club is a Charity, building a culture of peace for over twenty years. Enrol here:

www.enrolmy.com/kumeu-arts/book-now/15-The-Kumeu-Childrens-Art-Club---Term-2---2021-

Yarning together at Kumeu Knitty

The zany ladies of KumeuKnitty get together every Tuesday morning at Kumeu Arts from 10-12 for fellowship (womanship), skill sharing, problem solving, project completion and some yarnning. This year celebrates ten years of KumeuKnitty. Every June we also mark World Wide Knit in Public Day, and International Yarnbombing Day, and brighten up the streets with colourful yarn adornments. Throughout the year we also create fabulous handmade knits for ourselves and our whanau. We're the warmest, woolliest and coolest clothed ladies around! Everyone is welcome to attend on Tuesdays - it's just \$3 per person per session. And keep an eye out for knitted streets in months to come.



The life and times of Wyn Jordan

Kaukapakapa Library - Sunday 16th May. 9am to 1pm.

In 1920, the Taylor family emigrated to New Zealand from Bradford, Yorkshire, to farming life in Kaukapakapa. Wyn, aged 15, had to quickly learn to cope with primitive domestic conditions - doing the washing in a copper beside the creek, using oil lamps and learning to milk cows. Marrying Owen Jordan when she was 24, life shifted to what was then the remote Kukatango, Jordan's Island. Seven children and fifteen years later, the Jordan's bought 'Eden Vale' and enjoyed being back in the community.



An interest in local history prompted Wyn to become a foundation member of the Helensville and District Historical Society. In 1960, when Kaukapakapa celebrated its Centennial, Wyn was asked to

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In Brief

take charge of historical records for the official history. From this, she went on to compile the story of many organisations and pioneer families and also wrote about the Jordan and Taylor families. For more than 20 years she was local correspondent for the Rodney Courier and sometimes wrote articles for the NZ Herald. An avid collector of local information, Wyn compiled scrapbooks of local organisations, events and items of interest. With grateful thanks to the Jordan family, the Kaukapakapa library invites you to view the collection and step back into an earlier time. Kaukapakapa library open in conjunction with the Kaukapakapa Village Market. For more info contact Megan 021 959 017, email threehorses@xtra.co.nz.

Trains to Huapai

The Trains to Huapai campaign is a long slow journey. There's nothing wrong with the Waitakere tunnel that prevents commuter trains. There's a passing loop at Waitakere so trains can pass each other. There are communities along the way that need decent connections to passenger transport. Sure the trial service more than a decade ago, (one train each way during week days), was a failure - run so badly and late (or early) so often that even the keenest passengers couldn't rely on it. But none of this is a reason not to have services now. Especially as our community has doubled in size since then. You can take action - collect a postcard to send to Minister of Transport Michael Wood, from Kumeu Arts, and tell the Government they are wanted for train robbery, and we want our train.



uploaded online in myIR throughout the tax year.

For all of your accounting needs please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

Celebrate art at Muriwai

Come and join us on the Muriwai Arts Trail "Leap of Faith" art weekend, 21-23 May 2021. Make the most of this unique opportunity to see the artists in their studios. Eight artists will have their studios open: Tanya Blong, Joss Hong, Pat Henley, Liz Smith, Gaylene Earl, Christine Rose, Kirsten Reid, Marlon Hart. Feast your eyes on the variety of media: painting, jewellery, embroidery, illustration, mix media, photography, ceramics. Lesley Dixon will also be having her unique 'Open Studio' on the beach with free interactive sand art sessions over the weekend on Muriwai Beach (Sunday 12:30pm) and Maori Bay (Saturday noon). We would love to see you there. For more information visit www.muriwaiartsopenstudios.com.

Try Scottish country dancing

This year Waitemata SCD Club celebrates its 45th anniversary with a special ball. We will meet up with old friends and new, and dance to a Scottish Band. Meantime we're up and dancing again. Every Tuesday night, from now until the end of November, we meet at Kelston Community Centre. We enjoy the sociability - all welcome, all ages, no need to bring a partner, social dancing in groups. In the first class at 6.45pm we teach basic steps and formations and incorporate them into an easy dance. At 7.45pm all other members join in for dances at all levels. These dances are also taught before being danced by all. Who can resist the beautiful Scottish music, played mainly by piano accordion, fiddle, piano and drums?

Claim donations to reduce your tax

If you have made any donations of \$5 or more during the financial year, you may be able to claim these as tax credits. For claiming donations as tax credits, the charity or organisation you donated to must be an approved donee on the IRD's list. In addition, the donation must not have provided any direct benefit to you/your family, or have been given to satisfy a debt.

Only individuals can claim donations as tax credits. However, if you are a business owner and your company makes donations to an approved charity then the company is able to claim a deduction for the donation, which your accountant can assist with. The amount of the company deduction is limited to the company's net taxable income (excluding the donations). Donation receipts can be

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Property

Property market report

In March the government made changes in the ability of property investors to deduct interest expenses when calculating their tax obligations. Many commentators have suggested that this may affect the Mum and Dad investor but it will not have an impact on larger investors for a number of reasons. Most investors have stopped buying property on the basis that prices are overheated. The liquidity within their property portfolios would allow for a 40% deposit to be achieved, and any shortfall can be made up by tenants due to a reducing pool of property rental stock. About 12% of property purchases are made by investors with no mortgage. This is about one-third of investor buying. For these people the change in the bright-line test from five years to ten years might be a negative. But the removal of interest expense deductibility means nothing. They also may re-enter the market hoping to pick up some good properties from investors cashing up.

This action by the Labour Government will not stop house prices rising for an extended period. History would guarantee that you will pay more for a house in the future because the supply of building materials is reduced and the cost of building houses including compliance costs are increased.

One thing which happened last year is that as soon as the Level 4 lockdown ended, first home buyers entered into the market looking for homes. We are highly likely to see the same thing again. Property listings are running around 70% down from levels of ten years ago and for those who have yet to buy property, the prospect of some investors selling, and some no longer buying will be enough to encourage them to re-engage with buying a home.

So by-and-large we are back to the basics, limited supply and solid demand is keeping prices up.

So before you buy into FOMO and FOOP or label buyers as tyre-kickers, lets appreciate that buyers make decisions based on need and want. Most have budget considerations, and are educated and understand the way property has improved over time.

Let's look at the sale in the area:

Coatesville	\$1,500,000 to \$4,250,000
Helensville	\$970,000 to \$1,970,000
Huapai	\$1,036,000 to \$1,750,000
Kumeu	\$802,529 to \$2,400,000
Muriwai	\$2,000,000
Riverhead	\$1,180,000 to \$2,610,000
Swanson	\$867,000 to \$2,050,000
Taupaki	\$2,380,000 to \$2,500,000
Waimauku	\$940,000 to \$2,291,000
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Whenuapai	\$850,000 to \$3,000,000



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Safety first

"As a rental property owner or manager, you are considered a Person Conducting a Business or Undertaking (PCBU)."

Do you have property maintenance plans for your rental property? When thinking about fixes and upgrades to a rental property, it's essential that you understand your health and safety obligations as a rental property owner or manager.

Health and safety is an often-overlooked area when it comes to choosing contractors and planning maintenance work. After all, it's not a professional construction site, right? In fact, as a rental property owner or manager, you are considered a Person Conducting a Business or Undertaking (PCBU). According to WorkSafe NZ, this means you have a 'duty of care, so far as is reasonably practicable, to ensure the health and safety of everyone involved with or affected by work on or at your property.'

If this comes as a surprise to you, you're not alone. It's not uncommon for owners to pop into their rental properties and fix any maintenance issues themselves. But this classic Kiwi DIY approach can put you and your investment at serious risk if something goes awry.

What are common hazards? As a PCBU, you'll be responsible for ensuring anyone involved or affected by the work is informed of potential hazards. It's best to be as comprehensive as possible. Here are just a few things you might come across: Knowledge of or concerns about asbestos, Animals on the property, Entrances that will be blocked, Flooring that will be waxed or polished.

What does 'reasonable care' look like? Understanding exactly what your 'duty of care' entails can be tricky, especially when every property is different. To help you get started, I recommend following these five steps:

1. Hire professional tradespeople - In New Zealand, we love to get stuck in and do things ourselves. However tempting this might be, it's usually best to hire a qualified tradesperson. Even if your job doesn't require electrical or plumbing work, something as seemingly simple as painting a house can have a number of safety hazards which an untrained eye might not notice.
2. Check health and safety policies - Once you've engaged a qualified tradesperson, you should always ask to see their health and safety policy. This policy should be dated and aligned with the

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Property

Health and Safety at Work Act 2015.

3. Communicate with everyone - By law, contractors need to be advised of any risks at the property prior to commencing work. You should also share information about any maintenance work with those living in the home and alert them of potential hazards well ahead of time. Keep communication lines open throughout any periods of ongoing maintenance, checking that everyone affected understands the risks and feels comfortable onsite.

4. Do your homework - The rental market has seen significant changes in legislation over the past few years. Over the last year or so we have seen both Healthy Homes and the Residential Tenancies Amendment Act changes coming into effect. It's important that you're aware of any and all laws which affect your obligations as a rental property owner or manager. It's also a good idea to become familiar with the Building Code and the Health and Safety at Work Act 2015.

