

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES  
LAVENDER HILL GIN



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

CHRISTMAS AT THE SHOWGROUNDS

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November 2020





## Greetings

So the Kumeu and Helensville Christmas parades have been cancelled – as I feared. More COVID-19 casualties.

However, to make up for the parades' loss shops from Riverhead to Kaukapakapa will display Christmas lights, a giant Christmas tree will go up near Carriages Café and a free "Christmas at the Showgrounds" family event will be held at the Kumeu Showgrounds on December 4.

More details on all that in this issue.

I imagine the Queen's Christmas message this year might echo her "annus horribilis" (Latin for horrible year) statement in 1992 after the wreck of several Royal marriages and a Windsor Castle fire.

Like many countries, the United Kingdom has had a rough time with COVID-19, and until a decent vaccine arrives (possibly early next year) the world will continue to do it tough battling the pandemic.

I'd rather see 2021 as "annus mirabilis" (wonderful year) with much to look forward to.

By now the winners of the North West Country Business Awards 2020 will be known, some local businesses also featuring in the Westpac Auckland Business Awards 2020 in the North and West Region.

Both awards were due to be announced at official events just after we went to print.

See our North West Country page for the area's winners and more.

It's great to see events like these back on the calendar – I caught up with a few people at the first Business After 5 event in a long while (cancelled several times because of COVID).

This one was hosted by Dave and Elaine Hargreaves at their Mitre 10 Mega Lincoln Road store. It's the largest in the country until their Mitre 10 Mega Westgate store gets an additional 5000 square metres shortly, pushing it up to 15,000 square metres in total.

I'm looking forward to that opening.

Let's hope all coming events can continue – although I'm informed some may struggle to find adequate (and reasonably cheap) insurance cover because of the uncertainty that is COVID-19.

We all need something to look forward to after our annus horribilis.

I'll be among those checking out the giant Christmas tree, looking at the lights and going to Christmas at the Showgrounds, no matter what.

Geoff Dobson, editor



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# People & Places

## Lavender Hill gin gains silver at NZ Spirits Awards

Lavender Hill's lavender infused gin is one of the best in class having been awarded a Silver at the NZ Spirits Awards.

"We are just thrilled to be medalled and really feel this has put us squarely on the map. The award also rounds out the Silver we won for the Saffron Gin and Limoncello last year," says Jason Delamore, who owns Lavender Hill along with wife Trish.



Lavender Hill's 2020 harvest of extra virgin olive oil has also been fully certified by Olives NZ and is now available for sale.

This year's harvest is a blend of Frantoio, Koroneki and Leccino olives and has an excellent flavour profile.

As with many local businesses, Lavender Hill has been adversely affected with the COVID-19 pandemic.

Existing accommodation nights were cancelled, and future bookings fell off a cliff for six months after the first lockdown with the lack of tourists and no local wedding market.

However, Jason and Trish did want to thank all those who supported local and bought gin, limoncello, olive oil and other farm products online.

"It is fair to say that the number of gin and tonics went up during lockdown," they say.

In the spirit of not letting a lockdown go to waste, Jason and Trish were busy building some sculptures for the farm, teaming up with French patisserie chef Claire Guenegan for onsite experiences ([www.thedessertexperience.co.nz](http://www.thedessertexperience.co.nz)) and getting the farm ready for summer. They are also keen on supplying local restaurants and venues - so get in touch if you are looking for award winning local products.

Bookings are now returning under alert level 1 and Trish and Jason encourage readers to buy local for Christmas and support small businesses.

Visit [www.lavenderhill.co.nz](http://www.lavenderhill.co.nz) or phone 021 111 66856 for more information.

## Monster Fireworks cancelled

Taupaki School's major fundraising event the Monster Fireworks display run by the school PTA and supported by Bad Boys Fireworks (the York Family) and a number of other organisations and businesses is traditionally held in October at the Kumeu Showgrounds.

