

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES
RENEWING CONNECTIONS

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

SAVING THE PLANET A STEP AT A TIME

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

November 2019



Greetings

It's the fireworks season - that time when calls to ban them from public sale resurface.

Anti-fireworks campaigners usually cite the impact of them on animals, including horses which many in this area have, plus the risk of fire and injury.

Firefighters say it's one of their busiest times.

Most emergency service personnel probably wouldn't mind if fireworks were restricted to public displays like Taupaki School's annual fundraiser at the Kumeu Showgrounds.

It is an excellent example of how fireworks displays maintain the pleasure of Guy Fawke's without the pain.

I'm associated with a proposal to host a major public display in Auckland, using a site similar to the Kumeu Showgrounds which is outside the Auckland Council's jurisdiction (mostly). It will probably proceed regardless of whether any private fireworks ban applies.

In fact, the Auckland Council invited Aucklanders around this time last year to have a say on whether the public should be banned from buying and using fireworks, something the council favoured.

It said the ban plan had overwhelming public support (up to 90%) and presented the results to the Local Government Commission.

Following that, about 67% of New Zealand's councils were happy for the commission to work with central Government to bring in new legislation around fireworks use and public sales.

But that appears to have stalled.

Critics of the move said Auckland's consultation wasn't a fair reflection of attitudes among the city's diverse composition.

The Chinese community, for instance, wondered how it would impact on their celebrations, plus there are other events like the Indian Diwali festival.

Media reported a study of the Auckland Council's submissions showed 90% of the nearly 8000 submissions were mostly from people of European descent, and 73% from women.

Now that the election dust has settled, the council may re-examine the issue.

One suggestion is that councils should have a greater role in subsidising or encouraging free public fireworks displays.

Then there are those who say the fun they had with backyard fireworks when they were kids shouldn't be denied others.

Except that backyards have become almost non-existent in some areas. And I recall the fires, damage and injuries at the fireworks events I attended as a youngster before Mighty Cannons, Jumping Jacks, skyrockets and the like were outlawed.

Geoff Dobson, editor



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People & Places

Saving the planet a step at a time

After 15 year in local body politics, Christine Rose of Waimauku is chasing bigger fish.

Whales, dolphins and other cetaceans are high on her priority list these days.

Christine works 21 hours a week as a campaign adviser for World Animal Protection, dealing mainly with animals in the wild but also animals in farming too.

"Our selfie culture is bringing more and closer human interactions with animals in the wild, like diving with whale sharks, which are not helpful for the animals as it can cause stress and other impacts," she says.

Rules aim to stop people getting too close to sea creatures like whales, seals, orcas and dolphins.

Under some New Zealand regulations it's an offence to swim within 100 metres of an orca or whale, anyone doing so liable to a \$10,000 fine.

Recently returned from the World Whale Conference in Hervey Bay, southern Queensland, known as a popular site for boat-based viewing of humpback whales, Christine says the focus is turning towards more land-based whale observation rather than people getting close to whales in boats and swimming with them.

Christine describes the trend to get close to cetaceans and other wildlife as 'akrasia' - where people act against their better judgement.

"It feels good for the person to get close to a whale but they know they

shouldn't."

Christine also runs a Cetacean Spotting NZ page on Facebook. "It's amazing to know where whales and dolphins can be seen from land."

She's been concerned about the plight of New Zealand's endemic Hector's and Maui dolphins for about 25 years and has recently been focused on submissions around a threat management plan for them.

Maui are often in the area from the Manukau Heads to Muriwai Beach and the Kaipara Harbour mouth.

With at least nine different dolphin species in New Zealand, Christine worries about the impact of set netting and trawling on them, with more restrictions on such fishing methods needed in areas Maui and Hector's dolphins frequent.

"Last year was lethal for Hector's and Maui dolphins, and even with a threat management plan in place you could be looking at up to 100 being killed a year, which isn't sustainable."

She also helped set up the Maui and Hector's Dolphins Defenders group as an advocacy agency.

Christine says it's mostly about educating people, helping them to be more aware of repercussions from their actions, something she attempts through blog posts and media sites.

Worried about the loss of species worldwide, Christine say species diversity and preservation is up there with climate change.

When not saving whales, she is often busy saving rail as chair of the Public Transport Users Association and its Trains to Huapai focus, trying for the last seven years to get a passenger rail service to the area, a cause she's been advocating for more than 20 years in total.

CONTINUED NEXT PAGE



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People & Places

Saving the planet a step at time continued

A keen cyclist, Christine established Bike Kumeunity nearly three years ago to support cycling initiatives and infrastructure. She's also chaired the SkyPath Trust for more than 10 years to get a cycling and walking pathway across the Auckland Harbour Bridge.

"We're close to fruition on that one," she says.

The Skypath Trust work has led to the establishment of 'Movement' which Christine says is about ensuring cycling and walking is safe through advocating on infrastructure and speed limits for instance.

With an interest in art as a painter and potter - often using inspiration from her travels with musician husband Stephen and her involvement with animals, Christine has chaired Kumeu Arts for about 20 years, and the local children's Kumeu Children's Art Club as well, which runs two days a week.

Although Christine has a political science degree and was Rodney deputy mayor and Auckland Regional Council deputy chair for a time, she's largely forsaken formal politics to devote her life to causes dear to her heart.

Those political skills and ties may come in handy now and then, but Christine says she's doing what she loves to do.

"Most people probably get more conservative as they get older, but I've become more radical."

Working from home in an area where she has lived nearly all her life, Christine says she now has greater flexibility to do more.

It all might seem an uphill battle, but Christine is determined to make the northwest and the world a better place.

Kumeu Rotary Christmas parade Friday December 6

The countdown has begun to the Kumeu Rotary Christmas Parade on December 6, starting at the earlier time of 6.30pm.

This will allow more time for events at the Kumeu Showgrounds where the parade ends after starting at the Huapai Domain in Tapu Rd, organiser Dale Wallace says.

The showgrounds will host a big party with a variety of food trucks and music, with parade entrants also able to set up tents or gazebos. People



are welcome to join in the fun.

Kumeu Rotary and the Northwest District Business Association (Northwest Country) are major sponsors, but organisers are keen for hear from more sponsors, and floats are also sought for the parade.

It's expected to have more than 40 floats and take about an hour to pass a given point along State Highway 16.

Traffic diversions will be in place during the parade.

Supporters include Craig Walker who provides Santa's float and Snoopy's plane, Atlas Concrete, and the Kumeu Volunteer Fire Brigade, while Traffic New Zealand helps with traffic management.

Participants include the Otahuhu Pipe Band and Kumeu Brass.

Contact Leslie via kumeuxmasparade@gmail.com or 021 334 401, or Dale at email twal@xtra.co.nz, phone 0272 244 636.

Renewing connections

Mike Lowe has fond memories of Kumeu when he worked at the former particle board factory in Access Rd in the 1970s - now the Kumeu Film Studios.

He was operations manager at the factory when it was run by timber and joinery merchants Henderson and Pollard along with New Zealand Forest Products, the plant opening in about 1972-73.

Mike was there for five years, leaving around 1977 and says about 300 people worked in the factory then.

He used to commute daily from Pakuranga, and in the days before the motorway system was built says it once took him about 39 minutes to get home, starting work about 8am and finishing at 6pm.

"Kumeu was a wonderful place and I knew so many people who lived in the area then," Mike tells the NorWest Heritage Society.

Retiring to Ormiston and now 82, Mike has only been back to this area about three times since his departure from the factory, but he's keen to renew old acquaintances.

An engineer, Mike was responsible for the plant's running. He says he never saw any financial reports but believes the factory was very profitable, running 24/7. He even helped deliver particle board to select customers on his way home.

One highlight of his career was adjourning to the back room at San Marino vineyards (now Kumeu River) with Mate Brajkovich and some of the factory staff for drinks - a regular Friday evening occurrence.

Mike's relations with the factory's near neighbour Nic Nobilo senior of Nobilo Wines were less cordial.



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People & Places

"Nic was dead against us, often complaining about our 'pollution'. But I told him it was steam - moisture from the driers - and I said we were giving his vineyard free irrigation."

Complaints about noise came from another neighbour. "Harold complained about saws going one night and I told him he could sleep now as I had the saws turned off - but they weren't even going at the time - and he thanked me the next day," Mike recalls.

While many disliked the idea of a factory in the then rural Kumeu area, Mike says it provided many people with good incomes as a result.

He says product demand nose-dived during an economic downturn in the late 1970s and the general manager at the time asked him to resign, promptly dismissing about 40 staff the next day.

"It was sad to see such a good team demolished like that," Mike says.

He went on to build boats and one of his former shift supervisors got a job with him at East Tamaki.

Mike later wrote a book about his life and experiences, mainly for his family - something he suggests everyone should do.

He's now president of the University of the Third Age (U3A) in Ormiston and keeps good health.

Returning to the former factory once, Mike says he was stopped at the entrance by security guards but was allowed to view a plaque on site which includes the names of directors who worked there.

Anyone keen to get back in touch with Mike can email mike.lowe@xtra.co.nz to learn more, and he hopes to return as a guest speaker for the NorWest Heritage Society.

Folk festival nears 50th milestone

Nearly 200 performers from across the world are set to help make the Auckland Folk Festival on January 25-27 the biggest and most diverse in its 47-year history.

More than 3000 visitors including campers are expected at the Kumeu Showgrounds for the annual event which features a range of concerts, dances, workshops, and kids' activities at five covered venues.

In keeping with its family approach, the 2020 festival features an expanded kids' programme, with several of the most accomplished acts in New Zealand today, and workshops and activities that will include things like instrument making and music performance.

The festival also continues its tradition of announcing the winner of the



2020 Tui award for Best Folk album with the three finalists playing on the Sunday night before the award is presented.

Headlining the overseas acts is two-time Grammy Award winner Tim O'Brien, a folk legend in America, appearing with partner Jan Fabricius.

Other international highlights include Quebecois five-piece folk band Rosier (Canada), Celtic band Keeva (Ireland/NZ), the Pauline Scanlon Band (Ireland), and English folk band Faustus.

Twenty years after his last appearance at the Auckland festival Irish folk singers Andy Irvine will also be back.

Other performers include Canadians Scott Cook and Gordie Tentrees along with New Zealand and US based Tattletale Saints.

The festival was created by the folk and traditional music and dance clubs of Auckland in the 1970s.

For the past 25 years, the festival has been based at the Kumeu Showgrounds over the three days of the Auckland Anniversary weekend, starting on the Friday evening and finishing with sessions and ceilidhs early Monday morning.

Saturday and Sunday evenings feature concerts by the principal artists on the main stage.

The festival blends internationally renowned acts with up and coming local bands.

A series of music and dance workshops given by local and international tutors feature, along with Blackboard concerts and Come-all-ye's providing a stage for performers young and old, Auckland Folk Festival president Nigel Robertson says.

A food and craft village offers a range of ethnic foods and wares, including musical instruments and clothing.

Tickets from Eventfinda. Visit www.aucklandfolkfestival.co.nz/ for more information.

Song, wine and slavery

A fundraising concert with a difference is planned at St Chad's Anglican-Methodist Church in Huapai on Sunday November 3, 3pm.

Well-known Auckland singers The Three Mezzos, along with pianist Warwick Gibbs, wanted to put on a fundraising concert for the church.



"However, we felt that we had done very well with our own fundraising and decided the profits should go to a deserving charity instead," church council chairman Colin Newel says.

The problem was 'which charity?' the answer provided by TVNZ's

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People & Places

Country Calendar on which Colin and wife Carolyn saw a programme on 27seconds winery in Waipara, North Canterbury.

The winery, which sources its grapes from Terrace Edge and Greystone wineries, takes its name from the fact that world-wide every 27 seconds someone is sold into slavery.

All the winery's profits go to the non-government organisation and charity Hagar International to help victims of modern-day slavery, particularly supporting survivors from Cambodia, Vietnam and Afghanistan.

"We decided to have the concert as a fundraiser for Hagar and to include a glass of 27seconds wine within the \$20 ticket price," Colin says.

"Carolyn and I were privileged to meet Joanne Hand, the North Island manager of Hagar New Zealand, along with two young men from Cambodia," Colin says.

"Longdy lived in Cambodia but at age three contracted polio and, as he was unable to walk, at the age of five he was sold to be a beggar in Thailand.

"When the police found him he was originally thrown into jail but, later on, having been returned home he was sold a second time at the age of eight.

"Now in his late 20s he works for Hagar helping as a counsellor for those who have been rescued in his home country.

"It is staggering to us that this hideous trade exists in the 21st Century and we are keen to raise as much as we can to fight the trade in human beings."

Tickets for the St Chad's concert are available from Colin on 02102 499 925 or email saintchadshuapai@gmail.com for more information.

Corey's record runs

Salt flat motorcycle racer Corey Bertelsen has set new records at Bonneville in the US.

The Salt Brothers Racing (NZ) team member, who featured in the Kumeu Courier in July, clocked more than 270kmh on his GSXR 750 bike in Utah in the M-AG 750 modified gas without aerodynamic modifications class.

That established a new Federation Internationale de Motocyclisme (FIM) world land speed record, Corey's first under the FIM regulations.

He has now set more than 10 land speed records at the Speed Week and related events at Bonneville, adding two AMA records in the process



and ending the 2019 season with six new land speed records.

Wet weather affected the start of racing at Bonneville, making racing conditions tricky. Brother and teammate Mike Bertlesen was in the US for the largely washed out Speed Week prior to the world record trials.

He had returned home but Corey stayed on to get their best result on the last day of racing.

Corey now has 21 land speed records, 12 world records and nine AMA records. And that's unlikely to be end of it yet.