5. Talk to a professional - If you don't have a solid understanding of relevant legislation or your obligations as a rental property owner, talk to a professional. Property managers are experts in this area and will be able to advise you of any risks that you need to be aware of. They can show you the best way to tackle your property maintenance plans. Even if it means putting off projects for another week, you'll likely get a better and safer outcome in the long run.

Quinovic - Phone 021 836 087 or 09 390 4420, email bdm@quinovic-mteden.co.nz.

Selling a property when splitting up

The end of a relationship is tough emotionally, it's often tough physically, and when it comes to the financials, well it's a whole new level of complexity. After sixteen years of working with couples moving through the process of splitting assets, often the biggest hurdle faced is the decision around the family home. This is in part because it forms a historical and physical bond around so many experiences and so many feelings. Therefore it's natural to feel a burden of emotion around the decision. It is also natural for one party to entertain buying the other party out, or to consider retaining the property as a rental asset. In my experience couples that can understand the value in the property as early as possible can make better decisions.

A registered valuation is highly recommended, but also get two independent property appraisals completed from reputable and AREINZ qualified real estate people. This delivers a complete picture of the property's value range, and a market overview considering the

time and the costs to cash-up the property. Having all the facts early helps establish a position for both parties, it allows conversation around one stakeholder buying the other out, or to go to market. You will need representation from your own solicitors, however if you can discuss amicably the best way forward in broad terms the solicitors can mop-up the finer detail. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

Buying a property to rent out

For those looking to purchase a property or to use an existing property as an investment to rent out, it is important to understand your legal obligations as a landlord. The government introduced the new "Healthy Homes Standards" which set minimum standards that landlords have to meet from 1 July 2021. These provide that a rental property will have to have: insulation in the ceiling and under the floor; an approved form of heating in the living room capable of heating the room to at least 18 degrees; proper ventilation throughout the home; efficient drainage for removal of water under and outside the property; a ground moisture barrier, unless it is not practicable to install one; no gaps or holes in the walls, ceilings, windows, skylights, floors and doors which would create a draught.

From 1 December 2020 landlords are required to include a statement of their current level of compliance with these standards in any new, renegotiated or renewed tenancy. For any assistance or advice on property rentals or purchases, feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

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09 412 6000

25 Orahua Road, Kumeu



Area Property Stats

Every month Mike Pero Real Estate Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential 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 \$
COATESVILLE	1,400,000	2.6HA	96M2	2,400,000		1,075,000	525M2	211M2	1,304,000
	4,175,000	2.89HA	624M2	4,250,000		1,075,000	525M2	205M2	1,012,500
	2,586,250	601HA	404M2	4,070,000		660,000	173M2	92M2	802,529
	3,125,000	3.6HA	330M2	2,700,000		1,050,000	527M2	206M2	975,000
	1,925,000	3.25HA	430M2	2,600,000	MURIWAI	1,525,000	7294M2	224M2	2,000,000
	2,000,000	2.35HA	200M2	1,500,000	RIVERHEAD	1,400,000	862M2	295M2	1,735,000
	3,150,000	1.9HA	362M2	3,220,000		1,450,000	800M2	296M2	1,540,000
HELENSVILLE	830,000	9360M2	149M2	1,236,500		1,600,000	1.35HA	220M2	2,610,000
	1,275,000	4.3HA	162M2	1,500,000		940,000	809M2	120M2	1,180,000
	1,150,000	1.1HA	305M2	1,700,000		1,000,000	806M2	176M2	1,287,000
	1,200,000	2.4HA	130M2	1,157,000	SWANSON	810,000	450M2	150M2	995,000
	800,000	1HA	99M2	970,000		1,250,000	4HA	189M2	1,700,000
	1,675,000	3.95HA	197M2	1,390,000		825,000	630M2	160M2	1,086,000
	1,700,000	1HA	360M2	1,970,000		1,100,000	448M2	252M2	1,285,000
	970,000	4449M2	210M2	1,180,000		730,000	632M2	116M2	867,000
HUAPAI	1,100,000	619M2	215M2	1,261,000		870,000	695M2	150M2	985,000
	830,000	1282M2	105M2	1,250,000		1,025,000	456M2	271M2	1,370,000
	890,000	814M2	55M2	1,360,000		800,000	2635M2	220M2	1,210,000
	1,175,000	1224M2	240M2	1,205,000		1,090,000	1128M2	230M2	1,312,500
	800,000	809M2	148M2	1,105,000		560,000	356M2	87M2	877,000
	1,175,000	670M2	223M2	1,460,000		865,000	3579M2	170M2	1,115,000
	1,075,000	599M2	210M2	1,325,000		1,800,000	4.82HA	264M2	2,050,000
	750,000	300M2	135M2	1,036,000	TAUPAKI	1,475,000	1HA	279M2	2,450,400
	2,100,000	1.23HA	290M2	2,450,000		1,225,000	2.8HA	200M2	2,500,000
	1,100,000	3000M2	180M2	1,750,000		1,625,000	9160M2	295M2	2,380,000
	950,000	404M2	194M2	1,200,000	WAIMAUKU	1,400,000	1HA	320M2	1,775,000
	8,650,000	11.88HA	439M2	9,000,000		1,200,000	801M2	208M2	1,130,000
KUMEU	980,000	463M2	198M2	1,225,000		1,662,000	7.5HA	87M2	2,291,000
	1,000,000	500M2	208M2	1,025,000		1,100,000	1307M2	214M2	1,305,000
	2,050,000	1HA	329M2	2,400,000		850,000	1019M2	215M2	940,000
	940,000	407M2	190M2	1,110,000	WAITAKERE	760,000	1095M2	121M2	1,155,000
	1,025,000	400M2	200M2	1,033,000		890,000	868M2	131M2	1,045,000
	800,000	320M2	158M2	980,000	WHENUAPAI	900,000	922M2	120M2	850,000
	940,000	419M2	147M2	1,050,000		1,150,000	315M2	248M2	1,390,000
	1,750,000	1HA	220M2	2,200,000		930,000	1306M2	157M2	1,200,000

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.

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 | REAL ESTATE

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Graham McIntyre
Brand & Territory Owner
027 632 0421





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MITRE 10
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**WESTGATE &
HENDERSON**



FLAT CONTOURED SECTION OF 2684SQM NEAR SWANSON

By Negotiation

2C Northfield Road, Waitakere By Negotiation

Often sought and seldom found this gentle contoured and well-presented site delivers an impressive canvas for the buyer looking for space, tailored house and barn options and an impressive landscaping plan. Services at the gate and off the road driveway established, this is a ready to go opportunity. Situated in Waitakere Township and a short drive to Waitakere Primary School, Park, Convenience Shopping and transport links being bus or train. Swanson Train Station is close by, as is Bethells Beach and the fantastic walks within the Waitakere Ranges. If you are looking for a slice of special, this is exactly that.

www.mikepero.com/RX2710977



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AFFORDABLE LIVING - AVAILABLE FOR IMMEDIATE POSSESSION

3 2 1

By Negotiation

129A Colwill Road, Massey By Negotiation

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

www.mikepero.com/RX2768266



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ROYAL HEIGHTS, SEA VIEWS, 1.4 HECTARES

10 3 4

By Negotiation

129A, 131, 133, 135 Colwill Road, Massey
By Negotiation

Yes that's 14311 Square meters of land available for development. offering a big land lot, consisting of 129A, 131, 131A, 133, 135 and 137 Colwill Road, Royal Heights. Included in the offer are three homes offering 437sqm of improvements. The land therefore can provide income while development is underway. An independent development review from Terra Nova Planners is available for review. Significant potential here for the right buyer that wants to make the most of the native esplanade, the beautiful views and the easy accessed flat land. If 2021 is your year of creating opportunity, this is a serious proposition with an absolutely realistic Vendor. Close to schools, parks, shopping, motorway access, northwest mall, transport options and much more.

www.mikepero.com/RX2638864



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

Vikki

Graham McIntyre

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graham.mcintyre@mikepero.com





HOUSE AND MINOR DWELLING - THE GOOD LIFE

5 2 3

By Negotiation

147 Mangakura Road, Helensville By Negotiation

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

www.mikepero.com/RX2721189



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VEIWS AND ROLLING HILL-COUNTRY - WAIMAUKU

3 1

By Negotiation

419 Kiwitahi Road, Helensville By Negotiation

Situated on the North Western aspect of Kiwitahi Road this established old school bungalow delivers space and ambience in spades. Set on 1.95 hectares (more or less) of sun-drenched rolling hill country overlooking the Woodhill, Parakai and Helensville Valleys and out to the Tasman sea and Kaipara Harbour, this is an opportunity to put your roots down and add some remarkable value to your living environment and lifestyle. The home is an old style farmhouse with closed woodburner in an open plan kitchen-lounge-dining and through a hallway to three bedrooms and bathroom. Separate laundry with double carport and storage room/ office or playroom. Close to Helensville and Waimauku shopping areas, Helensville Primary and Kaipara College.

www.mikepero.com/RX2734723



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09 412 9602

graham.mcintyre@mikepero.com



HILLTOP WAIMAUKU - PRECAST AND WEATHERBOARD

6 6 3

By Negotiation

911 Old North Road, Waimauku
By Negotiation

Set on one of the highest points in Waimauku with commanding views to the North and the South East / West. A near new, quality, commercial-style two-story, build with high-end features, well insulated and double glazing; it is designed and built to perform and look great in all four seasons. Downstairs offers a sunny open plan lounge, spacious modern kitchen and dining flowing out onto a large covered patio (with a set-in BBQ) and lawn area. It has the master bedroom (with en-suite and walk-in wardrobe), which opens out onto another courtyard area with a fire pit and concrete dining table, two further bedrooms, separate bathroom, two toilets and the laundry. The lower floor also offers internal access to the extensive oversized triple-door six-car carpeted garage.

www.mikepero.com/RX2769416



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You work with Me...