This is not only a fantastic event for the local community, but it has been the school's main fundraiser for the past 30 or more years and is part of the school's fabric.

However, the Taupaki School Board cancelled the Monster Fireworks event scheduled for October 30, mainly because of uncertainty surrounding the COVID-19 pandemic.



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# People & Places

Reasons given are Auckland's Alert Level 2 not allowing groups of more than 100 people to gather, the uncertainty of any future alert level status and the difficulty of being able to provide a safe event for 10,000 people during the pandemic.

Obviously, this is very disappointing, and is not a decision the board made lightly or without serious consideration, board chairperson Simone Moors says.

Taupaki School PTA hopes to hold the Monster Fireworks again next year and will shortly start planning for 2021.

"The Taupaki School Board would like to thank the PTA for their unwavering support of the school, and would also like to acknowledge the generosity of sponsors and supporters; Bad Boys Fireworks, Kumeu Showgrounds, Mahon's Amusements, The Trusts Community Foundation (TTCF), New World Kumeu and Mike Pero Kumeu and Hobsonville for their continued support of our community and school."

Taupaki School look forward to bringing this iconic event back in the future and thanks the community for their understanding and ongoing support.

## Christmas at the Showgrounds

The Rotary Kumeu Christmas parade may have been cancelled but that's not the end of Christmas celebrations here.

Instead, there's a new event called 'Christmas at the Showgrounds' on Friday December 4 at the Kumeu Showgrounds, plus a giant Christmas tree display and North West shops featuring Christmas lights.

Schools, pre-schools and day care centres are invited to perform on stage at the showgrounds - the whole event free to the public.

A twilight market, food trucks and even Santa will be there.

Plenty of parking is available at the showgrounds, and there's no floats required, event organisers say.

"We don't need council consents like we do for the parade so it's not a great cost to anyone," they add.

"We realise that there will be a lot of disappointment out there about the parade cancellation, but we can assure you that this family event is a not to be missed event."



Organisers say people were initially disappointed about the parade cancellation because of uncertainty around the COVID-19 pandemic.

"We all want a bit of fun after this COVID stuff."

Kumeu Agricultural and Horticultural Society show manager Lizelle Westman says Christmas at the Showgrounds will be a good family night out.

"Businesses can bring a gazebo, marquee or tent for their own Christmas party and to promote themselves - all for free."

A large outdoor stage is being prepared for the performances, and a play area with Bouncy Castles and other children's activities is planned.

Showground gates open at 4.30pm with performances starting about 5pm, the event continuing until around 10pm.

QR codes will be at entry points to help combat COVID-19, with Christmas at the Showgrounds organisers hoping no pandemic restrictions will apply at the time.

Meanwhile, a "Light Up the North West" project is planned with shops from Riverhead to Kaukapakapa (including Kumeu/Huapai, Waimauku and Helensville) encouraged to join in by decorating their premises in Christmas lights from early November.

And a giant seven-metre decorated and lit Christmas tree will go up on land near Carriages Café in Kumeu around the same time for public display.

The idea for both events was to "make the whole place feel Christmassy", North West District Business Association manager Phelan Pirrie says.

He says that with the COVID-19 pandemic restrictions affecting businesses this year the association wants to bring a bit of cheer back to the area.

That's especially after cancellation of both Kumeu and Helensville Christmas parades because of the uncertainty around COVID.

"It's been a tough year for everyone in business - although it has since picked up - but we want a more festive feel to the area's towns."

Phelan hopes the Christmas tree and Light Up the North West projects will encourage people to drive around the area to look at the displays and support local businesses.

It's also to get residents to shop local and eat local while bringing some joy to the community.

So if COVID-19 restrictions return at least people can drive around the area looking at the lights and Christmas tree.

Phelan says the association is considering a competition for the best lit-up business.

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# People & Places

And he is keen to see similar Christmas tree displays in other area towns next year.

One of the few Auckland Christmas parades not cancelled so far this year because of the COVID uncertainty is the Auckland Farmers Santa Parade.