Mad Fit raises funds for Heart Kids

Jamie Best's dad died at 41 from a heart attack when she was just 13. The Taupaki fitness trainer is determined to help prevent other families suffer similar tragedy.

"It's been tough without him, and one of the reasons I love training mums and dads is to prevent this from hopefully ever happening to anyone else," says Jamie who established Mad Fit - Mad standing for 'mums and dads'.

Often keen to help others (Jamie also designs activewear for women to build self-esteem after eight years in the police working with domestic violence victims), it's a case of what goes around comes around.

Jamie began a random Givealittle page for The Block NZ's popular Team Orange (Ethan Ordish and Sam Whatarang), "because they just seemed like top Kiwi blokes", which got to \$36,000.

As a thank-you, Sam, left, and Ethan (pictured with trainers Rachel and Jamie) came to Jamie's Mad Fit class at the Taupaki Hall and she thought it would make a good fundraiser for another cause.

"Sam said they would love to fundraise for Heart Kids Waikato, which literally couldn't have been a better charity for me to want to help out after losing my dad. "We raised over \$500 which will go direct to Heart Kids." Jamie says donations came from businesses such as Central Landscape & Garden Supplies Swanson, Westgate Beauty Therapy, NumberWorks'nWords Henderson and Source Cafe Whenuapai.

Mad Fit mums also came along and got involved in fun challenges, including some hobby horse racing, to raise funds and awareness of the charity.



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Safer Communities



The unsettled spring weather has certainly been a challenge to get out in the garden or enjoy our great parks network.

When the weather allows please check your driveway to make sure that it is clearly identified with a number/name and that a fire truck or ambulance can make access. Ideally it should be a clear 4 metres wide by 4 metres high.

Guy Fawkes is coming up so please remember these simple safety messages, especially the looking after your pets.

Remember these simple safety

messages:

- Look after your domestic pets by keeping them inside on the night
- When lighting fireworks, stay safe:
- Read and follow the instructions on fireworks before using them
- Light in a wide-open area away from anything that could catch fire
- Fireworks and alcohol/drugs are a dangerous combination
- Always let an adult light the fireworks
- Keep a bucket of water or a hose handy

- Keep all unlit fireworks in their box or bag until you light them
- Leave dud fireworks alone - trying to relight them is unsafe
- Burns need to be cooled with water for 20 minutes

Keep safe

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Community News

Christmas book fair

23rd/24th November 2019 - Helensville War Memorial Hall.

This year the Lions Christmas Book Fair is to be held again on the last weekend of November. The Autumn Book Fair in May raised \$8,670 for use in the local community, thanks to all book lovers, and we would love to better that. The Book Fair will be held on Saturday 23rd, 9am to 4pm and Sunday 24th 10am to 3pm in the Helensville War Memorial Hall.

We have once again sorted all the book before the event, as the aim of the Helensville Lions is to make your weekend of browsing as effortless and pleasurable as possible.

Non-Fiction is split into twenty separate categories, from Animals & Pets to Winemaking including one dedicated to New Zealand subjects and a large General Non-Fiction section to browse through.

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

Books are priced to sell with paperbacks at \$1, hardbacks at \$2.00 and all children's books being 50c each.

Vinyl LPs, there will be over 400 of these on offer, a generous collector's lifetime accumulation. They cover all genres from Classical to Country.



These will also be sorted into categories for ease of selection.

Plus, there is also a good selection of jigsaw puzzles, board games, DVDs, CDs and quality magazines available.

All funds raised go into The Lions Club of Helensville Charitable Trust, and are used for the benefit of the local community.

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

Please note that the last date we are accepting books for this Book Fair is Friday 15th November.

Kaukapakapa village market

Sunday 17 November 8.30am to 1pm. This lively village market located in the heart of Kaukapakapa is held on the 3rd Sunday of the month all year round. You'll find a tempting selection of quality stalls, fresh locally grown produce, artisan food, handmade crafts, gifts, plants, books and much more plus secondhand goods and collectibles and plenty of tasty treats to enjoy with a freshly made coffee or take home for Sunday brunch. The relaxed atmosphere and friendly people make it an excellent choice for a Sunday morning excursion with free face painting, kids craft table and live music from duo Mike and



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Community News

Gillian.

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

Pink Ribbon Dessert Day

Waimauku Lions invite you to their Pink Ribbon Dessert Day on Saturday November 16.

"Come and join us for some yummy cakes and a coffee, tea or soft drink," the club's fundraising committee vice-president Carla Sutton says.



All funds raised will go to the Breast Cancer Foundation which does research to prevent and treat breast cancer in New Zealand.

The Dessert Day is at the Waimauku War Memorial Hall, 3pm to 8pm.

A \$5 per person entry fee or \$10 for a family will apply, and raffles will be available - so take some extra cash.

"We look forward to seeing as many people as possible, so we can make this a successful event for this worthwhile cause," Carla says.

Email lionswaimauku@gmail.com for more information.

Family support

The breakdown of families and relationships is one where help and support can be found at the Helensville Citizens Advice Bureau.

Whether this involves parenting orders or custody, issues with finance or marriage problems, our volunteers have informed listening ears.



Our services include providing the correct and current information from our own reputable national resources.

Most importantly, we can quickly assess whether our clients need to be referred to experts, see one of our Justices of the Peace or book into our budget clinic.

We also refer clients to free lawyers including Te Ha in Helensville and CAB Massey.

Brochures, pamphlets and tourist information is also available when you

pop into our office at 27 Commercial Rd.

Our friendly and well-trained volunteers are the secret to success and helped us win a highly commended award at the North West Business Awards.

We are always seeking more volunteers to join our crew and you will receive thorough training.

Contact 09 420 7162, email helensville@cab.org.nz or visit our website on www.cab.org.nz for more information.

What is Scouts?

As described by several Scout section members.

Scouts is a place where you get to experience new things, you get to hang out with friends and make new friends.

Scouts is a place of learning, you learn about fire safety, first aid skills, air craft spotting, kayaking, caving, camp fire cooking, hiking, navigating, sailing, sports, swimming, woodwork, bush craft and how to safely use gas cookers to list some of the activities we do.

We earn personal challenge badges for exploring and learning new and different ways. You learn new skills that you build on and eventually as you progress you get to teach these skills to the younger Scouts.

Scouts is a fun adventure for all youth (boys and girls) aged 11-14 years.

We learn all about knots, so we can build rafts, make rope ladders, bridges and many more cool things. We will then use these knots for all sorts of things for the rest of our lives.

We use many traditional things in Scouting, this include flag break at the



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Community News

beginning of the evening and flag down at the end of the evening, and this has been like this for generations.

We wear a uniform and scarf, the scarf is unique to each group.

One of our highlights as a Scout is Jamboree, these are held every 3 years and are 10 days long. We are joined at Jamboree with Scouts from all over New Zealand and from overseas. During the last Jamboree, we did awesome things like flying in helicopters; we paddled paddle boards; did clay bird shooting, and a whole lot more

Are you interested in finding out more about Scouts? Then head to www.scouts.org.nz or email me zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

'U-Pick Flowers' @ Kumeu Flower Farm

We are taking registrations for "U-Pick Flowers". This is where we open up our greenhouse for you to come and pick your own flowers. It will be a lot of fun, so bring the family. We will have seasonal flowers and foliage, along with some of our amazing roses. We also have an area where you can sit after you have picked your flowers and have a Picnic. So bring the flask, a blanket or mat and some sandwiches and make for a great family outing, rain, hail or shine. There are only limited spaces available, so 'first in, best dressed' Please check out our website here. www.flowerbarn.co.nz/u-pick-flowers-how-it-works.



Creating Calm for Kids

The world seems to be charging ahead at an ever increasing pace. Life is getting busier, more stressful, expectations higher and to-do lists longer. How often do we take the time to slow down and breathe? Do our kids?

Creating Calm for Kids is a 10 week mindfulness and movement course devoted to providing a safe space for youth to take



a step back from the stress and rush of everyday life. It's about using gentle movement and stretch, slowing down the body and creating calmness in the mind. It aims to teach children techniques to manage the pressures of everyday life, developing strength, resilience and confidence. It will draw on concepts such as mindfulness, meditation, diaphragmatic breathing, body awareness, and happiness practices.

Creating Calm for Kids is held at 124 Matua Road, Kumeu. For more information, please email Yolanda at yolanda@kinetex.co.nz.

Treasured treasures

Do you see these shells on the beach? Did you know they are actually not shells? They are buoyancy chambers found in squid, called *Spirula spirula* or Ram's Horn shells, I am a sucker for them and my kids know it! Any time we are at the beach they instantly search for them to give to me, knowing how much I love them. So I decided to turn one into solid sterling silver. That way I can wear this pendant and be reminded of so many things. The beach, my happy place. Days at the beach with my kids. My kids joy when they find one of these 'shells' and not to mention just how adorable that swirl is.



Do you have a favourite shell, beach find or other item that you would like to wear to be reminded of special days, moments or memories? I'd love to help turn them into something to treasure forever. Email me at jo@preciousimprint.co.nz to discuss the possibilities today.

Kumeu Art Awards

November is here meaning another much anticipated Kumeu Arts Awards, recognising and celebrating New Zealand artists and linking Kumeu to wider arts communities. Prizes of up to \$1,000 in value, generously donated by local businesses will be awarded at a prestigious ceremony on November the 1st between 5-7pm. The exhibition,



which then runs from November the 4th until the 23rd of November, will include over 80 works from locally, regionally and internationally acclaimed artists. The Awards Exhibition is followed by our annual Affordable Art Sale starting on November the 26th in the main gallery with artworks for under \$400 and an exhibition by artist and painting

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Community News

tutor Amber Emm in the Pod gallery. You can also purchase a range of unique, hand-made gifts for Christmas in our retail area. All this as well as classes and workshops! So come and discover Kumeu Arts - The Hidden Gem.

The Mobile Car Specialists

Here are 4 tips to prevent surface scratches in your car's paint.

1) Never put it through automatic contact / bottle brush car wash machines

2) Instead use the 'two bucket hand wash system' - www.mobilecarspecialists.com/wash-your-car.html

3) Always check for grit / solids before wiping down with a microfibre - one tiny invader can cause a lot of scratches

4) Regularly apply wax for protection, or have a ceramic coating applied which lasts for years. Our services include: Dent removal - small to large, Yellow / foggy headlight restoration, Ceramic coating paint protection, Signwriting removal and High quality paint correction / cut and polish.

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

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



Outdoor yoga

At the Murray Jones Reserve, Riverhead.

Outdoor yoga requires a unique sense of perseverance and focus, as the space around us can be full of active and unexpected sights and sounds. Come align with the steadiness of your breath in a 1 hour vinyasa flow beside the beautiful Rangitopuni Stream.



Dates & Times: Fri 8/11 6pm, Sat 9/11 11:30am, Fri 15/11 6pm, Fri 22/11 6pm, Sat 23/11 11:30am, Sun 24/11 12pm, Fri 29/11 6pm and Fri 6/12 6pm.

\$10. Suitable for all levels. Please call or text Erika at 022 042 4006 to confirm class/attendance. Follow @SameSunYoga on Instagram and Facebook for more yoga ops.



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In Brief

Exploring amongst Papatūānuku and Tānae Mahuta

Recently we went for a walk to the forest. We built huts, jumped in the mud and relaxed under the big pine trees. Contact with nature is a source of wonder and inspiration for children, and essential to their healthy development and sense of spirituality. In fact, research shows that nature increases creativity, reduces stress, helps release endorphins and strengthens children's immune systems. Being immersed in the forest encourages an appreciation for Papatūānuku and Tānae Mahuta, and all that it provides for us. It allows children to feel a sense of independence and gives them an opportunity to be the leader of their own learning, all while having lots of fun.



'Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.'

- Fred Rogers

If you are interested in your child attending Natures Explorers we are taking enrolments for early next year. Please call Nerys on 09 412 8800 or email office.kindergarten@xtra.co.nz.

Kumeu Blend Choir

Christmas concert - rehearsals St Chads Kumeu Monday evenings 7:30 - 9:00.

Our Christmas concert featuring music for the Christmas season is titled 'What sweeter Music' and will be held in St Chads Church, Kumeu on Sunday, 15 December at 7:30 pm. A \$10 donation would be appreciated.

We have been rehearsing a wide variety of songs from composers



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ranging from Mozart and Tchaikovsky to John Rutter and Howard Goodall (think Vicar of Dibley)

We welcome new members. Previous choral experience and ability to read music is helpful but not essential.

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

Personalised Santa sacks for Xmas

Spoil a loved one this Christmas with a personalised Santa sack. A perfect way to present a child's gift this Christmas, especially for those difficult to wrap presents. Made from thick cotton canvas with drawstring ties, these Santa sacks will be great for use for many years. Sacks are available in four festive designs with a selection of font options for printing your child's name. 50x70cm these large sacks will fit everything you require. Only \$24 each including personalisation.



For more information and to order online visit our website - bowring.co.nz/shop/product-category/santa-sacks/, email or visit us in store. Email orders@bowring.co.nz, phone 09 412 9521. 10B Shamrock Drive, Kumeu.

Pure Allies

Pure Allies are a small local boutique skin care company, that has been up and running for around 7 years.

Because we love our products as nourishing, beneficial and as fresh as possible, everything is lovingly hand crafted the old fashioned way, by request as per clients specific preference and needs. There are no preservatives added, other than pure essential oils, therefore you won't find us on the shop shelves.

We believe natural skin care should be available and affordable, and kind to our planet.



Kumeu Huapai

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In Brief

Christmas is fast approaching, we can make lovely gift packs for family and friends, and traditionally our affordability makes our products popular for secret Santa work gifts and teacher gifts.