...not my team, colleagues, friends, minions or associates.

Call **Graham McIntyre** today on
0800 900 700
graham.mcintyre@mikepero.com



Hot Property



Countryside views with income opportunities

Set on one of the highest points in Waimauku with commanding views to the North and the South East / West. If you ever wanted to be up and away from it all, this is the time to invest in your future.

A near new, quality, commercial-style two-story, build with high-end features, well insulated and double glazing; it is designed and built to perform and look great in all four seasons. It is solid and here for the long haul.

Downstairs offers a sunny open plan lounge, spacious modern kitchen and dining flowing out onto a large covered patio (with a set-in BBQ) and lawn area. It has the master bedroom (with en-suite and walk-in wardrobe), which opens out onto another courtyard area with a fire pit and concrete dining table, two further bedrooms, separate bathroom, two toilets and the laundry.

The lower floor also offers internal access to the extensive oversized triple-door six-car carpeted garage, which includes a large workshop.

Upstairs there is a staggering further seven rooms. This includes three more bedrooms (with walk-in wardrobes), a bathroom, a large office, family room and a (sound insulated) media room doubling as a kitchenette / dining room which flows out onto a deck displaying

Hot Property



spectacular views to Auckland City.

The home has a solar power set-up on the roof, a large bank of water tanks, separate shedding, a large vegetable garden and fruit trees. The property covers 7 hectares of low maintenance gardens, wild grazing and native bush.

Close to Waimauku and Kumeu / Huapai Villages, it is an easy commute to SH16 via Old North Road. In Zone for decile 10 Waimauku Primary School and Kaipara College - the school bus stops at the end of the driveway.

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



Central's Tips

May 2021



It's cooling down, time to deal to the growing snail population in the vegetable bed, plant a bay hedge, fork compost around and plant edible calendulas for winter colour.

Celebrate Autumn colours

Trees and shrubs of matching hues look great at this time of year, plant some winter flowering annuals and clean up perennial plants ready for dividing over winter



In the Edible Garden

- **Slugs and snails** are still active in late autumn, so lay yeast traps or ground eggshells/ coffee around small vegetable seedlings
- **Bay leaves for winter cooking** – the bay tree is extraordinarily hardy, so it can be pruned as a topiary feature in the vegetable potager or used as a hedge to shelter softer crops from high winds
- **Cut down lupin crops** once they're knee high and trim them into lengths of 15cm. Leave on top or cover with soil to break down and add nitrogen
- **After harvesting the autumn fruits** – feijoas, passionfruit and tamarillos – fork some compost around the roots of the plants to pep up the soil
- **Prepare beds for traditional mid-winter crops** such as garlic, asparagus and strawberries. Compost, blood and bone is ideal – if your soil is on the clay side add gypsum
- For winter flower power **plant calendulas** in the winter vegetable garden – they're both colourful and edible
- **Winter veggies that can be planted now include:** beetroot, bok choy, broccoli, cabbage, cauliflower, celery, kale, radish, rhubarb, rocket, silverbeet and spinach

The rest of the Garden

- **Autumn colour** – great month to choose exotic trees with leaves of gold or orange/red tones – the leaves liquidambar, maples and gleditsias are all turning now
- **Remove spent foliage of perennials** and layer compost around them and other plants in the garden. If you're planning to lift and divide them, place markers or sticks by the clumps, so you'll find them once they're dormant
- **Plant out winter flowering annuals** such as cyclamen, polyanthus, stock and primulas. Polyanthus love a dressing of dried blood once or twice over winter
- **Clean up fallen leaves off lawns and pathways;** lawns invariably die off under wet tree litter, paths become slippery to walk on
- **Many NZ shrubs begin to display deeper foliage colours as the season cools** – Muhlenbeckia astonii drops its leaves to become a red twiggy mass, various coprosmas range from pink through to chocolate brown and the shrub Pseudowintera 'Red Leopard' deepens to dark red.

Project for May

Get your firewood stacked for winter

Create a firewood stack while it's dry. ECO Hot Mix is an exclusive Central Landscapes blend of 2/3 softwood (fast-burning) and 1/3 hardwood (slow-burning) which will give you cosy winter fires!

For all your firewood needs visit www.centrallandscapes.co.nz





Firewood – Get it while it's hot.

Choose our blended Hot Mix which is fast-burning pine and slow-burning hardwood combined.

Available by the truck-load or borrow one of our free loan trailers. Or just grab a few bags for the pizza oven!



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Home & Garden

Why do roofs leak?

As winter draws near, it's an ideal time to get your roof checked for any issues. A small leak can do a large amount of damage to a building. Roof sheets that lift off your roof can compromise it very quickly. This lets water into the roof, which will cause leaking and potentially major repairs.



Rusting roof sheets are also a common cause of leaks. Roofing screws are used in all types of metal roofing and are a critical component to the roof's integrity. Checking the roof screws regularly is imperative to prevent leaks. Holes in roof sheets will naturally cause leaks. Lastly, blocked gutters and spouting will always cause leaks. But these can be prevented! We recommend yearly roof inspections to ensure there are no issues that will cause any surprise leaks.

If you would like your roof checked, get in touch with us today and one of our roofing team will help you out.

We are also specialists in all things plumbing and drainage. Do you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes? Or do you want new installations, refurbishments or gas installation? Whatever your needs, we are here to help.

Laser Whenuapai also offers a state-of-the-art-drain unblocking service as well as an on call plumber - available 24 hours, 7 days a week for any plumbing emergencies - as unfortunately, these can come at any time.

Contact Laser Plumbing & Roofing Whenuapai for all your service needs. From plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110 or whenuapai@laserplumbing.co.nz

We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website www.whenuapai.laserplumbing.co.nz.

Ferns for your Garden

Autumn is here and so are our ferns at Awa Nursery. Often ferns are overlooked when designing a native garden, but the lush green fronds can add texture and interest to your garden - not to mention the iconic nature of the silver fern.



Most gardeners will associate ferns with shade, and certainly, if you have a spot in your garden which is shady or semi shaded, ferns are an excellent choice. The biggest consideration when planting a fern, is adequate moisture and a sheltered spot with little to no wind. Your fern will not tolerate waterlogged soil, so make sure your soil is free draining and compost enriched. Put mulch around the roots to keep the soil cool and help retain moisture. In summer and during any dry period, water roots and trunk at least 3 times per week, other times twice per week in the absence of good rainfall, and remember a good deep water is required rather than a light sprinkle. Do not drench your ferns from the top, just a light top watering is recommended to avoid crown rot. Fertilise your ferns once a year with a slow-release fertiliser. If fronds on your tree ferns brown off suddenly it can be due to wind burn, so it will require for more protection from the wind and adequate moisture. Awa Nursery currently has tree ferns and ground ferns, and autumn is the ideal time to plant. Pop along and pick up your iconic fern and give your garden design a distinctive New Zealand feel.

Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

Western ITM - big birthday sale

This year marks ITM's 30th Birthday Sale and to celebrate Western ITM Kumeu and Whenuapai will each be hosting a Birthday Sale Day. Join the team at Western ITM Kumeu on Tuesday 18th May OR Western ITM Whenuapai on Wednesday 19th May from 7am and score some great deals on a huge selection of products, bonus buys, prizes and enjoy a cooked breakfast and coffee on us.

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Home & Garden

3 Auckland Stores - Open Mon-Sat. Whenuapai | Kumeu | Swanson. Phone 09 416 8164. www.westernitn.co.nz.

Tile Wright

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms and laundries. We specialise in all things tiling; we provide high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 5 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all. Call us today on 027 260 8225 for a free no-obligation quote.



Pond

The warm autumn days that we see at the end of summer will see our ponds and streams running low, and getting hotter as they sit in the sun. This is when aquatic weeds tend to take off, and take over. Removing aquatic weeds requires specialists that can remove plant material carefully, and use specialist agrichemicals to kill plants and prevent their spread. NZ Biosecurity Services Limited has specialist



crews, equipment, and agrichemicals that are safe for use over water, and can control floating weeds or submergent weeds that reduce your pond appearance or holding capacity. If you need some advice on what to do with your pond talk to our friendly team now on 09 447 1998.