It is scheduled for Sunday November 29 (rain date December 6) with pre-parade activities from noon to 1pm, the parade from 1pm to 2.30pm and Santa's Party from 2.30pm-5pm.

If you can help with the Christmas at the Showgrounds contact Lizelle at the Kumeu Showgrounds, 021 040 3218, email info@kumeushow.co.nz, Dale on 027 22 44 636, email twal@xtra.co.nz for more information.

For the Light Up the North West and Kumeu Christmas tree projects contact Phelan via email manager@northwestcountry.co.nz for further details.

## 'Recording History' event at NW Heritage Society

Helensville-raised Rae McGregor (nee Williscroft) is the guest speaker at the NorWest Heritage Society's 'Recording History' special meeting on Wednesday, November 18, 2pm, at the Kumeu Cricket Club.



The author of six books, a writer, quilter and manuscript assessor, Rae will talk about interviewing and recording history and research for about half an hour, followed by questions.

Her books include three biographies - The Story of a New Zealand Writer, Jane Mander; Shrewd Sanctity, the story of Kathleen Hall, Missionary Nurse in China, 1896-1970; Sailing To Success, The Union Steam Ship Company Cadet Scheme; a novel called RadarMan, Nitescope - a children's story set in Mangawhai, and a collection of short stories, Patched Words.

Rae studied at the University of Auckland as a 'Mature Student' and gained a BA and then an MA in English after six years.

"Since then I have been writing and I also work as a manuscript assessor and I am a member of the NZ Association of Manuscript Assessors.

"As well as writing I make quilts. I think that sometimes writing is a bit

like making a quilt as you are taking bits and pieces and putting it together so that you create something complete that I always hope is pleasing."

Rae also reviews books for Radio New Zealand and her other love is theatre, having acted in and directed plays such as "A Bunch of Amateurs" for Titirangi Theatre in 2019.

Visitors are welcome to the November 18 meeting with entry a gold coin, and an afternoon tea meet and greet provided with a koha appreciated.

Contact Bunty Condon, email buntycondon@xtra.co.nz or phone 027 440 0044 or 09 412 9451 for more information.

## Waimauku School centenary registrations open

Waimauku School celebrates its centenary from March 18-20 next year and is encouraging past pupils, teachers and staff, to register now to be a part of the event.



Principal Gary Pasfield says the school is looking forward to celebrating 100 years, and in sharing its history with its wider school community.

"The school has always been a focal point here in Waimauku, ever since it first opened on July 4, 1921."

More than 800 students from year 1 to 8 now attend.

"We are very fortunate to have such an engaging school community, and we are a multi-generational school - several of our current families are third and fourth generation, which is quite rare these days," Gary says.

"In addition, many of our former students and staff still live in the



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# People & Places

community, so this event is something many have been looking forward to for some time."

Waimauku School Centenary Committee Chair Rocky Roberts says celebrations will be a mix of evening events which are ticketed and age restricted, to a family picnic day at the school which will be open to the community.

"We'll have a range of age groups attending the centenary celebrations, and we also want to ensure everyone has plenty of opportunities to catch up with those they haven't seen for some time," she says.

Anniversary celebrations start on Thursday March 18, 2021, with a Centenary Golf day organised by the Waimauku School PTA.

On Friday March 19 there will be a casual 'Mix and Mingle' evening for past pupils, supporters, teachers and staff.

Saturday March 20 sees a Family Picnic Day, as well as an official welcome and photos for past students, committee members, teachers and staff.

That evening features a Dine and Dance catered for by local businesses.

The school hall will be open for anyone wishing to see displays of Waimauku School history and memorabilia throughout the weekend.

Visit [www.waimauku.school.nz](http://www.waimauku.school.nz), or email: [centenary@waimauku.school.nz](mailto:centenary@waimauku.school.nz) to register your interest or for more information.