Email your enquiries to
pureallies@gmail.com or check us out on Facebook Pure allies.
Christmas orders need to be in by end of November.

Kumeu Library

It's now even easier to join Auckland Libraries. Our new eMembership category means you can join the library online right now - all you need is a valid email address. With this membership, you get access to our extensive collection of eBooks, eAudiobooks, eMagazines, eNewspapers and online databases - all available free of charge. You'll also be able to browse the library catalogue and request physical items like books, magazines and DVDs. However, to check physical items out, you'll need to bring your barcode number and photo identification (eg drivers licence or passport) to Kumeu Library (or any of our 55 libraries).

We also have a great collection of eBooks and eAudiobooks for children, free to borrow, so an eMembership for your children could be a great option.

If you spend time commuting to work, either on public transport or in your own vehicle, library membership enables you to access the huge range of materials we have that will help make your commute time pass quickly, and it's all free to borrow. Try downloading our eAudiobooks to listen to on your own device, or eBooks that you can read anywhere.

Our eMagazine collection has over 600 titles available to borrow, and our eNewspaper collection has over 2200 different publications from all over the world.

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

Kaukapakapa library

Sunday November 17th, 9.00am to 1pm.

Come along to the historic Kaukapakapa library and find out about your local beekeeping club - a friendly group of hobbyists keen to share their wealth of knowledge. Featuring a live display hive and lots of information to get you started. Find out what to plant for bees and the history of the bee in New Zealand. Saving the planet one bee at a time!

For more info contact Megan 021 959 017, threehorses@extra.co.nz, Kaukapakapa Library Facebook page. Library open in conjunction with Kaukapakapa Village Market.



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Property

Property market report

We've seen the first signs of a pick-up in the past few months, although it's more been a case of the market stirring. The pace of house sales has clearly lifted from the snail pace of the past six months as the Capital Gains Tax back-down and falling mortgage rates have emboldened buyers. On our favoured 3 month/3month percentage change basis, NZ housing turnover is up around 2%. A turnaround in the fortunes of the Auckland market has been behind much of the turn in Nationwide activity. Monthly nation-wide house sales are now running around 8% above the recent March lows, with Auckland responsible for about 70% of this lift. A rapid recovery for sure, but we'd characterise it more as a return to normality.

There's been a couple of other developments that have confirmed to us the market has turned. First, houses are selling faster. Nation-wide days to sell a house have been falling for the past four months and now stand at 37.2 days.

Second, new listings have started to pick up (seasonally adjusted). Recall that inventory has been extraordinarily low this year as new listings have slowed to a trickle. But early signs of an increase in listings over the past month suggests sellers are becoming encouraged by the improvement in market conditions. This bodes well for further recovery in housing activity in coming months.

Recent sales for the month:

Helensville Residential	\$600,000 to \$855,000
Helensville Lifestyle	\$880,000 to \$1,300,000
Huapai Residential	\$815,000 to \$1,200,000
Kumeu Residential	\$582,000 to \$947,500
Kumeu Lifestyle	\$1,230,000 to \$2,050,000
Muriwai Residential	\$915,000
Parakai Residential	\$500,000
Riverhead Residential	\$1,050,000 to \$1,445,000
Riverhead Lifestyle	\$2,600,000
Swanson Residential	\$761,000 to \$858,000
Swanson Lifestyle	\$1,065,000
Waitakere Residential	\$735,000 to \$748,150
Waitakere Lifestyle	\$1,050,000 to \$1,520,000
Waimauku Residential	\$690,000 to \$1,286,000
Whenuapai Residential	\$1,135,000 to \$1,185,000

To ensure you get the very best return on your property sale. Ensure you have the best relationship possible with your chosen agent, agree on a focused marketing plan and an audience profile coupled with a process that will deliver competition and commitment. Failure to understand that this is a very careful and considered market is a failure to complete a sale. I would recommend that you and I get together and have a chat about the advantages that a Mike Pero solution delivers in services

and support to ensure the very best price is achieved in the very least amount of time. Call me today on 0800 900 700, text me on 0276 320 421 or email me at graham.mcintyre@mikepero.com. See more at www.grahammcintyre.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Should you tell your kids about the family trust?

Telling them may undermine their enthusiasm to get qualifications and to seek well-paid work. However, from 2020 onwards, trustees are required by law to inform potential beneficiaries about what assets are in the trust and provide a copy of the trust deed. Importantly, most trusts formed during the lifetime of a parent are discretionary trusts. This means that a beneficiary cannot insist on receiving something from a trust. Rather, a trustee is only required to consider the potential beneficiaries for a distribution.

The change in law is based on the current policy view that beneficiaries of the trust are best placed to ensure that the trustees are good custodians of the assets held by them. This does not always rest easy with those of the older generation who have generated the wealth held by the trust and expect a first call on the trust wealth in priority to the next generation. Nonetheless, when the time arrives, most lawyers and accountants will have formulated a disclosure letter suitable to show that the trustees have complied with the new law. Luke Kemp, Kemp Solicitors - phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Are you in a de facto relationship?

By Francine Cameron, Solicitor, ClearStone Legal

Do you sometimes stay the night at your girlfriend's flat? Have you got a spare toothbrush at your boyfriend's house? Have you become extra cosy with your flatmate? Do you take your "friend with benefits" to visit family?

In the eyes of the law you could be in a de facto relationship, without even realising it. This means if you and your partner (of any gender) go your separate ways, or on your death, your partner could be entitled to 50% of your property (or at least what you thought were your property, but has now become "relationship property"). This can affect not just you, but also a child/children



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Property

particularly where there is a child/ren from a previous relationship by one or both partners.

In deciding whether there has been a de facto relationship, the Family Court will decide each case on an individual basis and take into account nine factors of the relationship. There are nine factors they will consider, and not all of these need to be happening in order to fall under the definition. The Court will place different emphasis on each - including:

- How long have you been together?
- Do you live/stay together? (you could "live apart" but often stay overnight together)
- Is there a sexual relationship?
- Is there sharing of money or financial dependency?
- Do your own, use, buy or share property together (eg furniture, chattels, car etc)
- Is there commitment to a shared life?
- Is there care/support of children?
- Who performs household duties?
- Are you viewed by others as a couple?

You can find yourself in a de facto relationship without you knowing it, as it can gradually move that way, rather than suddenly come about because of a specific event such as officially moving in together or a wedding. It can sometimes be difficult to decide when "dating" ends and a de facto relationship begins.

In general, when a de facto relationship falls within the definition of the Property (Relationships) Act 1976, and lasts for at least three years, if the relationship ends (due to death or a break up) there is a presumption of 50% sharing of property. Property can include the family home, joint bank accounts, kiwisaver/superannuation, income earned during the relationship, assets/liabilities which are mutual use & benefit (i.e. the family vehicle or credit cards) and assets acquired during the relationship etc.

If you think your relationship might fall into the de facto category, don't take your toothbrush back yet and don't stop cooking dinners for your girlfriend, instead have a chat with the friendly folk at ClearStone Legal (incorporating Kumeu-Huapai Law Centre) and they'll help you understand how this may apply to you and your options. Phone 09 973 5102 to discuss this further and to make an appointment.

RTA amendments

I am going to continue from last month's column where I was detailing some of the recent changes of legislation affecting Landlords and Tenants, specifically RTA (Residential Tenancies Act) amendments bill #2, last month I covered the landlord's obligation to provide property insurance details to the tenancy, this month I will explain the other 2 changes from this piece of legislation.

Unlawful Dwellings - A few years back readers may recall a lot of media attention around the subject of unlawful dwellings, this was because tenancy tribunal suddenly started taking jurisdiction over this matter by ordering a full refund of rents to be paid back to the tenancy. This started a landslide of cases and some disproportionate rulings were made regarding minor discrepancies to an otherwise compliant building, some of these cases were eventually appealed and won by landlords which rationalised the situation at Tenancy Tribunal considerably however the RTA simply did not have any content regarding unlawful dwellings.

The new RTA amendment has given the Tenancy Tribunal the mandate to rule on what is a legal dwelling and issue penalties deemed proportionate with the discretion, it also allows tenants to terminate a tenancy on the grounds of it being an illegal dwelling, of particular interest is that the tribunal can now order a landlord to make changes to the property which is a new level of power for the tribunal.

Our general advice on this matter is don't rent anything that is not consented as a separate dwelling, minor discrepancies should be fine assuming all work is up to a complaint standard, if you have an independent space that is a part of your own home (where you reside) then you can legally rent this space using as a flat sharing agreement NOT a tenancy agreement in which case any arising disputes would be heard by the Disputes Tribunal rather than Tenancy Tribunal.

Methamphetamine Standards - Due to the growth of larger scale importation of methamphetamine it is clear that smoking P is clearly on the rise but home based meth manufacture is almost non-existent, this clandestine lab activity was the thing that originally started the meth contamination scare in rental properties as meth manufacture involves a nasty cocktail of chemicals that is undeniably harmful in a home environment, anything we see these days is smoking related.

There is now some content in the RTA regarding meth testing and decontamination (including other illegal substances) however landlords are still awaiting the regulations to be written which the RTA amendments will be based on (12 to 18 months away at this stage). All other sectors in the property industry have adopted the newer Gluckman report level of 15MU, being the level up to which smoking related contamination is now considered harmless. For private landlords the MBIE agency, Tenancy Services currently refer to both the Gluckman level and the older NZ standard of 1.5MU with no guidance on which applies when renting a property.

Our general understanding is that landlords are not obligated to pre-tenancy test if there is no reason to suspect the presence of meth, if the property is tested and fails Gluckman's 15MU level then it should be decontaminated to meet the NZ standard of 1.5MU. If a private landlord finds a property has a presence of between 1.5 and 15MU then it is very unclear if you are legally allowed to rent it however it is well publicised that Housing New Zealand do rent properties in this range.

If anyone has any queries regarding this information, I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.



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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	600,000	868M2	120M2	855,000	MURIWAI	940,000	2013M2	175M2	915,000
	1,325,000	4.9991HA	202M2	1,300,000	PARAKAI	580,000	1464M2	83M2	500,000
	1,225,000	12219M2	130M2	1,125,000	RIVERHEAD	1,525,000	601M2	333M2	1,445,000
	600,000	465M2	74M2	600,000		1,075,000	825M2	179M2	1,050,000
	560,000	0M2	110M2	649,000		3,163,750	4HA	366M2	2,600,000
	600,000	738M2	101M2	642,000	SWANSON	1,010,000	1298M2	183M2	858,000
	750,000	4660M2	130M2	880,000		805,000	1509M2	102M2	761,000
HUAPAI	1,050,000	743M2	204M2	950,000		1,075,000	4.07HA	334M2	1,065,000
	840,000	358M2	155M2	815,000	WAITAKERE	1,175,000	4.06HA	220M2	1,520,000
	1,250,000	633M2	257M2	1,220,000		920,000	1690M2	135M2	735,000
KUMEU	530,000	0M2	82M2	582,000		755,000	812M2	132M2	748,150
	900,000	406M2	160M2	900,000		1,115,000	5HA	177M2	1,050,000
	530,000	0M2	82M2	582,000	WAIMAUKU	1,200,000	1049M2	261M2	1,286,000
	1,075,000	525M2	200M2	905,000		1,175,000	1083M2	248M2	1,042,000
	970,000	525M2	179M2	870,000		825,000	5165M2	103M2	690,000
	2,000,000	11180M2	300M2	1,725,000	WHENUAPAI	1,200,000	359M2	265M2	1,135,000
	1,000,000	819M2	200M2	947,500		1,295,000	1366M2	230M2	1,185,000
	1,775,000	1HA	353M2	2,050,000					
	1,225,000	3.6HA	180M2	1,230,000					

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

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Asking Price \$1,095,000

7 Kaipara Lake Road, South Head
Asking Price \$1,095,000

Set high overlooking the exclusive Tupare Estate is this fully renovated four bedroom home. Open plan living with great indoor outdoor flow to a huge deck make this home an entertainers delight. The commanding view of the Kaipara Harbour is panoramic. The harbour can be accessed from the Tupare Estate's private boat ramp. This 4.17 acre property is divided into four paddocks of improved pasture, great soil. There are two paddocks with animal shelters and one with a three bay shed with a concrete floor and two roller doors, all paddocks have reticulated water from the estates bore. Tupare Estate home owners share an enviable number of community facilities, a large hall, tennis courts and a comprehensive equestrian facility; arena, stables wash bay, stock yards and a loading ramp.

www.mikepero.com/RX2039027



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GREENHITHE - FAMILY AND ENTERTAINERS HOME

4 2 2

By Negotiation

8 Archer Rayner Place, Greenhithe
By Negotiation

Excellent design meets five star construction, this home offers the best of modern living with modern materials. Set on a North facing aspect, the home has a front to back split giving the open plan living environment almost a regal introduction from the entrance way. With study or guest room to the left and the balance of bedrooms and bathroom off a central hallway to the right. Entertainers kitchen with access on two sides to the alfresco patio and decking that dances in the sunshine for most of the day. Further an additional lounge area that connects to the kitchen's breakfast bar delivers a snug get away from the rest of the home. Situated a short distance from Greenhithe village, local school, parks and motorway access.

www.mikepero.com/RX2017773



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Cherry Kingsley-Smith
021 888 824
09 412 9602
cherry@mikepero.com