Pest Control Workshop

Sunday 23rd May (9.30am to 11.30am)

New Zealand is an ideal natural environment for many kinds of pests to thrive and consequently wreak havoc with local or indigenous animal and plant life.

If you're having problems keeping pests under control, would like to do your bit towards pest eradication or simply like to know more about the interesting topic; then this is an ideal workshop for you.



Our presenter for the event is Cam Rathe, owner of Rural Pest Control. Cam is a local expert in this field with nearly 18 years' experience gained across the region within many areas including clearing pests from some of DOCs most sensitive locations. Topics to be discussed will include: Types of pests (animal and vegetable), problems caused by various pests, eradication/control techniques.

These relaxed and interactive events are very popular so booking is recommended, though not essential, as spaces are limited (see below for booking details). Please note that this event which was originally scheduled for last year but had to be cancelled due to Covid restrictions had attracted a high number of bookings.

Afterwards you will also be able to stroll around the beautiful 1.2Km nature trail which has over 40 marvellous sculptures on display created for our 2021 exhibition by local and international artists.

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.



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Home & Garden

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

* Trail not suitable for wheelchairs or walking frames.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets: \$20 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

Solarcraft – commercial - free solar report

Do you own a business and/or commercial building?

Ever wondered if solar is the way forward and a way to reduce your overheads?

You may want to reduce your carbon footprint and join other businesses in sustainable energy management...

We have a new (and very thorough) reporting system that will answer these questions for you in one 20-page report.

We are offering these commercial reports, FREE of charge, to any solar-curious business/commercial building owner who mentions this Kumeu Courier editorial.

You will receive a full breakdown on;

- your actual power consumption

This image shows the average daily energy flows and grid interaction



- how a solar system will reduce (and even eliminate) your power bill
- how our commercial solar financing could see your system installed for zero dollars
- how you will radically reduce your CO2 emissions
- a whole lot more ...

Contact us any time on info@solarcraft.co.nz with Commercial Solar Report in the subject line or PH: 0508 272389 W: www.solarcraft.co.nz.

Looking for added value?

Changes in our economic climate and job market call for some thoughts outside the box. Signature homes West Auckland are solutions driven and can assist you in capitalising on existing assets to create additional homes for extended family, adult children saving to build, seeking additional income streams and/or creating a more desirable home office/studio. We offer a complimentary design workshop to discover if a minor dwelling could be achieved on your existing property.

Let us work with you to achieve your personal goals, be they quality of life, financial or family.

Call to for an appointment to discuss your options; obligation free 0800 020 600 www.signature.co.nz/page/westdesignbuild.



HydroVac takes out the Kumeu Cricket Bowl trophy

As a local business, HydroVac is proud to be a part of this community. The majority of our team live locally and keenly participate in the best of the west, from local sporting clubs and community events to enjoying the beautiful places our area has to offer, like the beaches, forests, walks and more.



For nine years, our HydroVac cricket team has been a part of the

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Home & Garden

Kumeu Cricket Club competition. We are ecstatic to have won our division in the Kumeu Cricket Club Twilight 20/20 competition, making us the Bowl Winners for 2021.

A huge thanks to our supportive directors at HydroVac for sponsoring our team and to Steve Nobilo, Chairman of the Kumeu Cricket Club, and his volunteers who make it a great competition every year.

If you'd like a friendly, truly local team to help with your wastewater, septic tank empties, stormwater, CCTV, drain maintenance, grease trap empties or more, please get in touch or see our website: www.hydrovac.co.nz

And who knows - maybe the HydroVac team member who helps you might be a cricket champion.

Waimauku Garden Club

Daylight saving has finished, welcome autumn and colourful leaves.

On March 18, we were pleased to arrive at Woodlands Estate, Gordonton on a beautiful sunny Waikato Day after being sent on our way with a cloud burst.

After a welcome coffee, tea, scone and muffin eaten at the Pavillion on the edge of the Cricket Oval, we were free to explore the magnificent grounds and view the inside of the beautiful homestead once the two weddings were finished.

Well worth the visit all round.

Just down the road at Willow Glen lunch awaited us, followed by a short ramble in the garden there.

We couldn't leave Gordonton without a visit to the well-stocked garden centre and a quick stroll around the well maintained garden before heading home.

April 25, 'Good from Scratch Cookery School'

Michael and Belinda Van de Elzen provided us with morning tea, a tour of the garden with Adrienne, the head gardener and Belinda where we saw the seed to table growing.

Lunch was served in the Cookery School where we caught up with each other and took in the beautiful valley outlook.

Coming up:

May 20: Tip Top and Eden Gardens

June 17: Mid - Winter Christmas at the Riverhead Tavern July 15: Bridgeway Cinema and Northcote Tavern.

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

Getting your property ready for winter

Ahh, Autumn is here. Those long warm days stayed with us until mid-April - and were very enjoyable. It's a favourite time of year to be out on the lawns or in the gardens. The sun is shining, the birds are singing and it's pleasantly warm but not super-hot.

Now is a great time to get your lawns & gardens ready for winter.

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Home & Garden

The growth has been very strong over the last wee while, so while the warm good weather holds it's a good time to tidy up things like overgrown lawns, weeds in the gardens or hedges that need trimming. By doing it now they should stay looking good for a nice long time.

Being Autumn it's also a good time for a pre-winter fertilise to boost the lawn before temperatures drop. This will help it stay healthy and looking good well into winter and help keep the weeds out too. It's a good time too for a weed spray to tidy up the pavers and paths. Also remember how slippery your back path or wooden deck got last winter? Now is a great time to prepare your paths or wooden decks for the winter ahead - get rid of that dangerous slippery dark mould now before it becomes like ice to walk on - there are several products you can use or even a waterblast will do the trick.

The changing season also sees the leaves changing colour and falling. They look spectacular but can be a nuisance, so collecting leaves and clearing the gutters before the winter rains come are important tasks too. Maybe you want to install some gutter protection to keep the leaves out. There are a range of products out there - some not so good that actually make the problem worse and others that are terrific - easy to install, let water continue to flow and most leaves just blow away.

Gary Turton, Franchisor - Jim's Mowing.

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



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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 recolour 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.

Growing at Kumeu Community Gardens

Kumeu Community Gardens in Oraha Road have had a long germination, but things are really sprouting now. We've had a community working bee, where families got their fingers on the whenua. We weeded and shifted mulch. With our warm autumn, a lot of those weeds have returned while we get the site prepared. NJC Hire in Kumeu, and Atlas Concrete have donated gravel and levelled the site of our water tank recycled from Auckland Council. Bunnings at NorthWest have donated gardening tools and a hose. Quality Water have offered a load of water, Aqua Plumbing is providing plumbing. UMS are spreading mulch and providing topsoil for us. Auckland Pea Straw have offered nice bedding material to keep our garden warm and weedfree over winter. We will have a planting day 2-3.30 on May 23, so bring your family and your spare plants and seeds and let's get growing.



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Home & Garden

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Phone Sarah 021 194 8924 Email primandproper20@gmail.com.

Muriwai tide chart

Date	High	Low	High	Low	High
Sat 01 May	00:42	07:06	13:05	19:28	-
Sun 02 May	01:32	07:58	13:59	20:20	-
Mon 03 May	02:28	08:56	15:01	21:18	-
Tue 04 May	03:34	10:01	16:12	22:25	-
Wed 05 May	04:44	11:09	17:20	23:34	-
Thu 06 May	05:49	12:13	18:23	-	-
Fri 07 May	-	00:39	06:47	13:10	19:18
Sat 08 May	-	01:35	07:38	14:00	20:07
Sun 09 May	-	02:24	08:23	14:45	20:51
Mon 10 May	-	03:07	09:04	15:26	21:30

Tue 11 May	-	03:47	09:41	16:03	22:06
Wed 12 May	-	04:23	10:15	16:39	22:39
Thu 13 May	-	04:58	10:48	17:12	23:11
Fri 14 May	-	05:32	11:21	17:46	23:43
Sat 15 May	-	06:06	11:55	18:20	-
Sun 16 May	00:18	06:43	12:33	18:57	-
Mon 17 May	00:56	07:23	13:14	19:38	-
Tue 18 May	01:39	08:10	14:03	20:26	-
Wed 19 May	02:31	09:05	15:01	21:23	-
Thu 20 May	03:33	10:08	16:07	22:30	-
Fri 21 May	04:40	11:15	17:15	23:40	-
Sat 22 May	05:45	12:19	18:21	-	-
Sun 23 May	-	00:46	06:47	13:19	19:22
Mon 24 May	-	01:47	07:46	14:16	20:19
Tue 25 May	-	02:43	08:41	15:09	21:13
Wed 26 May	-	03:35	09:34	16:00	22:04
Thu 27 May	-	04:25	10:24	16:48	22:52
Fri 28 May	-	05:14	11:14	17:36	23:40
Sat 29 May	-	06:03	12:03	18:23	-
Sun 30 May	00:28	06:52	12:53	19:11	-
Mon 31 May	01:18	07:43	13:47	20:02	-

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

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It is our mission is to provide each guest with a personalised, warm and fun place to enjoy, and to allow owners to be comfortable in the knowledge that their fur babies are safe in a loving and caring environment.