## SUBHUB aims to help businesses and community

Matua Ngaru school parents, staff and children are very happy with their new sports tops.

They were able to provide (with assistance of SUBHUB and a collection of generous local businesses) 200 fully sponsored sports tops to their pupils. creating their own signature design to encapsulate the colours and the school's brand.

The participating businesses have already reaped the rewards and goodwill, Robbie Hannon from Waimauku Pharmacy delighted to engage with the Huapai community and making them aware of his pharmacy now open seven days and including an extensive new giftware range.

"Feel good marketing that does good."

Robbie and many other businesses are keen to support more local clubs and schools.

If you are looking for free sponsored gear or something to promote your business in a meaningful practical way, contact [www.subhub.nz](http://www.subhub.nz) or email [mark@smashingpromotions.nz](mailto:mark@smashingpromotions.nz), 09 412 6235 x1 and he will assist with design and finding you sponsors and recipients.

## Gibbs Farm Walk for cancer rehab

A Gibbs Farm Walk on November 19 is planned for the NorthWest Physio+ annual Pinc and Steel Cancer Rehab Fundraiser.

All the money raised goes directly back into the local community to provide physiotherapy sessions for those going through cancer treatment and to help clients recover from their treatment.

This is the third year NorthWest Physio + has been raising funds to help its clients.

"We have seen so many people benefit from our services, helping them get back doing activities they have struggled with due to their treatments," says cancer rehab physiotherapist Laura.

She is specially trained to help both men and women of all ages through their individual journey with whatever cancer they have been diagnosed with.

Tickets are limited for the walk.

To book contact NorthWest Physio + on 09 412 2945.

If you are unable to attend the event, any donation to the NorthWest Physio's everyday hero page is appreciated.

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# People & Places

Visit [www.cancerrehabnz.everydayhero.com/nz/northwest-physio-2020-pinc-steel-fundraiser](http://www.cancerrehabnz.everydayhero.com/nz/northwest-physio-2020-pinc-steel-fundraiser) for more information, or contact Laura@nwphysioplus.co.nz for cancer services.

## JP service back at Kumeu Library

The Justice of the Peace service has resumed at the Kumeu Library following disruption caused by the COVID-19 pandemic restrictions.

The JP Service desk is open on a Saturday between 10am and noon and there is no charge nor appointment needed.



A JP can witness signatures on documents and certify copies of documents as true copies of originals or images viewable on a computer or smartphone screen. They also take declarations for documents requiring a Statutory Declaration and administer oaths or affirmations on court related documents requiring an affidavit.

Some of the documents commonly presented requiring Statutory Declarations relate to immigration matters such as sponsorship,

bank documents, change of name, KiwiSaver withdrawals, insurance claims, rates rebate applications, etc. Certification of photos as being a true likeness are common, as is certifying that people receiving overseas pensions are still alive. The JPs can also perform citizenship ceremonies if specially requested.

There are some things people needing a JP need to note. If they want a printed copy of an original to be certified, they must bring that original with them, or be able to show it on their smartphone screen. For Affidavits or Statutory Declarations, the person making the declaration must be present. You can't do this for someone else.

Bring your photo ID, for example a driver's licence or passport, with you so the JP can confirm you are the person making the declaration.

Make sure the form is fully filled out and avoid signing the form before you come, and do this in front of the JP.

JPs in the Northwest are also happy to help at their homes, providing you phone first and make an appointment.

Names and addresses of JPs can be found in the local phone directory and on the website [www.jpfed.org.nz](http://www.jpfed.org.nz).

There is also a regular JP service available each weekday between 1pm and 3pm at the Massey Citizens Advice Bureau (CAB) in the Massey Library (Te Manawa) at the NorthWest shopping centre, and at the Northwest Mall on Thursday between 6pm and 8pm, and Saturdays between 10am and noon.

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# North West Country Business Awards 2020

North West Country Business Awards 2020 winners were announced at a North West Country official function at The Riverhead on October 27.