IN WITH THE NEW - BRAND NEW KUMEU

3 1 2

By Negotiation

36 Lumbarda Drive, Kumeu By Negotiation

All day sun, meets modern living in the heart and soul of Kumeu, offering easy access to shops, school, sports fields and fabulous west coast beaches. Kumeu is known as the gateway to some of the best recreational areas in Auckland and if you are wanting the convenience and ease of living within easy reach of bike-parks, black sand beaches and bush walks it is a haven of opportunity. This brand new Golstruct home offers all the convenience of modern living, offering open plan entertaining with alfresco to the North West, ensuring unlimited sunshine and alfresco patio at the days end. Full landscaping and a parcel of lawn to afford convenience and greenery. Three generous rooms, including master with ensuite and a garage. Short walk to Huapai Primary School, Shops, Park, and transport links.

www.mikepero.com/RX2066147



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



FRESHLY FORMED - NEW IN KUMEU

4 1 2

By Negotiation

40 Lumbarda Drive, Kumeu By Negotiation

Sunshine, sublime open plan living and simple elegance is all on offer here. Looking for a quality build offering four bedrooms, two bathrooms and garage for toys, tools or home gym, this is the new home for you. Newly finished and offered for sale as surplus to requirements, this Golstruct home delivers a cool, open plan entertainers living environment coupled with wide sliders opening to North West patio and lawn area. Not only is the home designed for function, it has the ability to isolate quiet zones (bedrooms) from conversation zones (kitchen, dining, lounge and patio) effortlessly and using bathroom and ensuite/walk-in as sound barriers. A twist on convention but with very sensible outcomes. A short walk from primary school, park, convenience shopping, and transport links.

www.mikepero.com/RX2066146



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



VIEWS TO THE TASMAN SEA - WAIMAUKU

4 2 2

By Negotiation

94 Hinau Road, Waimauku By Negotiation

Set on almost 1.5 acres of gentle sloping land with a bush framed vista to the Tasman Sea. This 1980's period build offering a delightful upstairs/downstairs home within a glade of gardens and native plantings, out of the wind and positioned to mingle with the Tuis and Wood Pigeons. Good space upstairs with three rooms and open plan living, linking alfresco to the east and west while downstairs has a bathroom, bedroom plus living area, double garage and workshop. Not short on space and offering some cosmetic uplift opportunity for you to apply your personal touch of colour and style. All the foundations for an extended family or having friends or guests stay over. In close proximity to beautiful coastal walkways, Waimauku Primary School, Parks and West Coast Beaches.

www.mikepero.com/RX2066197



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



BEAUTIFUL CHARACTER BUNGALOW - WAITAKERE TOWNSHIP

3 2 1

By Negotiation

94 McEntee Road, Waitakere By Negotiation

Original in so many ways, but presented to a meticulously high standard. Built at a time when tradesmen were tradesmen and wallpaper was a statement, this is a classic bungalow, a best of the best example of how things were made to last beyond a lifetime. Since the 1960's this land and home has been crafted and loved, and cherished and has certainly met the needs of family. Three generous bedrooms, one bathroom, separate kitchen, separate dining, separate lounge and separate laundry area. You will appreciate this property for its character, its pedigree and longevity. An independent double garage and large fully fenced section completes this offering which is honest and substantial. Close to Waitakere Primary School, RSA, Convenience Store and transport links to Swanson Train Station.

www.mikepero.com/RX2071416



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WILLIS BOND STUNNER WITH WATER VIEWS

4 2 2

By Negotiation

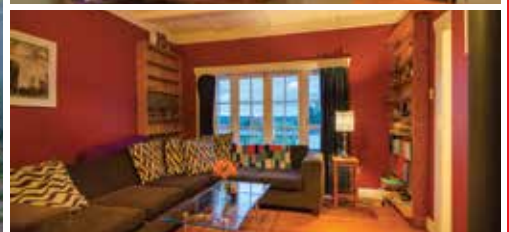
105 Buckley Avenue, Hobsonville Point By Negotiation

Located in the sought after Sunderland precinct, is this spacious Willis Bond sun and light filled home enjoying amazing water views across the Inner Harbour. Less than a year old, this beautiful home features luxury coastal living with four big bedrooms, master with walk in robe and ensuite, entertainers kitchen, open plan living and double internal garaging. A superior build with peace of mind warranties and the enduring quality of solid brick construction. Join the vibrant Hobsonville Point community with restaurants, cafes, Farmers market, Bomb Point, the Te Ara Manawa coastal walkway, great schools and transport links including the ferry on your doorstep. Call Cherry now to view.

www.mikepero.com/RX2071867



Cherry Kingsley-Smith
021 888 824
09 412 9602
cherry@mikepero.com



NORTHWEST ASPECT - COUNTRY COTTAGE IN HELENSVILLE

2 2 1

By Negotiation

203 Mangakura Road, Helensville By Negotiation

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

www.mikepero.com/RX2066202



Graham McIntyre
027 632 0421
09 412 9602
graham.mcintyre@mikepero.com



TWO BEDROOM HOME IN HEARTLAND HOBSONVILLE 2 1 1

By Negotiation

291 Hobsonville Road, Hobsonville
By Negotiation

A flat fully fenced section with a very tidy, refurbished two bedroom home. If you're looking for an easy care, pet friendly home with flat easy access to convenience shopping, and amenities this brick and weatherboard home delivers a world of convenience. Offering two generous bedrooms, central bathroom and single garage. An open plan kitchen, dining, living that steps out to a north facing patio delivering generous sun and established planting in a private setting. The Owner is set for departure overseas and asks for your immediate interest in this exclusive fee-simple titled home.

www.mikepero.com/RX2077529



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE LIVING IN RIVERHEAD - ENTERTAINERS HOME 3 1

By Negotiation

1014 Coatesville-Riverhead Highway, Riverhead
By Negotiation

Owners motivated to move onto new project and welcomes your interest. A beautifully finished and landscaped contemporary bungalow. Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. An altogether picturesque country cottage entrance entices you through the door to an open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level. If you're a mature downsizer or a growing family you'll find plenty to be impressed by. A hop, skip and dawdle to Riverhead School, Hall, Cafés, Restaurants, Parks, Inner Harbour and walks. Brand spanking new CCC.

www.mikepero.com/RX1814073



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

Home & Garden

The plaster master

This month's Tradie of the month is Joe Tahitahi, who has been working with Troake for over 5 years. Maddren contract Troake to take care of the installation and plastering of walls and ceilings, providing a flawless top quality finish.

Joe has proven himself time and time again to be the plaster master, providing quality workmanship with a great attitude. He is always very accommodating, dropping everything to help us out when required at short notice. Good on you Joe, we hope you enjoy your voucher from our proud sponsor Western ITM.



Why do you need to service your wastewater system?

Like dental appointments, car services and mole checks, it's really important that you regularly service your wastewater system. With all of these things, it can be tempting to ignore them because they're out of sight/out of mind... but the problem is you don't know what is festering beneath the surface, until it becomes a problem. The longer you leave it, the bigger the potential problem!



Here are the main reasons why it's important to service your system regularly:

1. To protect the health of your family by keeping things sanitary and hygienic
2. To look after your wastewater system so it lasts longer
3. To make sure your pump and air blower or aerator are running properly and energy efficiently i.e. not contributing to soaring power bills
4. To ensure you're looking after the environment, both within and beyond your property by having the field checked regularly
5. To prevent problems before they blow out and become expensive

In fact, it's so important that the Auckland Council has launched a new Water Quality Compliance Programme which will see them ask property owners to provide their inspection and maintenance records to council.

It's their aim to make property owners understand their responsibilities related to onsite wastewater systems and to increase their awareness of their potential impact on water quality. HydroVac is proud to be working on the pilot scheme with the Auckland Council - please see our website for more details on this and what it means for you: www.hydrovac.co.nz.

Laser Plumbing and Roofing

We are lucky to have a new Maintenance Plumber join our team here at Laser! Welcome Paul! Paul is a registered plumber with many years of plumbing experience under this belt. He is experienced in all aspects of plumbing maintenance and is super friendly and efficient!



Laser Plumbing & Roofing Whenuapai is your local plumbing company based in Whenuapai. We are committed to servicing our local community families and businesses with great service at reasonable rates. We are specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations and all drainage solutions. We offer a state of art 24 hour drain un-blocking service and 24 hour plumbing service for those untimely emergencies....as we know these can come at any time!

And of course you will always receive our 'Totally Dependable' service, guaranteed.

Contact us today! We are open five days a week from 7am-4:30pm and are located at Unit 4, 3 Northside Drive, Whenuapai. Phone 09 417 0110 or visit our website whenuapai.laserplumbing.co.nz for more information.

Caring for your Japanese maple

Awa Nursery has some stunning specimen size Acer palmatum (Japanese maples) in stock. Beautiful stunning reds and greens are such an eye catcher in the garden, and these are no exception. The Japanese maples are very versatile and adaptable trees. They thrive in most soils



and climatic conditions. Care and attention at planting time is key to a healthy maple. Japanese maples have a shallow fibrous root system. Be sure to apply a mulch around the tree to help retain moisture. Your

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Home & Garden

planting site must be reasonably well-drained to avoid waterlogging. Your maple will thrive if they are planted in a location where they get sunlight during the day, a small amount of shade in the afternoon, and are sheltered from the wind. Sunlight enables the deep rich colours in the foliage. Major pruning should be done in the dormant season after all the leaves have fallen off. Corrective pruning can be done at any time of the year except between late winter and early spring when the tree is devoting all of its energy into the development of new foliage. Many Japanese maples are well suited to growing in containers. It is important the tree is planted in a mix that drains well to prevent waterlogging of the roots. Looking after a maple is surprisingly easy. Some care and attention at planting time will result in a low maintenance tree for years to come - Japanese maples can live for up to 150 years. Come and visit us at Awa Nursery and see for yourself these beautiful specimen Japanese maples.. Awa Nursery - phone 09 411 8712.

Palmers

This month offers garden abundance as spring moves in to summer. The days are getting longer which gives gardeners more time to enjoy their home patch. In the edible garden, plant your favourite summer vegetables such as corn, celery, cucumbers, eggplant and tomatoes. By planting basil next to your tomatoes, you'll improve the flavour of both plants. Passionfruit plants are now available in store too. Hibiscus are in store and are looking stunning. Add to your garden for a cool tropical vibe. Swan plants are also available, add to your garden to attract butterflies. Open 7 days, 8.30am - 5.30pm. Phone 09 810 8385 | www.palmers.co.nz.



Waimauku Garden Club

A full bus, a great day, and off to The Red Shed for a much needed coffee, tea, scone and muffin. A quick look at the garden and a toilet stop before heading to Karaka to Greenock Garden owned by Ian Fergusson and Kevin Hunt.

Ian welcomed us to their home and garden. The garden will be in full bloom as I write this but it was still a beautiful place. Also the wisteria will be out on the front fence now.

The kauri kit-set home with Welsh slate roof and handmade brick chimneys was framed by orchard trees, shrubs, established trees with bulbs and old fashioned spring flowers around at the foot of the tree trunks. It took your breath away.

This home was built in 1850 and came from Herne Bay to Karaka in 1993

to the Fergusson Farm. Then the restoration began.

Wait till you see inside. It felt homely and warm. Three rooms downstairs had fireplaces and they were all going. The kitchen is yet to be started but they have plans. I know if you were to arrange a visit there, you would not be disappointed.

From here we went to Waiuku to The Kentish Pub where we had good service and an enjoyable lunch catering to all our dietary requirements.

Across the road was the Museum, well worth a look. It's very well done.

Coming Up: Nov 21, Red Boat Trip/Picnic Lunch, to the bottom end of Waiheke Island. Dec 19: Christmas Lunch at the Muriwai Golf Club.

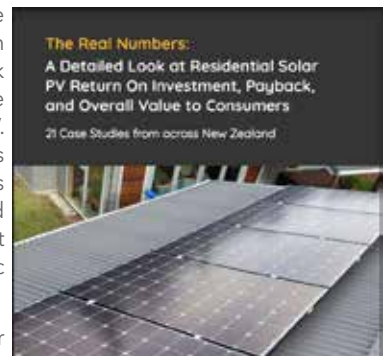
Contacts: Althea 021 123 6448, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925 Judith 027 272 9994 Veronica 027 755 4645.

SEANZ solar resources for you

Solarcraft are members of the Sustainable Energy Association New Zealand (SEANZ). A "peak organisation who lead the energy independence vision...". Representing "all stakeholders from business to end-users of solar, batteries, home and building energy management systems and consumer-centric energy technology..."

Basically, they are our sustainable-electricity-best-practice-buddies, with excellent resources available to those who are 'solar curious' too. Here's a couple that we rate highly:

1) SEANZ calculator - Punch in some details and current power bill data and you can calculate (approx.) what size of solar system your home would require. This can be found on our website www.solarcraft.co.nz



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and only takes a few minutes.

2) The real numbers - case studies - SEANZ recently gathered data from 21 x homes living with solar. This is a great read and well worth going over to help you learn more about renewable energy... www.seanz.org.nz/residential_case_studies

ANY Solar questions? Contact us anytime! PH: 0508 272389 W: www.solarcraft.co.nz.

Precision Roofing

We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to variable weather conditions. Our team gives attention to detail, so all our work is Precision quality.

The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.



Flower arranging

Sunday 24th November 9:30am - 11:30am. Have you ever wanted to create your own Christmas wreath or a beautiful table setting for that special lunch or dinner but not sure where to start or how to go about it? Then this 2 hour workshop will be ideal to get you on your way (as well as impress family and friends).

Bea Stumple, an expert local florist, will be presenting this event.

Bea qualified as the top student in NZ when she completed her NZ Professional Floristry examinations 26 years ago and is one of only 16 people to have received the Ethel Black Award (a top accolade in the

floristry world). She is also a registered examiner and accomplished tutor - so Bea knows her stuff.