Phone 027 550 1406, email info@kanikapark.nz, visit www.kanikapark.nz or www.facebook.com/kanikapark.



Dog&Co.

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

So if you have been thinking that it would be nice to have a photo



of your beloved dog on your wall then I highly recommend booking in a studio shoot. I have everything we need to get those special photos...endless treats, squeakers, toys, and a repertoire of silly noises to encourage those irresistible head tilt moments.

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

SPCA's Doggy Daycare

Are you and your pup in on Hobsonville's best kept secret, SPCA's Doggy Daycare?

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

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

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

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

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

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

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

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





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

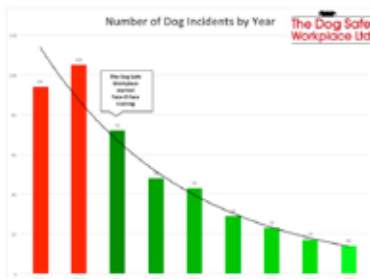
Local Business Making a Difference

Over the past few years you will possibly have read about The Dog Safe Workplace and seen the Ute around Kumeu.

"We are proud to say that we are making a difference" says Jo Clough the Director.

"One of our clients sent us some statistics on the reduction of dog incidents that they have encountered since instigating our training. We developed the course for their workers and for the first two years delivered Face-2-Face training to staff around New Zealand. In 2016 we put the training online and for this particular company we have given them a reduction of 86% in the incidents that were occurring."

If you work in an industry where you have to enter a property where



dogs may be present give us a call WE CAN help keep you safe.

jo@dogsafeworkplace.com or 0508 DOG SAFE.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



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



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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, run the farm-to-fork experience, The Good From Scratch Cookery School, on their lifestyle property near Muriwai. The school is an embodiment of the Van de Elzen's combined philosophy; food is best when it's prepared from scratch.



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

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

Chocolate Ashwaganda Energy Balls

These delicious Chocolate Ashwaganda Energy Balls are filled with warming Chai spices, dark chocolate chips and yummy nut butter which make for a tasty energy snack or after dinner treat.



Ashwaganda (*Withania somnifera*) has traditionally been used as an adaptogenic restorative tonic herb. It has a pleasant, mild and earthy taste and blends well with spices to make a caffeine-free chai tea.

Ingredients: 4 tablespoons nut butter (I used Everything Butter by Fix & Fogg), 3 tablespoons honey (I used our own raw, unpasteurised honey), 50g dark chocolate, chopped (I used Whittakers 72%), 1 tablespoon Ashwaganda made into a powder in the blender, 2

tablespoons dark cocoa or cacao powder, 2 tablespoons hemp seeds, 1 teaspoon cinnamon, 3/4 teaspoon ginger powder, 3/4 teaspoon cardamom powder, 1/2 teaspoon nutmeg, 1 teaspoon vanilla essence, 1/4 teaspoon salt and toppings of your choice - I used dried cornflowers, slivered almonds, coconut, cocoa powder and freeze-dried black currant powder

Method: 1. Mix all ingredients together in a bowl until well combined. 2. Take spoonfuls and roll into balls. 3. Roll in toppings of your choice.

Store these amazing Chocolate Ashwaganda Energy Balls in the refrigerator for up to one week. Makes approximately 9 large balls.

Ashwaganda and raw honey are available on our website along with a selection of certified organic single herb teas. Visit us at www.NewZealandHerbalBrew.co.nz.

Keep the Keeper

The Keeper is the new 1L re-usable bottle from Hallertau. The bottle comes filled with beer and has a crown seal. After you have used it simply rinse it out and refill it with beer at Hallertau or somewhere else or with something else. Just don't recycle. Drink, Keep, Re-use, Repeat we say. Pick one up from any Hallertau venue or from New World supermarkets and good liquor stores.



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Not sure what to cook tonight for dinner? We have frozen pies for heating at home, a 2 pack just \$10 or 3 pack for \$25. If the flavour you want is currently unavailable we will have it ready for pick up in 24 hours.

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Peko Peko

The summer has gone so quick and we are already in autumn and winter season. We had our ups and downs with Covid19 alert levels this summer but we are grateful to have lots of support from our local community and regular customers. The food is always nice and fresh with some alcohol choices on the menu, as well as we always have takeaway options for customers who would like to have meals at home comfortably. You can call us to place your order and pick up. Please follow our Facebook and Instagram page for our delicious food photos and any updates. Peko Peko Japanese Restaurant 102c Hobsonville Rd, Hobsonville. Phone 09 416 1197.



Jenna-Maree Cakery

It's all about MUM at Jenna-Maree Cakery this month! Instore you will find our specially decorated Mothers Day cookies, cakes, cupcakes and lots of other treats, plus we will be opening the store on Sunday 9th May from 9am-11am for pre orders only.

Order from our Mothers Day range here: www.jennamareecakes.co.nz/shop/mothers-day. Or order Mum one of her favourites here: www.jennamareecakes.co.nz/shop. We will also have a small selection available instore on the day.



All of our usual delicious treats are available instore or to order, Cabinet cakes, cupcakes, macarons, slices, cookies, donuts and scones along with a variety of Gluten Free / Dairy Free & Vegan options.

We love designing and creating custom celebration cakes but we

also have a wide range of single and tiered cakes that are available to purchase directly from our online shop. Visit now to view the new range which has just been added. Everything in the online shop is available with just 24hrs notice.

Weddings are still keeping us busy most weekends, and we have seen some truly stunning cakes leave our kitchen so if you are wondering if it's too early to book for 2022.....it's not!! You will find Jenna in the front of the shop most Saturdays with back to back wedding consultations so if you would like to book a consultation and tasting send us an email or book online via our website.

Order online or pop instore anytime to discuss options, we look forward to seeing you! 102c Hobsonville Road, Hobsonville. Phone: 021 088 53559 www.jennamareecakes.co.nz.

Thai night

Join us for our May themed dinner - Thai. Our chefs have put together a traditionally inspired Thai menu, and we'd love to have you join us to share it. Hosted by Tony Soljan, join us for a night filled with delicious food, even better wine, and great company. Contact Soljans Estate Winery, 366 State Highway 16, phone 09 412 5858 or email marketing@soljans.co.nz for more information.



Westbrook Winery

From the team at Westbrook, lots of love to all the Mums this Mother's Day! May is also an exciting month in the wine space - we celebrate two of the mightiest grape varieties, Sauvignon Blanc and Chardonnay. Westbrook Winery's multi-award-winning Sauv Blanc Marlborough 2018 (4.5 Stars - Wine Orbit, Silver Medal - NZ International Wine Show), Chardonnay Waimauku 2016 (2 Gold Medals - NZ Intl Wine Show, Royal Easter Show, Top 10 NZ Chardonnays - Cuisine Magazine) and Barrique-Fermented Chardonnay Marlborough (5 Stars - Wine Orbit, Silver Medal - NZ Intl Wine Show) are definitely worth celebrating! Come and visit us for a glass of star-studded vino and a wine-matched platter at our beautiful winery and vineyard (bring your Mum). Book a table on our covered patio here www.westbrook.co.nz/bookings. Buy wine to take home with you, at special Cellar Door prices, or shop online www.westbrook.co.nz/wine. Cheers to May!

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Health & Beauty

How to save a knocked out tooth

More than 5 million teeth are knocked out every year among children and adults. If you lose a tooth due to an accident or injury, it doesn't necessarily mean it's lost for good. Taking the right action and getting proper emergency care can save the tooth so that it can be replanted successfully and last for years to come.



Here are Kumeu Dental's tips ensure the best chances of saving a tooth

- Handle the tooth carefully (Try not to touch the root, as it can be damaged easily).
- If the tooth is dirty, don't wipe it off with a washcloth, shirt or other fabric, instead rinse it with milk.
- Keep the tooth moist. Drop it into a glass of milk. If you can't do this, place the tooth in your mouth, between the cheek and gum. A young child may not be able to safely "store" the tooth in his or her mouth without swallowing it.
- Get to a dentist as quick as possible

If this ever happens to you or any family or friends please call Kumeu Dental on 09 412 9507 immediately to have an instant appointment as saving a tooth is very time critical and we would love to help. Of course you can phone us for all dental needs and you will be greeted by our friendly reception team.

Are you connected?

Connections we make with our family, friends or loved ones bring meaning to our life. Maintaining these connections takes time, effort and energy but by doing so it makes these connections stronger and deeper.

Deepening your connection with others is important BUT... ensuring you are fully connected to yourself is just as, or even more-so important.

What do you mean by that? Well our brain, spine & nerve system are connected to each other to form an information highway where all parts of our body and its functions are controlled.

Our brain tells the different parts of our body to move and fulfil their

function. If this connection between our brain and body isn't optimal, then some of our bodily functions, voluntary and involuntary may not be either.

As chiropractors we focus on improving the relationship between the brain, spine, nerve system and body, by adjusting areas in the spine that may be disrupting this information highway.