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

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

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

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

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions. * Trail not suitable for wheelchairs or walking frames. 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets: \$15 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

Livestock Report

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

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



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Rams	\$130	\$135
Hoggets	\$120	\$130
Ewes	\$100	\$160
Store	\$183	

Spring

If you are considering overhauling your landscape, adding new features, changing up the planting or installing new hardscapes, spring is a great time to complete this work. It allows enough time for the work to be finished prior to the holiday period and to enjoy the new landscape come summer.



Whether in pots, planters or beds, plants should be refreshed or changed up in the spring with new season plants and flowers. New trees and shrubs can also revitalise your landscape. Buds that bloom during the spring can bring different colours to your space at this time.

Wyatt Landscaping Supplies are your local, family owned supplier of all landscaping supplies. We can help with hard landscaping components, decorative products, soils, planting mixes, lawn seed, fertilisers, mulch, bark products and more. Feel free to contact the staff at your local branch at your convenience. Wyatt Landscape Supplies phone 09 411

9604 or 948 State Highway 16, Waimauku.

Selling a house with asbestos?

As many of you know, real estate agents are required by law to disclose any details of the property that may affect a buyer's decision to purchase. The presence of asbestos can fall within this category, so it's imperative you disclose to your estate agent the possibility of your home containing asbestos.



Asbestos was heavily used in Muriwai from the 1950s-80s as a strong and durable building material to survive the wild West Coast. You can still see many baches containing fibrolite in the neighbourhood. Some asbestos materials are weathered, in poor condition and in need of repair and will incur extra costs when the time comes for removal and disposal. Residential asbestos removal can range from \$4,000 - \$30,000 depending on the product type, weight and extent, and can take 1 day to 2 weeks! This is why it's best to identify ACMs before listing, as asbestos presence may damage your sale price.

If you suspect your home contains asbestos and are looking to sell, professional sampling and testing is easily performed and inexpensive. Regardless of how you proceed, always disclose what you know about your home to your estate agent to avoid any legalities further down the road. Stephanie | 022 134 1621 | info@methwise.co.nz | methwise.co.nz

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Central's Tips

November 2019



It's starting to warm up and everything is growing! Get your summer vegetables ready by putting mulch or pea straw down to help them in the dryer months ahead, get the weeds under control and rejuvenate outdoor areas with a waterblast, scrub and paint.



Feed the Bees

Plant bee-friendly plants like echiums and lavender to attract bees and get them to help pollinate your vegetables and fruit trees. Plus they look great in your garden.

In the Veggie Patch

- **Attracting bees** – plant bee-friendly flowers such as echiums, lavenders and salvia in or near the vegetable garden. Most edible plants need bees for pollination, so get them hanging out in your garden
- **Plant basil and beans:** these are crops that tend to perform better if you wait until now. Because they are tender, they like the warmth of summer
- **Time to set the vegetables and fruit trees up for summer** – give them a deep water or, after a shower of rain, layer pea straw or mulch around them.



Plant beans

Tender crops like beans like to be planted in warmer weather so now's the perfect time. Plus don't forget to put in some stakes so they can start climbing straight away.

The rest of the Garden

- Our product for getting through the hot weather, in spaces where the soil gets dry, is **Aquaturf Max G**. It has a great formulation to help water penetrate to the roots of the grass or garden soil
- **Get on top of weeds** threatening the rest of the garden – particularly the vine types ones such as convolvulus and Cape ivy that choke desirable garden plants
- **Waterblast paths and paved areas;** paint or scrub the outdoor furniture – this gives the garden a clean, crisp look
- **Lawns that are growing weeds** – this is because the grass hasn't grown strongly enough. Bare areas provided a space for them to seed into. Spray with Broadsword (kills weeds, not grass), then re-sow with seed if necessary
- **Fertilise citrus trees and other fruiting trees** to encourage the growth of the crop they will be carrying, now the blossom is over
- **Sow sunflowers** for bright colours in the garden.

Project for November

Mulch Mulch Mulch!

Spreading mulch around plants is a great way to help them through the dry season. Plus, mulch inhibits weeds growing through the garden and it looks great.

Grab a trailer-load or get a truck-load of Mulch today. Central has many mulch options to suit the garden and the budget.





We dig Garden Mix.

Our Living Earth Garden Mix is perfect for growing all types of plants in your garden this summer. Come and talk to the friendly team at Central Landscape Supplies Swanson about your garden project today.



Visit your local yard: **Central Landscape Supplies Swanson**
Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
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Build New

Make a date. Get to know your local builder

Building new can be both an exciting and a daunting time, especially if it has not gone well for you before or you are new to the process.

There is no shortage of new build offers and incentives from a fridge to Rugby World Cup tickets! Not to mention the abundance of information, anecdotes and advice out there.

You don't know me. I am just another person in a local magazine to you, pushing around information on my Design & Build process.

And if the TV programme Catfish or the various dating apps are anything to go by, people are not always honest about who they are or what they do!

So I would like to make it easy for you and invite you to spend 30mins with me. A Free, no obligation, planning Session to help you with your new build project.

The value and experience I have gained over the last 17 years of my career has allowed me to develop the kinds of approaches and systems that provides a quality and reliable way to build new.



I won't offer Rugby World Cup tickets. But I will offer my time and access to the systems and people I work with.

I will show you how to take your new building project forward in the most positive way.

So if you feel this is for you, let's get together.

I will be the one who looks just like my profile picture.

Book a Free Planning Session. Call Scott 0274 063 684.

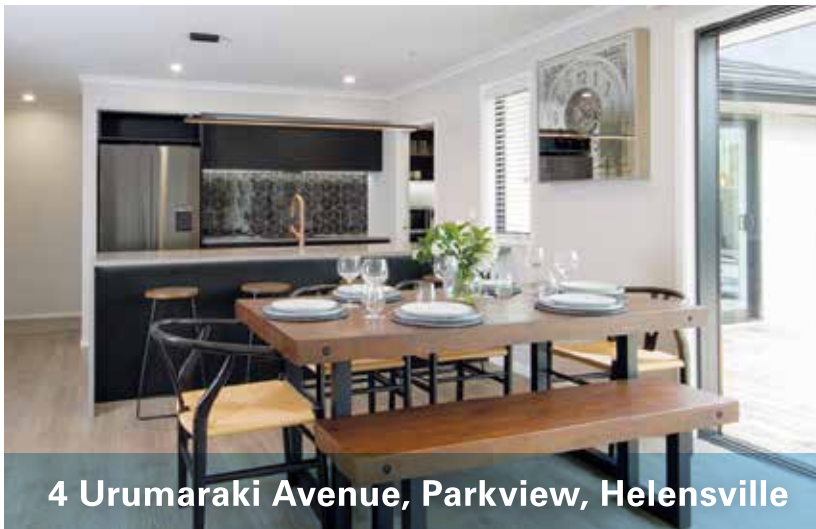
Signature bathroom trends

The bathroom is one of the busiest rooms in the house, but it can also be the most neglected in terms of style and design. With that in mind these are the trends to watch out for in 2019/ 2020 to spruce up your bathroom

Tap into the trends

Bold, sophisticated and unapologetic, black tapware is set to become a design classic, or add a stylish and practical touch with a matte finish like brushed nickel. Heavy metals are coming up in the ranks.

Weathered brass finishes look stunning against white tiles or boldly coloured walls. Add drama to pastel walls and cabinetry with darker silvers, like pewter feature in Plumbing World's latest design forecast.



4 Urumaraki Avenue, Parkview, Helensville



6 Urumaraki Avenue, Parkview, Helensville

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G.J. Gardner. **HOMES**

Build New

“Look out for tapware with colour accents – chrome with black, black with rose gold or white trim”.

Tile it up

Stacked square tiles are taking over from subway tiles as the go-to look. Feature wallpaper can make a bold statement, especially in toilets and powder rooms, and simple painted or panelled walls are budget-friendly options.

“Basic whites and pale greys are always beautiful, but your bathroom can also be a place for colour romantic reds, breezy blues, enigmatic greys – your bathroom colours set the tone of your day-to-day life,” says Plumbing World.

Be bold with your basin

Vessel-style basins can be the hero of the bathroom in their own right, especially if you are short on space. Industrial sinks are an emerging bathroom trend as are coloured concrete styles.

Plumbing World pro tip | A vintage cabinet with a mounted vessel basin works well in an older home, or for a more contemporary look, pair a stunning two-tone black and white cabinet with a countertop basin.

Squeeze in more storage

The vanity is usually the centre piece of a small bathroom that doesn't fit a standalone bath, so look for a vanity option that not only looks amazing and has character, but is practical enough to provide ample bench space and storage. “Two-tone vanities are very popular, with different cabinet and drawer colours in woodgrain and coloured finishes” says Plumbing World.

Mirror, mirror on the wall

Plumbing World pro tip | Round and oversized mirrors are popular right

now, and can also help make your space feel larger and grander.

We are proud to work with the best suppliers in the country to ensure we are delivering you uncompromised design, service and quality when building your home.

Plumbing World is one of our valued partners and they have recently launched a new Lookbook ‘By Design’, which you can check out here <http://docs.plumbingworld.co.nz/flipbooks/LookBook/2019-2020/>

Pitch perfect suburban elegance

Step into the future of urban family living. Sleek, striking Wainui Cove is the perfect balance of opposites.



The four-bedroom, two living room showhome has striking street appeal with its black mono pitched pavilions offset by ivory coloured weatherboard pods. Stylish cedar eyebrows frame the exterior and draw you into the vast central living space with high raking ceilings.

The elegant floor to ceiling glazed entry invites you into a spacious layout with separate private and public areas. A second lounge offers a private haven, opening out to a tranquil north facing rear deck shared with the master and surrounded by lush foliage. Clean lines, hidden details and perfect finishes, Wainui Cove has it all and more.



Country Lifestyle in Huapai

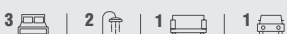
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Home: 146m² | Section: 370m²



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Yours with 10% Deposit
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Huapai Triangle

Home: 145m² | Section: 356m²



Contact Dean Pritchard for more information

027 471 1886 | 0800 020 600

deanpritchard@signature.co.nz



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Pets

Dog and Co

Are you wanting some gorgeous portraits of your pets to put up on the wall, or is it time to update your family photos? Feel free to get in touch with Kirsty from Dog&Co. Photography to organise a photoshoot at one of the gorgeous locations that Auckland has to offer! More info on website: www.dogandco.nz.



Country Bumpkins – dog day-care with a difference

At Country Bumpkins we are all about exercise and we think we have a special place to do just that. Our property has over 50 acres of private forest to run, play, roll and sniff amongst undergrowth and trees. All teams exercise 100% off-leash, which for many of our customers living in city suburbs, such areas can be difficult to find. Our dogs get the opportunity to regularly enjoy the simple pleasure of being free in a safe environment. We also pick up and drop off and can use Garmin GPS collars (these are not electric shock collars) if needed. As one of our customers put it "My dog loves going to Country Bumpkins. She's collected from home, goes on an



amazing dog adventure, and gets dropped back home. She waits for the van every Tuesday." If you think your dog would like this type of adventure, give us a call on 027 571 1672 or check us out on Facebook @countrybumpkinsnz.

Kanika Park Cat Retreat

Ways to de-clutter while doing some good - article from Moderncat.com

Are your cupboards crowded with stuff you don't need, from extra towels to perfectly nice toys your cat simply didn't take to? Why not take stock of the excess and create some room in your life - all while doing some good? Most shelters and rescue groups are delighted to receive gently used donations



Items commonly needed by animal shelters; toys, blankets, kennels and crates, newspaper. Beds, towels, food and treats, leashes and collars, laundry detergent and office supplies.

You can view this article and others on our Facebook page www.facebook.com/kanikapark

We are on Instagram: [kanika_park](https://www.instagram.com/kanika_park)

Check out our website www.kanikapark.nz or email us info@kanikapark.nz. You can also contact us by phone 09 411 5326 | 027 550 1406.

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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Food & Beverage

Book Allely Estate for your next special celebration

It's spring and our gardens are starting to shine again, with new growth and lots of flowers and buds appearing. We've got a busy season ahead, with plenty of weddings booked, but did you know we also host lots of private functions? Milestone birthdays (21sts, 30ths, 50ths, 60ths and the like), engagement parties, wedding anniversaries, family reunions, corporate parties and more - we love being a part of these special events. One of the main benefits of booking with us is that we have a dedicated (and free) events planner who helps organise everything from the menu to the venue set-up. Speaking of menus, we've just released our 2019/2020 menu and it's amazing - our chefs here really are talented at what they do. Guests always leave raving about our food. If you've got a special occasion coming up, check out Allely Estate - we can host your guests in our beautiful gardens, historic renovated villa or permanent marquee. Plenty of options to suit all kinds of celebrations and budgets! www.allelyestate.co.nz.



Hallertau serves up 09 - The beer of Auckland

Hallertau firmly believes a city isn't a real city unless it has a beer and an airport. It helps if you have some kind of a football team, or a cathedral, but at the very least a city needs its own beer.

This week, Hallertau Brewery proudly reveals 09 - The Beer of Auckland.

Erupting from the Hallertau tanks with a super approachable and fresh flavour, 09 will flow all over Taki Makaurau.

In a convenient nine-pack, it's best enjoyed in Auckland's sub-tropical conditions with friends, after work, on a beach or in a boat.

Hallertau Captain of Beer Steve Plowman says like snapper fishing and volcano hopping, the 09 is only available in the Auckland region.

"People are flocking here to drink our beer because you can't get it south of the Bombays or north of the Brynderwyns. This brew has an emphasis on freshness with a spot of civic pride.