Creating these changes does take time, effort and energy but by doing so we are ensuring that YOU are more deeply and optimally connected to YOU.

Skin - messenger of health and mindset

Our skin is one of our largest organs. It holds us together, enables us to express our emotions, it manufactures vitamins D, protects us from the outside world and forms the first line of defence for our immunity, it regulates our temperature and has a role in detoxification.



It represents our health, our feelings and our worth (wrongly or rightly). We spend a fortune on skin and beauty products. According to Forbes the global beauty and skincare market was worth \$532 billion US. We need to listen to what it says to us as it mirrors our inner wellbeing.

Here are some simple tips for great skin:

1. Keep mineral oil based products away from your scalp and hairline - use on tips only as they can clog pores and cause hairline acne.
2. Keep pillows clean - change every 3 - 7 days and clean phones or use bluetooth to prevent cheek acne
3. Reduce refined saturated fats and carbs (white bread, biscuits, cakes, chippies - you know the stuff I mean, processed foods, takeaways, sugary foods and drinks and alcohol. Glucose and insulin will drive acne and inflammation.
4. Drink water - hydration is key
5. Look after your liver - eat broccoli, cabbage, Brussel sprouts, try liver loving herbs such as Milk Thistle
6. Stop smoking - it damages and ages the skin (amongst other

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Health & Beauty

things).

7. Get a good night's sleep

8. Manage stress - cortisol will cause imbalance hormones which drives skin conditions such as acne and psoriasis.

9. A healthy diet is a must - foods rich in vitamin A, zinc, vitamin C and protein are fundamental to skin health. Collagen needs vitamin C to be produced.

10. Be sun smart - sun damage will destroy collagen and can damage the skin's cells that can lead to cancer.

Sarah Brenchley - Naturopath, Nutritionist, Life Coach. 'How to Have Healthy Skin' - short course. Go to www.sarahbrenchleynaturopathy.com for more info.

Weight Loss & Insulin

The below article is NOT intended for people who have diabetes. If you suffer from diabetes or have a blood sugar-related condition, always consult with your healthcare professional before making dietary or lifestyle changes.

Insulin is the main driver for signalling our body to store and retain fat. If your insulin levels have been elevated over a long period of time, then your body will not utilise stored fat reserves as a fuel source and it will cause your body to deposit more fat.

What causes insulin levels to become elevated and stay that way? The short answer is insulin is affected by two main factors: 1) by what you consume by way of food and beverages, 2) the amount of stress you experience.

Insulin is produced in response to foods and beverages we consume and that is a normal biological response. When insulin becomes elevated long term it causes a disrupted hormonal cascade in the body.

Foods and beverages that contain processed or 'concentrated' ingredients like flour, (often sprayed with glyphosate to ripen it, commonly bleached, stripped of nutrients and the bulk of its natural fibre and then fortified with synthetic nutrients) and sugar (highly refined using a chemical process, bleached and stripped of all nutrients) have the greatest effect on insulin levels.

Consuming less of these types of foods and beverages or eliminating them altogether (which could be difficult to achieve) will certainly



help to lessen our insulin response over time. However, when we go to reduce these types of foods we will often notice our hunger will increase and blood sugar will become less stable as our body is used to having these types of foods regularly.

See if our Lose Weight For Good Weight Loss Program is right for you. Visit our website: <https://www.WeightLossProgram.co.nz>

By Rebecca Stenbeck, Naturopath & Founder of Lose Weight For Good Weight Loss Program

Temporomandibular joint dysfunction


Temporomandibular joint dysfunction, commonly known as TMJ syndrome, can be incredibly painful.

If you've ever experienced jaw pain you'll know how frustrating it is. It can have a big impact on your life. TMJ is one of the common causes of jaw pain. It can cause a lot of unnecessary stress, because it affects you every time you eat and talk.

Rochelle* booked in with our team for ongoing jaw pain. The best place that her GP knew of was to refer to a dentist. The dentist provided what they knew could help and in this situation further referred to an orthodontist specialist. But Rochelle was still experiencing a lot of pain.

TMJ can often be caused by dental issues including poor jaw or tooth alignment, injury or dislocation, arthritis and stress-related problems such as teeth clenching. TMJ can sometimes be treated with pain relief medication, relaxation techniques or by performing jaw exercises.

In Rochelle's case, after an assessment. We discovered there was over tightness in the muscles that open and close the jaw, and they



Gillian Wiltshire D.O.

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were causing the jaw to be pulled over to one side. We provided hands on treatment in and around the joint, and surrounding muscles. Rochelle's jaw pain reduced and she no longer had any headaches. We then commenced with some very specific exercises. The final time Rochelle came, she continued to have no pain, no headaches and was able to enjoy eating, talking again. Let your GP or dentist know we can help alongside their treatment of TMJ and help you feel better, move better and live better. You can also book in with one of our top notch TMJ experts today by calling 09 212 8753. Top Notch Bodyworks. www.topnotchbodyworks.co.nz.

*Rochelle is a fictional name.

New dentures or denture problems?

We understand that it can be a daunting process deciding to get new dentures. We have two experienced clinical technicians at DT Denture Clinic who will put you at ease right away. Sian and Tom come highly recommended if you are seeking advice on any denture needs. It is a personalised experience right from the start where either Sian or Tom will seek your input throughout the whole process. You will never be rushed into a decision; you can even take new dentures home to show friends and family and get their advice before we go to the finished product. All dentures are made in-house with quality materials. As everything is made onsite, we can offer same day relines, repairs and tooth additions so you are not overnight or even days without your denture.

DT Denture Clinic offers a free consultation or even a free check up on existing dentures.

Call us at DT Denture Clinic on 09 416 5072 to book a free no obligation consultation.

Renate joins Hobsonville Optometrists

Introducing Renate Botha, our new full-time Optometrist.

Renate has worked with us for the past 4 years part-time and is now an Honours graduate in Optometry.

We are proud and delighted to have this professional and charming young lady on board.

To book an eye exam with Renate, Please ring 09 416 3937.



Hobsonville Optometrists, 413A Hobsonville Road, Hobsonville.

What is foot mobilisation therapy (FMT)?

FMT combines the use of manual therapy and the podiatric theory to treat injuries of the foot and ankle. Previous injuries and poor foot alignment leads to the foot and ankle tightness and stiffness, over time this can lead to pain and discomfort. FMT is a hands-on manual therapy which aids in reducing restrictions, enhancing flexibility therefore restoring function.

FMT works off 3 basic principles:

- 1) Release soft tissue restrictions to loosen up stiff joints.
- 2) Stimulate synovial fluid production which produces lubrication for your joints.
- 3) Desensitize joint pain receptors and decrease muscle guarding.

What happens during an FMT session?

During the FMT treatment the joints of the feet are gently guided through their passive range of motion in order to gently release connective tissue tightness and restriction. Releasing these restrictions restores joint function, improves range of motion



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and quality of movement through the joints. These techniques are utilised to aid the body in creating physiological changes to the alignment and function of your foot. FMT also stimulates proprioceptors (nerve endings) which affect how muscles in your feet 'fire'. In essence, muscles get 'retrained' to improve stability and balance. Our podiatrists will prescribe exercises which work alongside our FMT treatments.

What injuries benefit from FMT? Ankle sprains, stiff ankles, heel pain, Achilles tendinopathy, sore arches, forefoot pain, foot cramps, big toe pain, poor balance.

If you have lower limb pain, we can help! Give the team at Hobsonville Podiatry a call on 09 390 4184.

Meet Ashleigh

Ashleigh is an AUT graduated Physiotherapist who has experience working in private practice clinics, and with a variety of athletes in various settings. She is proficient in using hands-on techniques; trained in dry needling and myofascial release tools, combined with exercise prescription to optimize recovery and prevent ongoing injuries. She has a holistic approach, with a passion for working with sports groups and youth populations to achieve optimal long-term outcomes.



Ashleigh has recently returned from living abroad in Canada, and in her spare time she enjoys everything and anything outdoors. In particular; mountain biking, snowboarding, various water sports, and adventuring hidden gems throughout our beautiful country.

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

Improve sensitive teeth

Lots of people suffer from sensitive teeth, which range from being mildly annoying through to painfully debilitating. If you have sensitive teeth the first thing you should do is see your dentist, as they will diagnose any underlying oral health issues that may be contributing to your sensitivity like tooth decay, worn fillings, cavities or broken teeth. Your dentist can also advise you on the type of toothbrush, paste and even special products like tooth mousse that you can use. Brushing too hard, too often or with a hard-bristled toothbrush can

exacerbate tooth sensitivity, so it's important that your daily brushing routine isn't making the problem worse. Acidic and sugary foods naturally erode the outer layer of our tooth enamel and therefore are major contributors to tooth sensitivity. We recommend avoiding these as much as possible, or at least rinsing your mouth out with plain water afterwards to the acid and sugar doesn't linger on your teeth and gums.

For family, general and cosmetic dentistry, orthodontics, dental implants, tooth extractions, oral surgery and more, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050.

Freedom from anxiety

Anxiety is one of many emotions we may experience. It is not appropriate to feel anxiety continuously. We need anxiety to function safely and healthily, but we want it to be a friend not an enemy.