"Inspired by a time when Kiwis held tight to a regional affiliation to a beer, we have high hopes that this delicious beer will be embraced and adopted as Auckland's own," said Steve.

Available in a 9 x 330ml box of 'Auckland blue' hues, 09 is RRP\$ 28.95 and is available exclusively in October from Farro Fresh and Hallertau Brewery - and then across the '09' region from November.

Alc: 4.5%. www.hallertau.co.nz.

Westbrook

Westbrook is delighted to announce that we have partnered with Trio Events to bring you the soon-to-be-famous Westbrook Christmas Vintner's Feast. Bring the work team, family and friends, and join us at our beautiful property for a delicious wine-matched feast to celebrate the end of 2019. Just a few dates are available and seating is limited so bookings are essential. Lunch will be served on the recently refurbished patio daily from 1.30pm. There are awesome add-ons available such as a glass of divine Westbrook wine on arrival, canapes to start, a cheeseboard to finish...or a guided wine-tasting of six current-release wines so you can choose one will go best with your lunch. Don't miss out! Contact the friendly Cellar Door team today on 09 411 9924, email info@westbrook.co.nz or visit the web page for more information www.westbrook.co.nz/news-detail/vintner-s-christmas-feast.



The Hunting Lodge

Join The Hunting Lodge Executive Chef Des Harris for a celebration of local Kaipara & Rodney food producers. Meet the makers and growers behind each of the locally sourced foods and hear their stories while enjoying a delicious four course menu. These artisanal food producers include Kaipara lamb & Kaipara oysters, Whangaripo Buffalo Co & Massimo's Italian cheeses, Mincher Gardens, Rydenberry Blueberries, John Tuckers Honey and of course The Hunting Lodge Chefs and Gardeners who grow & make their food on site.

With a four-course menu with drinks for only \$130pp, this will truly be



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Food & Beverage

a unique dining experience at The Hunting Lodge. Weather permitting, they will host you al fresco under the stars amongst the vines which will truly bring to life and honour the locally sourced/pasture to plate experience.

Plus, for any friends who live in town they can add on return transport from the Auckland CBD Viaduct for \$20pp to make the experience easy & hassle-free.

Homemade herbal tea spritzers for summer

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



Ingredients: 1 tablespoon Hibiscus Flower tea (available from our online store), 250ml boiled water, 1 tablespoon (approx.) maple syrup, 500ml sparkling water and ice. Garnishes can include slices of citrus and a sprig of mint or some fresh berries with rose petals.

Method: Add the Hibiscus tea to a heat-proof jug then add the boiled

water. Allow to steep for 5 minutes. Strain and allow the tea to cool. Once cooled, add the sparkling water and maple syrup (to your taste). Stir and serve in highball glasses over ice with a garnish.

New Zealand Herbal Brew offers a range of Certified Organic herbal teas which can be purchased from our online store www.NewZealandHerbalBrew.co.nz and are available in reusable glass jars. Our jars are great to refill with nuts, seeds, dried fruits or spices, or even to keep screws or buttons!

Soljans Estate Winery

With summer around the corner, Soljans Estate Winery has prepared a fresh summer menu to accommodate the sun-drenched days amongst the vineyard setting. Head Chef Paul Reid has produced a range of meals to match all types of hunger. Along with our fresh café menu, we have also put together



some mouthwatering event menus that will have everyone talking. From an exciting alternate drop set menu to our lush buffets with a list of delectable add ons, there is something to keep everyone satisfied. The café menu starts from 10am weekdays and on weekends we provide a luscious breakfast menu serving from 9am with our lunch menu following from 11.30am. It is the perfect way to start a long summer day. Call the café on 09 412 2680 to book your table now.

NEW SUMMER MENU

Starts Labour Weekend



SOLJANS
ESTATE WINERY

CHICKEN BREAST

On a risotto cake with crisp beans, snow pea shoots and romesco sauce

BUFFALO MOZZARELLA SALAD

With orange, beetroot, mung beans, carrots and rocket tossed in a lemon & olive oil dressing

FROSÉ

Soljans delicious Rosé wine blended with Kumeu ripe strawberries and ice for the perfect summer cocktail

For reservations,
call 09-412 2680
email cafe@soljans.co.nz
366 SH 16 Kumeu

Full menu available on www.soljans.co.nz

Food & Beverage

Café Botannix Westgate

Café Botannix Westgate offers a relaxing setting to meet with family and friends.

Café Botannix is child friendly, with a dedicated play area and a new kid's menu. Featuring some new favourites such as grilled chicken, delicious hokey pokey pancakes and spaghetti and meatballs, there's something to impress even the pickiest eater.



The pastries and sweet treats you see filling the cabinets are all homemade and are available to eat in or takeaway.

Café Botannix offers the finest blend of coffee and serve breakfast through to afternoon tea.

Open 7 days from 8.30am. Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix.

Cartel Food Co. has its eye on national burrito domination

Cartel Food Co., the brand behind New Zealand's only frozen burrito, has announced that from early October, its products will be available at Countdown supermarkets nationwide.

Founded by Melissa and Jason Phillips, Cartel Food Co. was born out of a desire to offer high-quality frozen Mexican food. The pair noticed that – despite a huge increase in Mexican restaurants in New Zealand, along with hot sauces, spices, tortillas and other ingredients – there was no convenient, authentic frozen Mexican food. They decided to create a range of frozen burritos that were quick and easy to prepare but also tasted great.

Since its launch in 2015, Cartel Food Co. has achieved 550% growth in sales revenue. In the past four years, they have sold 500,000 burritos.

Melissa Philips, co-founder of Cartel Food Co. said:

"We're thrilled that Cartel Food Co. burritos are now available at Countdown supermarkets – it is such an exciting step forward for the



brand. A number of our customers have been waiting for us to be available at their local Countdown, so it's a great feeling to be able to give that to them. It will be easier than ever for Mexican food fans – or those simply wanting to try a satisfying meal or snack that's not a pie – to find a tasty, authentic, and easy to prepare burrito."

There are currently five burritos in the Cartel Food Co. range: Poblano Chilli Pulled Pork, Smokey Chipotle Chilli Shredded Beef, Chilli & Lime Shredded Chicken, Beans & Cheese and their 100% vegan burrito, Black Bean, Roasted Corn and Chilli Lime Tofu.

Designed to be deliciously authentic, the burritos are handmade, hand rolled and contain only the highest quality ingredients. They contain no artificial flavours or colours, just good ingredients cooked with care. The beef is braised with chipotle, prunes and orange juice. The chicken is roasted in lime juice and chilli. The refried beans are made from pinto beans, jalapeños, onions and garlic.

Quick and easy to cook, all they require is 2.5 minutes in the microwave, and then a brief crisp up in a pan.

Along with the launch into Countdown, Cartel Food Co. burritos are available at most North Island and Christchurch New Worlds, Farro Fresh and Moore Wilsons, as well as Fresh Choice and Pak 'N Save.

For more information on Cartel Food Co., the people and the products, visit cartelfood.com, or follow the brand on Facebook or Instagram.

Cafes and restaurants

There are a number of cafes and restaurants in the area.

The sector employs a lot of staff and the vast majority of the workers are part time, work late nights and over the weekend and there is a high staff turnover. Health and safety inductions and training is often overlooked and rushed.

The Health and Safety at Work Act 2015 (HSWA), places a responsibility on every business to ensure, so far as is reasonably practicable, the health and safety of workers, and others are not put at risk by the work of the business. The others can be, customers, visitors, children and young people, or the general public.

You must always eliminate the risk where you're reasonably able to. Where you're not reasonably able to, then you need to consider what you can do to minimise the risk.

Have you ever stopped to think, if you work in one, what the risks are in the cafe or restaurant that you work in or what they might be?

Examples might be cuts from sharp knives in the kitchen, broken glass or crockery. Burns is another from carrying hot objects, or hot surfaces, or chemicals. Lifting and carrying is another and don't forget the items above head height may cause you to put your back out when stretch to reach for it.

Bullying is another, both from the boss, fellow workers or customers. Violence is another factor that can lead to mental and physical issues.

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All of the above are real risks and the business manager should be ensuring that you're aware of the risks and the steps that can be taken to minimise or eliminate them. Have you been led through your companies risk register or trained in how to use or handle a sharp knife. Have you been made aware of how to handle an irate customer?

For further information on health and safety contact John Riddell from Securo by email securo4@securo.co.nz or visit our website www.securo.co.nz.

Wanting to get in before the Christmas rush?

Why not consider a gift pack of gourmet chutneys? The NoShortcuts range of artisan chutney, pickle, relish and jam is a real treat for foodies and your only challenge will be deciding which ones to choose.

All are handmade – just like mum made, chockful of natural, fresh ingredients and have no artificial flavours, colours or preservatives added.

These gift packs are also perfect as that seasonal 'thank you' for your team mates, staff or suppliers – and don't forget it's always handy to have NoShortcuts on hand in your own pantry, to liven up some home cooking, or to serve as part of an antipasto platter when unexpected guests pop in. To find out more, make your selection or purchase, go to



www.noshortcuts.co.nz. These specialty gift packs are available from just \$20.00.

Peko Peko

We have been enjoying having our customers dine in since we opened in August. Here at our new Peko Peko, we have about 20 seats for you and your family / friends to enjoy our food. Please check our Facebook page for menu and trading hours etc. We are looking forward to having you soon at 6/102c Hobsonville Rd, Hobsonville 09 416 1197.



Just Jess Cake Co

Just Jess Cake Co is a local, home based A grade cakery that makes beautiful and delicious cakes, as well as fluffy donuts and custom stamped cookies. To add something special to your Christmas event, summer party or your wedding get in touch with Jess today. Website: www.justjess.co.nz or email: justjessnz@gmail.com.










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Health & Beauty

What big eyes you have...

We share the miracle of vision with most of the animal kingdom. But what different eyes we have...



1. The largest eye on the planet belongs to the Colossal Squid, and measures around 27cm across. (Twice as long as a ball-point pen!)
2. Bees have five eyes. Scorpions can have as many as 12 eyes and the box jellyfish has 24.
3. Snakes have a special second set of eyes to detect heat and movement. Instead of eyelids, a thin membrane covers their eyes.
4. The eyes of a chameleon are independent from each other, allowing it to look in two different directions at once.
5. An ostrich's eye is bigger than its brain.
6. Goats have rectangular pupils to give them a wide field of vision.

Look after your miracle eyes with a comprehensive examination by Matthew or Molly Whittington at For Eyes in the Kumeu Village. Phone 09 412 8172.

Time to give something back

It is that time of year again when we are preparing for our annual food drive. We are collecting any non-perishable goods for families in need over the Christmas period. This will be distributed by a local organisation to the families of the NorWest that need it most. As always, Kumeu Chiropractic will match all donations in the hope that it will make a difference in our community over the holidays.

Please feel free to drop any donations to our office during our working hours. Thank you in advance.



Also, we have talked previously about how you are in charge of your Chiropractic care, and how long you choose to benefit from care, is about how much you want to get out of it. For some people, moving outside the pain zone is all they want. For others, it is about getting the absolute most out of life.

We experience our lives through our nervous system. Your spine protects this delicate and powerful system. This is why it is so important to make sure your spine is functioning at its best. It allows the brain and nervous system to properly communicate with your body, which enhances your overall health and wellbeing.

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

So, if you are curious as to how well you could be functioning, or if you already know that you have got more to give, phone us now for an appointment.

Kumeu Chiropractic. 8 Shamrock Drive, Kumeu. Phone 09 412 5536.

Pinc and Steel cancer rehab

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapist's Laura and James who are here to support, guide and rehabilitate people through every stage of their cancer journey.

The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.



We tailor all our sessions specifically for your needs from 1:1 physiotherapy to group classes. We are here to help those with any cancer type and various sources of funding are available to those who need it.

To find out more about physiotherapy and cancer and how we can help you please contact Laura at NorthWest Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

Treat yourself to beautiful healthy teeth and glowing skin

At Kumeu Dental we take great care of your oral health, but did you know we are now able to help with your facial health as well, making it a whole face experience? Spring is a great time for your active maintenance, exam and hygiene care. But what is available for your facial health?



One of the functions of the skin is to act as a barrier to keep unwanted substances out. This makes it challenging for beneficial cosmetic ingredients to penetrate through this protective barrier into the deeper layers of the skin to work from the inside out.

Dermal needling is proven to increase the penetration of beneficial ingredients in order to work for our skin up to 1000 times more efficiently. It also stimulates the body's natural collagen production.

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Health & Beauty

Dermal needling triggers the body to respond with increased fibroblast activity, collagen and elastin production is increased, new skin cells are generated and blood supply is enhanced. This results in thicker epidermal skin.

Dental professionals are trained to have a deep understanding of your facial skeletal system, so call Kumeu Dental on 09 412 9507 and have all your questions answered about your spring clean.

Tennis injuries

Injuries to the hand, wrist, arm and elbow are common amongst tennis players. Tennis is quite demanding on the arm and upper-body. As a result injuries can be caused by chronic overuse or poor technique. However, acute injuries are also relatively common from a sudden force through the upper-limb or from falling onto an outstretched hand.

Our hand therapists at the Hand Institute are specially trained physiotherapists or occupational therapists who can assist you in effectively managing the symptoms that you are getting which prevent you from enjoying tennis. We can discuss future management to aid in preventing you from getting any further pain or injuries associated with tennis.

Common tennis injuries include: tennis elbow, ulna sided (little finger side) wrist pain, wrist/hand strains or fractures from a fall onto an outstretched hand.

We can help you with: Education on posture and technique, strengthening, splinting or casting for sprains or fractures.

Come and see us today at the Hand Institute and we can help you recover quickly from your injury. If your injury is as a result of an accident we can treat you in the ACC contract. We can register your claim and send you for x-rays or other tests that you may require. If your pain is as the result of an overuse injury we can treat you privately. We have two convenient clinic locations in Huapai and Rosedale. Contact us today for an appointment. 321 Main Road, Huapai, phone 09 412 8558.

Mindfulness can help your rehab

A new study of injured athletes carried out by the University of Kent, UK, found they can benefit from using mindfulness as part of the sport rehabilitation process to improve their pain tolerance and awareness.

The research could have major implications in the treatment of sporting injuries at all levels.

Every year there are 29.7 million injuries among athletes in the UK. These have both psychological and physiological effects on athletes and for some it may mean the end of a career in sport.



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To understand if mindfulness could play a part in the rehabilitation process of athletes who had severe injuries, preventing their participation in sport for more than three months, they participated in a study of which there were 2 groups. Both groups followed their normal physiotherapy treatment but, in addition, the intervention group practiced mindfulness meditation in one 90-min session per week for eight weeks.

Results demonstrated an increase in pain tolerance for the intervention group and an increase in mindful awareness for injured athletes. Moreover, there was a promising change in positive mood for both groups. Regarding the Stress/Anxiety scores, findings showed a notable decrease across sessions.

Sport injuries are a considerable public health concern. The impact of the injured athlete extends beyond the individual. Although it may impact on their seasonal and potential career performance, it additionally impacts upon the clubs and organisations for whom they perform. Furthermore, it leads to a greater general burden on the health service.

There are many free mindfulness apps that can be downloaded to your phone for you to try out and add into your weekly routine.

Emma Steel - MPhty (sports) Physiotherapy, Hobsonville Physiotherapy. Phone 021 265 6516 or email emackie.physio@gmail.com.

Shoe Talk's tips on how to fit shoes

Try both shoes on, you really want to have the footwear on both feet as it will feel different and sit differently on each foot. Also have you ever tried on a high heel when you had a sneaker on the other foot and then done the "bob-hop" around the shop?



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Health & Beauty

Buy the shoes that fit your larger foot. You can always make a shoe fit better with heel grips and insoles.

I love high heels but ladies if you are going to be walking a long distance, wear a pair of flats or sneakers and change over at your destination.

There needs to be room for your toes, they should not feel cramped and in sports shoes you should be able to wiggle them up and down and side to side.

Try to select footwear that is shaped like your foot, if you have bunions, select footwear that has a nice supple or soft leather upper, so that it will stretch over this area.

Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down excessively on your heel when you walk.

Buy shoes with padded insoles and good out soles. These take the impact away from your joints.

Your foot bed should not be wider than the shoe, there should be no spill out, spill over, or ballet flats that do not cover the tops of your feet at all.

If you are selecting footwear and the ones you "love" don't fit correctly and the ones you "like" do, buy the ones you "like" your feet will "love" you forever. Shoe Talk - 401A Great North Road, Henderson. Phone 09 835 9936 or email info@twinklefeet.co.nz.

Hobsonville Podiatry

The team at Hobsonville Podiatry are often asked, what is Foot Mobilisation Therapy (FMT)? FMT is a hands on technique used to treat the joints of the foot and ankle. During FMT the joints of the feet are gently guided through their normal range of motion to aid the body in creating physiological changes to the alignment of your foot. FMT helps to gently release connective tissue tightness and restrictions. While also restoring joint function and range of motion to the foot and ankle which will improve the quality of movement in your joints. FMT also stimulates proprioceptors (nerve endings) which affect how muscles

'fire'. In essence, muscles get 'retrained' to improve stability and balance. FMT can be used as an adjunct therapy to treat a wide variety of injuries such as; ankle sprains, heel pain, Achilles tendinopathy, sore arches and foot cramps. Head to www.hobsonvillepodiatry.co.nz and book an appointment with one of our Podiatrists and see if FMT is the treatment for you.

Oh no! Ho! Ho! Ho!

Christmas at Hobsonville Optometrists Glasses and Gifts

Once again that time of year has arrived and we are stocked up with an excellent selection of 'different' gifts and decorations. We have a wide range of unique items to suit every taste and budget - but everything is tasteful and delightful.

We are most proud of our men's gift selection and our Secret Santa suggestions.

Drop in any time Monday to Friday 9am to 5.30pm and Saturday from 9am. PS New Maui Jim sunglasses have arrived.



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Taking care of yourself

I know lots of people who feel guilty if they do something for themselves. The "busiest person in the world" badge is highly sought after it seems. Right now, I am guilty of not putting myself first. I am writing this article on a sunny Sunday morning, which would be perfect for a surf or doing some gardening. I have been skipping meals during the week trying to meet deadlines too. Its dumb, but its human nature. And I'm guilty.

Eating well: But what does that mean?

It is accepted that good nutrition is vital for good health. But there is a great deal of misunderstanding about what good nutrition is. We know what is really good (e.g. broccoli) and really bad (e.g. soft drinks). But the bits in the middle often cause confusion. Are eggs healthy? What about milk? Fruit juice? Red meat?

Some people need to take supplements to support their diet. So which ones are good and which ones are bad? What is the appropriate healthy dosage of supplements? Which brands are good quality?

And if you take prescription medicines from your doctor, what foods and supplements should you be avoiding? Are there any supplements that will make your prescription medicines work better, or reduce side effects?

Converting "too hard" into "easy peasey":

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Health & Beauty

There is a lot of contradictory information on Dr Google. If you want some help to know what is right for you, then see the pharmacist health coaches at Massey Unichem Pharmacy. The team can review your diet, supplements and medicines to come up with a simple "paint-by-numbers" plan to get you on the road to great health.

Magic Shortcut: FourHealth Green

You should eat well, exercise gently and take appropriate supplements. But in case you find that too daunting, there is one supplement that I would recommend that can mop up a lot of the damage from a busy lifestyle. This is FourHealth Green. It is a potent antioxidant, anti-inflammatory and supporter of detoxification pathways in the body. If you only do one thing to look after yourself for the remainder of 2019, maybe it should be FourHealth Green.

I think I'll give it a go. Martin Harris 396 Don Buck Road, Massey.

Are you well?

Just as Arnold Schwarzenegger (71) shows here, resistance training becomes all the more vital as you age.



At the age of 81 a curious Phyllis Brown limped in through the doors of our West Auckland Club with the aid of a walking stick. She joined and quickly became a regular at the club. Less than one month later Phyllis proudly informed the team that she no longer needed that stick!


One of the impacts of aging is that your bone density will lessen each year along with your muscle and 'balance'. This makes you susceptible to 'falls'. And when you do fall, the biggest risk is that you can break your hip. That could have a dramatic impact on the length of your life.

If YOU wish to retain the peak of health I urge you to follow the Club Physical recommendation of 2-3 sessions of resistance training each week.

Hurt yourself?

If you have hurt yourself, you will probably think of the acronym RICE (rest, ice, compression, elevation). Recently there has been a new acronym suggested that better fits with current research, it is PEACE & LOVE. It helps cover the acute stage of an injury (PEACE) and also management once the initial acute phase has ended (LOVE).

Here is what the acronym stands for: PEACE (Protection, Elevation, Avoid anti-inflammatories, Compression, Education) LOVE (Load, Optimism, Vascularization, Exercise). I don't have space to explain what they all mean, but if you are interested, head over to our blog (www.elevatechiropractic.co.nz/blog) to find out more information. Your body will thank you for it. Elevate Chiropractic, Shop 1, 10 Greenhithe Road // Phone 09 413 5312.



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Not catching enough zzz's?

This can affect your eyes...

We are sure you all know that the amount of sleep you get every night has a huge impact on how you feel, your body's health and your ability to perform at your best during the day. Something you may not know, is that your eye health is also greatly affected by the amount of sleep you get.



If you aren't getting a full night of sleep, you can eventually develop issues with your eyes, which may result in symptoms such as pain, light sensitivity, redness or blurred vision. Involuntary eye spasms (known as myokymia) are a common indicator of lack of sleep. Over time, lack of sleep can lead to red bloodshot eyes due to eye strain or dry eye, which is when your eyes aren't getting the lubrication they need to stay healthy. Furthermore, if you already suffer from dry eyes, a lack of sleep can often amplify the symptoms of dry eye syndrome, causing redness, discomfort and irritation.

In order to keep your eyes healthy and fight against the symptoms of dry eye, it's vital that you get adequate sleep. Making sure you get between 6 - 8 hours of sleep each night will help your eyes to replenish and recover from a long day's work.

If you are still suffering from dry eye symptoms, even after a good night's sleep, our Dry Eye Treatment package here at Westgate Optometrists may be just what you need! For more information phone us on 09 831 0202 or make an appointment to see one of our therapeutically endorsed optometrists via our website: www.westopt.nz.

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Games our grandparents used to play

Recently at Kereru Kindy we have noticed the children showing an interest in skills and games that are sometimes forgotten in today's busy world. Having a mixed age group of not only children, but teachers too allows our tamariki to be able to learn and enter into dialogue with different generations as we compare viewpoints. One of our teachers knitted some beautiful doll's blankets and the children were fascinated to know that these weren't brought from a shop and wanted to learn more. So, our planning encompassed looking into these skills and games that were played in yesteryear. What did our grandparents used to do for fun when they were little? Remember the joy of playing hopscotch and when props were made from anything that could be found in nature. The experience and skills of others, what they think, say and compose can enrich our lives through the generations.

Debbie Pitout, Acting Manager, Kereru Kindy, 10 Oraha Road, Huapai.



New Zealand businesses

Ninety-seven percent of businesses in New Zealand have fewer than 20 employees. Only half of these businesses will survive more than 5 years. Small business owners are doing it tough, often with high levels of stress, poor cash flow, and the owners are working long hours.

What can business owners do to improve both their business and their work/life balance? Taking time to work on your business instead of working in your business is a cliché, but it is necessary to drive the business

forward and make improvements.

Make sure you understand what makes your business unique. What problems are you solving for your customers to entice them to buy from you? Can you define who makes a good customer for your business (profitable, pay on time, happy to refer you to others). Do you have a plan to get more of these customers?

What are the strengths and weaknesses of your business? What do your customers regularly complain about? Do you invoice your customers on time and provide informative invoices that also have a payment due date? Do you regularly monitor the performance of your business?

Businesses that work with a trusted advisor have a much higher success rate. This may be your accountant, a mentor, or a business coach or consultant. Find someone who will take the time to understand you and your business, ask the tough questions, and hold you accountable to get things done.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For a free Business Diagnostic contact Ann at ann@oxygen8.co.nz.

Mutton Birds at Waimauku festival

The Mutton Birds reunite after eight years to perform at the North West Wine, Beer and Food Festival at The Hunting Lodge grounds on Saturday February 15.

They'll be joined by The Black Seeds of Wellington and local Milly Tabak and the Miltones.



"It's a huge thrill to be taking flight with the Mutton Birds again next summer," The Mutton Birds frontman Don McGlashan says.

The festival showcases the best of North West Country flavours with offerings from local vineyards, breweries and restaurants.

The event will feature a new tasting area, and visitors are welcome to bring a picnic.

North West Country manager Phelan Pirrie says the festival has become one of the most anticipated events in the region.

"The festival gets more popular every year, and with the 2020 line-up I think we'll sell out even quicker than last year. We're looking forward to showcasing the best of the North West Country has to offer to people from around the greater Auckland region."

The festival will host an expanded feature a kids' zone.

Discounted and limited early bird tickets (\$65) are on sale from



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Eventfinda, with return bus tickets from Auckland City, Muriwai Beach, Helensville, Kumeu and Riverhead also available.

Free parking is offered on the day.

Children under 15 are just \$5 when pre-registered with a parent or legal guardian.

General admission tickets are \$75, return bus tickets \$20.50 and service fees apply.

In the event of rain the festival will be held on Sunday February 16.

Forest Schooling – what's that about?

There is a lot of media attention and research out at the moment about the concept of forest / nature schooling. However, spending time in nature is steeped in the oldest educational resource we have, and Country Bears is so fortunate to have it right on our doorstep.

It is well documented that issues surrounding health can be "alleviated if the person has access to relaxing, nourishing green space and exercise" (Cummings, 2012, p.4) and we know that for us as teacher, we totally agree with this. We see



the children respond and appear to feel better when they are in a natural environment, surrounded by green trees, in wide open spaces, under a big open sky and it is for this reason, among many others, why the teachers at Country Bears love their role, teaching right here in Kumeu. The children are able to get introduced at a very young age to the delights that nature has every day.

We are at a time when society as a whole is asking questions about the environment and what we can do for the future; We have been asking what effect does a disconnection from nature have for children and, how can having a healthy connection to Papatūānuku affect the environment and the children as they develop and grow into healthy capable learners? Michael Mann in 2013 explained how "we must gradually introduce our children to the natural world and the environment, and the threats to it that currently exist because of what we are doing. But we must provide hope and optimism, and make sure they can envision a brighter future"

A relevant and interesting approach is the Forest School approach. Forest School is a concept that originated in Sweden in the 1950's to reintroduce nature to children. The concept spread through Scandinavia. Forest Schools not only give urban children a chance to reconnect with nature, they give children a safe space to "develop their own ideas, make decisions, solve problems and take risks" (Cummings, A, 2010, p.1). The philosophy of Forest School's is steeped in the constructivist approach to learning, which follows a child-led curriculum, giving the children a hands-on approach to learning.

When children are given the opportunity to connect to nature they are able to test out their theories about the natural world whilst in natural forest environments. A child-led curriculum allows the children to develop independence, develop and expand their self-esteem in a positive manner, and learn about team work, whilst also strengthening



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social skills.