If you feel anxious, breathe deeply right down into the belly. I like to breathe in for a count of 3 and out for 6. Or you can square breathe - in, hold, out, hold for a count of 4 each side. Do your preferred breathing 10 times to calm the nervous system.



Then ground yourself in the present by naming 5 things you see, 4 things you touch, 3 things you hear, 2 things you smell or like the smell of and 1 emotion you feel.

Then acknowledge the anxiety and pay attention to it. I like to say "hello anxiety, what are trying to tell me, why do you think I am not safe?" And then see what comes back from the mind and body. If you are safe, breathe deeply and repeat "I am ok, I am safe" over & over until you feel calm.

The more you practice this process the less anxious you will feel. Give it a go.

Lorraine Maguire - Rapid Transformational Therapist, www.lorrainemaguire.com.

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Internet classes coming to CAB

Have you heard the one about what to do when you can't work a computer, or something goes wrong with your computer? Simple, go out to the street and find an eight-year old, they'll do it for you.



Like it or not, knowing how to do simple things on a computer, and most importantly today knowing how to go "on-line" to use the internet is now a virtual must-do. So much information needed in everyday life is now mostly (and very quickly) available online. Government and business information is now far less available in print. Applying for just about anything is now being directed online, and (it's not all bad news) vast amounts of news, information and entertainment is easily available online.

To some folk however, the thought of having to learn how to use a computer for the first time is enough to cause a rash to break out and a nervous twitch to appear on the cheek, never mind the thought of having to fork out money to buy one of the dreaded objects.

As always, help is at hand at your local CAB office in Helensville. Planning is underway to start classes in how to use a computer, and how to access this internet beast. Like many challenges we perceive in life once we take that first step forward we finish up wondering what the fuss was about, and quickly become a positive show-off to our friends!

Children of course learn quickly because they don't know what to be fearful of, adults however can develop inhibiting attitudes and irrational biases due to fear of the unknown, or the natural desire to stick to what they know and what has always served them well.

Nothing is as certain as change however, as those with a few

decades of life experience know only too well. Just as King Canute couldn't stop the tide, so we can't stop the accelerating pace of change. The big lesson is not to allow yourself to be denied the ease and accessibility of often important information for fear of pressing a few simple keys. Never fear, the CAB is on your side. More good news is on the way.

Pop in to visit at 27 Commercial Rd from Monday to Friday, 10am to 3pm, phone 09 4207162 or email: helensville@cab.org.nz.

Tanya Franklin - The Travel Broker

The March Southern Lights by Flight departures were a sold out success, and everyone who experienced this unique trip, raved about how wonderful it was.

The next six departure dates have been released to coincide with the equinox, when the Southern Australis is often most active in the hopes of getting the best viewing of the Auroras possible, 2 departures per weekend.

11 & 12 September 2021. 26 & 27 March 2022. 24 & 25 September 2022.

Flights depart Christchurch at 7pm on the evening of the date mentioned above, and will arrive back into Christchurch at 5 am the following day


Join Aurora hunter and astrophysicist Dr Ian Griffin and a team of expert astronomers and fly into the night, to witness one of the world's most magical natural phenomena, on this 10 hour round trip flight.

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You only need to pay a deposit to confirm, if they are anything like the March departures, they will sell out fast.

Prices range from NZD \$ 1295 per person limited view to NZD \$ 7495 per person for Business Premier Plus, with many fare levels between this. In March the Sky Couch & Premium seats were the







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first to fill.

Please let me know if you are interested, and I can email you the link to the online brochure.

Actual photos taken from the 21 March 2021 flight:

Tanya Franklin - The Travel Broker - Phone 09 411 9105 or 021 254 9169, email email: tanya@ttb.co.nz.

The value of play for school readiness

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



Here in New Zealand, there appears to be this idealism that if your child can read and write from an early age, they are intelligent and will do better in life. Nathan Wallis, parenting expert, renowned neuroscience educator and founder of X-Factor education, states that "Longitudinal studies show that the more free play there is in early childhood, the less statistical chance there is the child will go to prison". Nathan also believes that children need to have an emotional disposition (trait) towards learning before moving into a more formal and repetitive way of learning, such as learning numbers and letters.

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

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



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will come to all children when they are themselves, developmentally ready.

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

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

Ready to clear your fears and phobias?

We all have things that we are afraid of or just don't like.

A fear is an emotional response to a real or perceived threat, whereas, a phobia is something similar to a fear but it has one main difference, it is the anxiety levels that the person experiences is very strong to the point where it interferes with their quality of life and/or the person's ability to function normally, it causes great distress. The word phobia comes from the Greek word phobos, which means fear or horror. Most phobias, have the word phobia within it. Example: fear of water is hydrophobia.

Fear can be healthy to us. For example, we may be on a high mountain and we know that if we go to close to the edge, we may



fall down and could kill ourselves, that fear of falling is healthy. On the other hand, a phobia of heights may prevent us climbing that mountain and enjoying the view because of the built-up anxiety we have created within ourselves.

People suffer with many different types of fears and phobias, they may sound strange or silly to us, but to the person it is a huge issue, it may affect their lives.

Examples of fears: abandonment, change, death, pain, people, failure, sexuality, success, disease, the unknown, truth

Examples of phobias: acrophobia = fear of heights, claustrophobia = fear of confined spaces, hemophobia = fear of blood, arachnophobia = fear of spiders, ophidiophobia = fear of snakes, aerophobia = fear of flying, noctiphobia = fear of the dark

Astramana™ Healing Services has many different tools to help you overcome your fears and phobias. Some tools we offer are:

Hypnosis - this is a proven tool to help people overcome their fears and phobias. Using various techniques, hypnosis is a simple and cost-effective way to overcome fears and phobias.

Past Life Regression - A journey back in time will allow you to take a soul journey to a past life where that fear or phobia may have started. A Past Life Regression session may help heal past issues and provide answers as to why you have the fear or phobia.

Astramana™ Healing Services founder Jason Mackenzie is an internationally certified hypnotist and energy teacher who can help you overcome your fears and phobias, so you can move forward and enjoy life to the fullest. Contact us if at astramana@gmail.com or visit our website www.astramana.com or check out our Facebook page Astramana Healing Services.

A major accident/incident at your workplace?

We hope it never happens to you or your team, but if a Notifiable Event (Accident/Incident) happens at your workplace, do you know how to notify Worksafe NZ? You need to act promptly. First, how do you know if your accident / incident qualifies as "notifiable"? Worksafe NZ explains what events need to be notified. Seven steps to notify Worksafe NZ when a Notifiable Accident or Incident occurs

1. Go to worksafe.govt.nz/notify-worksafe/





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2. From the 4 categories listed, determine which one suits your situation best: Death, Injury, Illness or Incident.

3. Click on the applicable category, e.g. Injury

4. A short series of questions which help you determine if your accident/incident is notifiable

5. Is your accident notifiable?

o No: If your accident is NOT notifiable - exit Worksafe NZ site and file report in your organisations accident register

o Yes: If your accident IS notifiable, continue through the process

6. Continue through Worksafe's 6 step process which asks for details on your accident / incident such as the person/people involved, the medical treatment received, and how the accident occurred

7. The final step in the process is to "Review and Submit", where you check the details, you've provided and submit your form to Worksafe

Need Further Help with Determining Your Health & Safety Obligations? If you require any assistance determining your workplace Health & Safety obligations, please contact John Riddell, securo4@securo.co.nz or through their website www.securo.co.nz. If you've found this article of value, why not send on a copy to someone who might also find it interesting?

Marja Lubeck

The Kaipara ki Mahurangi electorate has over 678km of unsealed roads, 78% of the unsealed roads in the Auckland region. Many of them are in rough, potholed condition too. I live on one of those unsealed roads, so I share your pain when it comes to concerns about safety, dust in the air and our water tanks, damage to our cars and the risks to users whether they be in a car, truck or on foot, bike or horse.



I hear the community's concerns about the state of these roads - which seem incredible given how close we are to the country's largest city, and how much traffic we get.

We're a special case here, because of our under-developed infrastructure, and the area's high growth rates. I'm working with community/representatives, the Local Board, Councillor and other MPs to get the area a fair go. You can contact me on marja.lubeck@parliament.govt.nz



Marja Lubeck
Labour List MP based in Kaipara ki Mahurangi

For appointments and assistance please phone:
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marja.lubeck@parliament.govt.nz
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 **Labour** 

Authorised by Marja Lubeck, Parliament Buildings, Wellington

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Sayers says it

By Rodney Ward Councillor Greg Sayers.

The local townships of Kumeu, Huapai, Riverhead, Coatesville and now even Taupaki are confronted with a growing traffic congestion problem.

Solving the problem is becoming increasingly expensive.

This is the result of the Government forcing thousands of unplanned houses ("Special Housing Areas") to be built without building the required roading infrastructure.



Auckland Council opposed the Government's plans to build the Special Housing Areas (SHAs) foreseeing without new roads there would be congestion, but the council was overruled, and is now also forced (by law) to keep issuing the consents so the planned number of houses get built.

This is a Government created problem. Should the Government not be paying to fix it?

It was opportune a few weeks ago, when the Director of Regional Relationships from the central Government's transport agency called Waka Kotahi NZ Transport Agency (NZTA) invited local Members of Parliament Chris Penk (National), Marja Lubeck (Labour), Vanushi Walters (Labour) and myself as the Auckland Councillor to visit with them to get the latest update on progress on transport infrastructure in the local area.

In summary, \$137 million has been allocated to build a range of safety improvements between Brigham Creek and Waimauku.

This is allocated to be spent over the next four years, not over 10 years, nor in 10 years' time. Included is a new roundabout at the Coatesville-Riverhead Highway - SH16 intersection. Full details of all the work to be carried out can be found on the NZTA website.

Station Road is to be re-aligned with traffic lights put in at the intersection of SH16. This is at a cost of \$17.5 million spent over the next two years.

A rough order of costs to build an alternative four-lane access highway around Kumeu from Brigham Creek to Waimauku is estimated to be \$1097 million. Yet there are still no plans to build this "bypass" within the next 10 years. However, work will continue



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advancing detailed plans, resource consents and route designations over that time.

Unfortunately trains to Huapai are still not supported.

Instead, Auckland Transport and the NZTA are working together on upgrades that will improve public transport travel time and frequency times for the people who travel by bus to and from northwest Auckland.

Improvements include a station at Westgate and interim bus stops at the Lincoln Road and Te Atatu motorway interchanges.

Over the next two years \$85 million has been allocated. As well, upgrading and extending the existing bus shoulder lanes on the Northwestern Motorway (SH16) is desired but the funding for this is yet to be approved.

There does not seem to be any immediate relief coming for the current local traffic congestion issues.

The Government's and Auckland Transport's strategic direction continues to focus on moving Auckland away from a car focused city to a public transport focused city.

The purpose of doing this is to reduce traffic congestion, carbon emissions and speed limits to make roads safer.

People will continue to find this heart-breaking, with funding being diverted into more public transport for electrified buses, trains, ferries, cycleways, and separated bus lanes, but not into diesel rail to Huapai or priority being given to build a bypass for Kumeu.

Let's hope that the projects that are said will happen are not yet another set of "mirages" that end up getting delayed again.

Particularly heart-breaking is the reduction in funding for rural residents and ratepayers.

When I was first elected to office the road sealing budget was \$10m for 10 years (\$1m a year). With continual determination this was fought for and wins made to increase this to reach \$121m for 10 years (\$12m a year) in the last RLTP budget.

The Rodney Local Board unanimously supports this. In this latest RLTP budget this budget has been slashed to \$40m for 10 years (\$4m a year). This is a Depletion budget for Rodney, not a Recovery budget as Auckland Council is marketing it to be.

As if Rodney's unsafe unsealed roads are not bad enough, the maintenance budgets are to also be slashed. Currently averaging \$4.4m per year the grading and drain clearing budget is to be reduced by \$800,000 to \$3.6m per year.

Even though Auckland Transport's overall operating budgets have been increased, our area's budgets are being decreased. It is scandalous.

To fight back I met with the Mayor (Phil Goff), the Board of Directors

of Auckland Transport and NZTA. Your local Members of Parliament join with me. The justifications we get back are that as long as the Government and Auckland Transport are directing priority funding into public transport, cycling, reducing speed limits and wanting people to not use cars, then getting a proportionate amount back for fixing, widening or sealing Rodney's roads simply will not be a priority.

I say, they have forgotten the power of the people.

Watch this space - this fight isn't over yet.

Changes to entitlements and rates of pay

You will all be aware of the variety of leave that is available to employees. These include the obvious:

Annual leave, Sick leave, Stress leave, Bereavement leave, Parental leave, Armed Forces Leave, Domestic Violence Leave, Election Voting Leave and Jury Service.

In terms of sick leave that will increase from 5 days to 10 days, the accumulation of sick leave will remain at a total of 20 days.

Changes to the way parental leave is calculated mean that employers and employees will no longer have to calculate or verify earnings to determine eligibility and or payments. This whole process has been simplified and can be processed via your MyIR account.

In terms of Bereavement leave the criteria has been extended to include the unfortunate occurrence of miscarriage or still birth. With these law changes proof of still birth or miscarriage is not required to be provided.

Such tragedies and domestic violence leave applications are very personal and private affairs. Extreme care and compassion will be needed when managing such requests.

Other future changes - The minimum wage will increase to \$20.00 gross per hour from 01 April this year. Preparation with your payroll people should already be in place so you can hit the road running.

There are several other scheduled changes to come in relation to the Holidays Act 2003. I haven't listed them as the focus of the changes is to make the calculation of the various leave entitlements a little simpler. They have over time become complicated and difficult to navigate, questions around alternate holidays, 'mondayisation', transfer of a public holiday etc, have all contributed to the time and cost of managing this process.

It needs to be remembered though that it is the employer's legal duty to make sure that any holiday and leave entitlements as set



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out in the Act and the payment for these entitlements are correct. Employers cannot contract out of their responsibilities under the Act, even if employees agree.

Employers are free to choose the work arrangements that best suit their business needs, but they must be consistent with law, they need to recognise the complicated nature of pay resulting from variable or unpredictable work arrangements. The time and cost of complying with the Act are likely to increase.

To ensure compliance with minimum standards and other legal obligations requires the employer to engage with their employees and their payroll staff or provider on a regular basis. There's no 'one size fits all' to this communication.

Depending on the changes you may have to make to the types of employment contracts you have, IEA or Collective. You may be required to negotiate variations to your contract with either individuals or union reps in the case of collectives.

This information is not a substitute for legal advice, we recommend that if you identify problems in the areas listed you consult with someone before acting on material you have read.

Ronald Jones JP, AFIML - MAXRON Associates, Management, Employment Law Consultant & Advocate (Legal Aid Provider). Phone 027 582 3077, email ronald.jones@xtra.co.nz.

Being more than a technician in business

Many businesses start the same way. A technician gets several years of experience (eg a plumber, carpet layer, welder, physiotherapist), and decides to go out on their own. Or perhaps they get the chance to purchase the business that they have been working in.



As a technician, you are likely to have had no training on how to run a successful business. All of a sudden you need to learn how to manage people and follow a proper disciplinary process. You need to know a bit about finances and accounting. And you are thrown into the deep end when it comes to marketing the business and making sales.

Michael Gerber's philosophy (The E-Myth) is that there needs to be at least three roles in a business - an entrepreneur, a manager, and

a technician. As the entrepreneur you are coming up with the new ideas for products or services, or ways to improve the business. As the manager you are making sure that they business plan gets put into action and that systems and processes are followed. As the technician you are getting the work done.

A new business owner often starts out covering all three roles. But when the going gets tough, and there are not enough hours in the day, the default is to fall into the technician role, and the other two roles get forgotten.

Stepping back into the entrepreneur and manager roles on a regular basis keeps a business moving forward, but this discipline can be hard to maintain on your own. This is where a trusted business advisor comes in. A fresh pair of eyes, and someone to hold you accountable, along with the knowledge of the building blocks of a successful business that you may not have yet learnt.

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

Netsafe

You may have seen The Tender Trap on television, the true story of a Kiwi grandmother and pubic servant tricked into smuggling drugs as part of a romance scam. It is available on TVNZ OnDemand. It shows how romance scammers



operate and gives an accurate portrayal of how these criminals work. What are Romance Scams? A scammer pretends to be in a relationship with someone online in order to scam them out of money. They do this through email, social media, dating websites and other website and apps. Usually these scammers are pretending to be someone they're not, using photos and identities of people they've found online. Through romance scams people have lost substantial amounts of money - ranging from a few hundred dollars, through to millions of dollars. Warning signs include confessions of love or strong feelings within a short time of meeting the person online, or your new love might mention health problems, family issues, business troubles or other issues that could be solved with money (your money!). If a new romantic contact is not willing to meet up or talk via video call, or comes up with a series of excuses to avoid meeting, you should be cautious, and be careful about offering or giving the person money so that they can meet you in person. For more details, visit netsafe.org.nz and search for Romance Scams.



Enrol Now



Change of Ownership

We want to bring to your notice and announce that Lollipops Kumeu located at 7 Wookey Lane, Kumeu is under new ownership. Harry and Alka are the new owners. The centre is renamed as Kumeu Childcare. They own another childcare centre in South Auckland.

We are a Reggio inspired early childhood centre. Come and meet our beautiful team and see what makes us so special.

We have a team of dedicated, passionate teachers. We are offering 50% discount on fees for first 3 months. Opening hours are 7:30am to 5:30pm. Free 20 ECE hrs (3-5 years old) are provided. Free nutritious meals freshly cooked by our experienced chef onsite are provided.

7-9 Wookey Lane Kumeu, Auckland 0810 09 412 8081 | 021 119 5148 | 021 0910 4333
info@kumeuchildcare.co.nz • www.kumeuchildcare.co.nz

Chris Penk

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Stop in, the office is open!

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Authorised by Chris Penk, 365 Main Road, Huapai, Auckland.



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