Whilst in nature, children's bodies develop stamina and all seven senses are enhanced (yes, there are in fact, 7 senses). They are free to touch everything, gaining an understanding of different textures, smelling the trees, water, mud, leaves, moss, and ferns. The children are being stimulated in every sense of the word (Cummings, 2010).

In Scandinavia, where there are legal rights and cultural traditions built around being outdoors, "Friluftsliv" or an "open air life" is a way of life, the Forest School concept is an easy concept to adopt. In New Zealand however there is no policy in place that ensures children spend quality time immersed within fully natural outdoor spaces. Often New Zealand is seen from the past, as a country of barefoot and jandals, a culture of beach, bush and camping, yet with more and more parents working longer hours, more of our young children are attending childcare centres and ones that ensure a connection to the nature outdoor spaces are vital for their healthy growth and development.

Cummings (2010) describes how beneficial Forest School's are for children, reminding us that children need to take risks to develop and grow. Mairs (2000) states (as cited in Cummings, 2010) "A risk is a challenge a child can see and chooses to undertake or not. Eliminating risk leads to a child's inability to assess danger" (p.2).

Cummings (2010) also highlights the many aspects of the child's development that Forest Schools aim to assist with: "Self-awareness, self-regulation, intrinsic motivation, empathy, social skills and communication skills, independence, positive mental attitudes, good healthy self-esteem and confidence" (Cummings, 2012, p.2).

With its foundation in self-directed learning within an ever changing organic curriculum, the discoveries that children make of the world around them is the learning. Forest Schools allow children the freedom to "develop at their own speed and in their own time" (Gautreau, 2012, p.2). At its centre the learning is immersed in personal, social and emotional development, the development of communication, language

and literacy and science, nature and mathematical development, with everyday exploration, investigation and testing out theories to help understand the world (Davis and Waite, 2005).

Practitioners within a Forest School environment have a gentle touch to the child's development, to offer and establish opportunities for the child to find their own answers of the world around them. They are present but do not take over. For example, if a child is in difficulty but not in harm, the educator would not rush in and rescue the child but would ask the child "what can you do to help yourself?" This approach allows for the child to gain an opportunity to reason and debate different theories of assisting themselves. Staff are there to follow and support, and extend the child's learning, believing that children are very capable and competent.

The fascinating and wonderful thing about Forest Schools is the resources that assist in the development of the children are all around them and are only limited by the child's curiosity and wonder of the forest. That is why it is vital for the educator to promote the child's curiosity by asking open ended questions and provide a safe environment that allows for resources and materials of the natural world around them to provoke learning and development (Cummings, 2010).

With Statistic NZ, it shows there is an increase in enrolments at all day centres and that "the average number of hours children are enrolled in education and care services and home based services has increased" (www.educationcounts.govt.nz). In addition, the Ministry of Education Lead website explains "infants, toddlers and young children begin to shape attitudes about responsibility and sustainability when they confidently explore their environment side-by-side with knowledgeable, concerned and caring adults" (Ministry of Education, n.d, para 1). The time is now to connect your child to the wonder that is nature.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check

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Note that this quote is based on the cruise departure date of 21 Mar 2020, however NCL's Pride of America departs EVERY Saturday, back to back, so please ask me to quote on any other dates for you, and I can of course tailor make your quote and extend your stay out in Waikiki to give you a chance to visit Pearl Harbor and enjoy Waikiki's beach, shopping & restaurant scene.

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Riverhead lavender farm celebrates more success

Lavender Hill Farm gained two major awards at the New Zealand Lavender Growers Association Supreme Oil Awards.

The Riverhead farm is one of Auckland's largest lavender farms with two main fields in the Grosso (French Lavender) and Angustifolia Pacific Blue (English Lavender) varieties.



Angustifolia won gold and overall trophy for Best in New Zealand from its 2017 harvest.

Grosso got silver for Lavender Hill's 2019 harvest.

The NZLGA Supreme Oil Awards, this year hosted in Wellington, are held in high regard and attract both New Zealand-based and international lavender growers.

"We are incredibly proud to receive these awards," Lavender Hill owners Jason and Trish Delamore say. "Our organic, spray-free lavender oil is harvested by hand and produced right here on the farm. It's fantastic to see our hard work recognised at a national level."

Lavender Hill also produces its own olive oil and partners with New Zealand-based suppliers to create an impressive range of products such as organic honey, Lavender Gin, Saffron Gin and hand-crafted Limoncello – the latter two recently winning silver at the NZ Spirits Awards.

All of Lavender Hill's boutique spirits have earned 93/100 and five stars from Wine Orbit.

Jason and Trish bought the lifestyle farm in 2015 and have worked hard to transform it into a world-class facility.

The farm is popular with visitors, particularly during summer when the lavender fields are in bloom. An olive and lemon grove also feature, along with five alpacas and a modern, four-bedroom holiday accommodation for short stays suited to wedding parties and others wanting to experience the best of Riverhead and the surrounding region. Visit www.lavenderhill.co.nz for more information.

Mega ship cruising

Royal Caribbean - Ovation of the Seas. Last month I was lucky enough to travel on the Ovation of the Seas. Passenger capacity 4180 and with the staff it takes the numbers over 5000. Too many I hear you say, however you didn't know there were that many people onboard. Embarkation and disembarkation was seamless and easy. The open wide corridors and public areas are spacious and bright and the décor and furnishings are modern. There is so much to do onboard that you would never be bored. There is a rock climbing wall, Flowrider (which is the surf simulator), North Star (the arm that takes you 300 feet above sea level for spectacular views), Rip Cord by iFly (the free falling simulator), roller skating & dodgems to name a few. The nice thing is that none of these cost you money, just a bit of time booking on them that's all. There are also a large number of inside activities as well.



There are 8 complementary dining venues and another 8 specialty dining venues along with a multitude of bars and lounges to keep you entertained. You can even stop at the bionic bar and get the machine to make a drink for you. There is always the question about whether to get the drinks packages or not and some of our group did and others didn't. We found that the more sea days you have the better you utilised this. Also the questions around excursions with the ship or not is often debated, however when we made a stop at Maui and one of the ship excursions was late we all waited for them. If they had of done this trip themselves they would have had to get to the next port by themselves. If you just want to look around yourself that is fine just make sure you are back in time.

This ship will be down in our waters over the summer season and you



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should definitely make the trip to have a look at her or any of the many others that will be arriving into Auckland over this time.

The misconception when booking cruises through a travel agent is that this is going to cost you more. This is actually not the case and in fact we can provide you with more information and advice than you will ever get from a website, along with fitting in your flights at the correct timings around your cruise and adding in those all-important items like insurance, accommodation and sightseeing. We are the one stop shop for your all-inclusive cruise holiday and our staff here have been on many cruises throughout the world so we are well informed to help with everything from small to large ships worldwide. So pop in and see us at helloworld Hobsonville (right next to Countdown on Hobsonville Road) and we will be happy to put together your dream holiday or cruise.

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Ganging up on Kiwis

By: Helensville MP Chris Penk.
There are not many human needs more basic than the safety of life and limb. It's inherent in our collective psyche, as a species, to wish to preserve ourselves and each other against harm.

While I'm firmly against governments interfering unduly in the lives of private citizens, I'm equally firmly in favour of the state helping to protect its communities by all reasonable means.

In twenty-first century New Zealand, a key threat to public safety is the



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operation of criminal gangs. Unfortunately, their influence and power is growing. In fact, the past two years have seen an increase of 25.9% in the number patched gang members around our nation.

In case there's any doubt about the sinister intent of such groups, gang leaders have been upfront about their intention not to comply with firearms laws as recently changed by Parliament. If it is good enough for law-abiding citizens to surrender their weapons - almost invariably held for innocent purposes such as competition and pest control - then it certainly should be good enough for those already underground.

As the Police Minister has admitted, the distribution of methamphetamine in our communities is an increasing problem because of gang members. Despite this acknowledgement from the Beehive, there is no apparent increase in the number of gang members being prosecuted.

A statement like this highlights a problem that demands an answer and desperately requires a solution. After all, how can a government reduce criminal gang numbers if it fails to prosecute the members breaking the law? It's worth noting that the Government's claim that the increase is in line with the 1,200 offenders deported to New Zealand from Australia has been proven false by the Police Minister himself, with his admission that only 22 patched gang members had been deported from across the Tasman to our fair shores.

We must do more to stop criminal drug dealers ganging up on New Zealand.

Victim Support

Suzu was punched during an altercation at a bar, initially she was fine, but over the coming days she found she was anxious and felt unsafe in certain social situations. Suzu needed Victim Support.

Victims of crime and trauma need safety, healing justice and restitution. We strive to ensure victims are supported to have these needs met through skilled Support Workers (Volunteers) from across our community.

Victims are referred to our free service either through the Police, themselves or others. Victim Support Workers are predominantly volunteers. They are regular people from all walks of life who are professionally trained by Victim Support. And, once out working in the community they are supported, coached and mentored by their local Service Co coordinator.

We offer emotional and practical support to people who have suffered serious crime and trauma and, in some circumstances, financial assistance for them and their families.

People who volunteer to be Support Workers often have full time jobs and other interests. As a Volunteer Support Worker you will be expected to be on the roster for crisis call outs or crisis telephone calls once a week, with these there may be follow up work which you can schedule to fit in at a time that suits you.

Volunteer Support Workers are assigned to their local office and are managed by the local Service Co-coordinator. Volunteer Support Workers

also need to be willing to travel to victim locations and to the local office for ongoing training.

Providing support to victims is wherever or however it is required. For front-line Community Support Workers this can be a crisis call out, over the phone, people's homes or workplaces, at a crime scene, court, hospital, at the police station or a neutral venue of choice.

Our referrals come through our national Contact Service 24/7, 365 days a year. The Contact Service is in Wellington. They manage victim referrals and monitor Volunteer Support Worker safety while in the field.

These are a couple of testimonials from our Volunteer Support Workers

"My name is Samantha, I have been a Support Worker for just over six months, I have worked with a number of victims during this time and have found the experience very rewarding. It has been a positive time for me, initially I was really worried about what to do but the training and support has been amazing, and I have felt very confident in each situation"

"My name is Margaret; I have been a Volunteer Support Worker with Victim Support for nearly two years. I'm grateful for the lessons about compassion and judgement, for the chance to walk with so many as they navigate heartbreak and upheaval and for the inspiration and learning that comes from being part of a team dedicating to helping others when they need it most."

Rodney/Hibiscus Coast Victim Support is now looking to recruit new volunteers.

Please direct your expression of interest to attend and any questions you may have to Sarah on 027 265 9895 during office hours.

More information regarding Volunteering with Victim Support can be found on our website at www.victimsupport.org.nz/volunteer.

My Science Playroom

What joy and fun our science playroom bring to so many families who have curious children. Of course, if adults also become engaged in play and exploration then it is twice the fun. Meaningful conversations around flight, forces and strange or novelty events keep many involved for hours every day.



The last few months we have had many school children who visited from as far away as Hamilton to be engaged in our interactive 'learning through play science' experiences. Older children played first with the various displays and then decided which one they would like to present through video (using technology) to show to others and tell what it does, how it worked and how we see it applied in real life. That is what we hoped would happen and were pleased with the outcomes.

Our younger children who are regular visitors are amazing in their



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understanding and grasp of complex chemistry experiments and are very keen on exploring new and different ways to make potions that bubble and explode!

If you have not been to My Science Playroom yet (406 Great North Road Henderson), check out our website www.scienceplayroom.co.nz and if you want to treat your family organise a group event. Lots of sensory play for littlies. Older students get involved in more challenging and complex play experiences.

Muriwai Tide Chart

Date	High	Low	High	Low	High
Fri 1 Nov	01:14	07:37	13:37	20:01	-
Sat 2 Nov	01:55	08:19	14:18	20:46	-
Sun 3 Nov	02:38	09:03	15:04	21:37	-
Mon 4 Nov	03:29	09:53	16:01	22:37	-
Tue 5 Nov	04:36	10:55	17:11	23:46	-
Wed 6 Nov	05:52	12:07	18:22	-	-
Thu 7 Nov	-	00:52	07:00	13:16	19:23
Fri 8 Nov	-	01:50	07:58	14:14	20:15
Sat 9 Nov	-	02:40	08:47	15:02	21:00
Sun 10 Nov	-	03:24	09:30	15:45	21:40
Mon 11 Nov	-	04:03	10:08	16:23	22:17
Tue 12 Nov	-	04:41	10:44	17:01	22:53
Wed 13 Nov	-	05:18	11:20	17:38	23:30
Thu 14 Nov	-	05:56	11:56	18:17	-
Fri 15 Nov	00:08	06:34	12:33	18:57	-
Sat 16 Nov	00:48	07:14	13:13	19:39	-
Sun 17 Nov	01:30	07:57	13:56	20:25	-
Mon 18 Nov	02:17	08:43	14:45	21:18	-
Tue 19 Nov	03:12	09:37	15:43	22:18	-
Wed 20 Nov	04:15	10:39	16:50	23:24	-
Thu 21 Nov	05:26	11:48	17:59	-	-
Fri 22 Nov	-	00:31	06:36	12:58	19:06
Sat 23 Nov	-	01:35	07:42	14:03	20:08
Sun 24 Nov	-	02:35	08:42	15:02	21:05
Mon 25 Nov	-	03:30	09:37	15:56	21:57
Tue 26 Nov	-	04:20	10:27	16:45	22:45
Wed 27 Nov	-	05:07	11:13	17:32	23:30
Thu 28 Nov	-	05:52	11:56	18:16	-
Fri 29 Nov	00:13	06:34	12:36	18:58	-
Sat 30 Nov	00:53	07:15	13:15	19:40	-

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