The awards seek to celebrate the commercial, creative, and customer service successes of businesses in the greater North West area.

Now in their fourth year, the awards are open to any business of any size working within the boundary area who are members of the North West Country Business Association.

About 14 awards were presented at the formal dinner evening, compered by Six60 bass player and show host Chris Mac.

Awards include the Supreme and People's Choice Awards, category awards and three special categories - Environmental Excellence Award, Best New Business and COVID Local Hero (given to one business in each township that the public voted as being outstanding in responding to the COVID lockdowns on both a community and business level).

Of the Supreme Award winner Physio Flex, judges say: "I like your 'Vision Statement: To provide an excellent physiotherapy service to Helensville and the South Kaipara Community. To be the clinic of choice for patients and professional and administrative staff' and you are using media and your website in other very progressive ways."

Of the People's Choice Award winner, The Kai Collective, judges say: "I was impressed with your guiding principles, it is very inclusive, humane and dignified. You are providing an amazing service to your community in these difficult times."

Congratulations go to all the winners listed.

**Supreme Award** - Physio Flex

**People's Choice Award**- The Kai Collective



## Category Winners

### Health & Beauty

Winner - Physio Flex

Highly Commended - Aneia Warner Salon

### Hospitality - Contemporary

Winner - The Beekeepers Wife

Highly Commended - The Riverhead

### Hospitality - Informal

Winner - The Beer Spot

Highly Commended;

The Real Bread Project

Westbrook Winery

Zac's Pizzeria

### Manufacturing & Trade

Winner - NJC Equipment Hire

Highly Commended - Waimauku

Automotive

### Not for Profit

Winner - Art Centre Helensville

Highly Commended - The Kai Collective

### Business & Professional Services

Winner - The Secret Garden Huapai

Highly Commended - Creative Matters

### Recreation

Winner - KC Fit

Highly Commended - Skydive Auckland

### Retail

Winner - New World Kumeu

Highly Commended;

Stihl Shop Kumeu

Eleventh Hour Gifts

### Rural Services

Winner - River Valley Meats

Highly Commended;

PGG Wrightson & Fruitfed Supplies

Helensville



## Special Awards

Best New Business - The Kai Collective

Environmental Excellence Award - Kaipara Coast Plant Centre

## COVID Local Heroes

Kumeu - New World Kumeu

Huapai - KC Fit

Helensville - The Real Bread Project

Muriwai - Creative Matters

Riverhead - The Beekeepers Wife

Kaukapakapa - Kaukapakapa Store

Waimauku - Westbrook Winery

\* Photos are from last year's award. We'll update with some new ones in the December issue.



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# Safer Communities



A great start to spring with nice dry weather which has allowed us all to get out into the garden and clean up after winter.

This is a great time to 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.

Fireworks are fun, but they can also be dangerous and pose a high fire risk, so please use them responsibly.

Fireworks can quickly cause devastating vegetation fires, particularly when conditions are dry and windy.

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, like dry grass or leaves
- 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
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# Community News

## Christmas Book Fair

Once again the Lions Christmas Book Fair is scheduled to be held on the last weekend of November. The Autumn Book Fair in May was cancelled due to Covid restrictions so consequently we will have twice the number of books for sale. The Book Fair will be held on Saturday 28th 9am to 4pm and Sunday 29th 10am to 3pm in the Helensville War Memorial Hall.

A tsunami of donations arrived as soon as we went into Level 1, many people had obviously used the lockdown period to have a clean out. We have once again categorised all the books before the event, but it will not be possible to put all the books up on the tables. There will be many boxes on the floor, but the books will all have been sorted, just not laid out in an orderly manner as at previous Book Fairs.

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

Fiction is arranged alphabetically by authors, with six special interest groups, the largest of which is the Fantasy/Science Fiction section. 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.

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 for larger lots, call Chris on 09 420 8527.

Please note that the last date we are accepting books for this Book Fair is Friday 20th November.

## Lollipops Kumeu

We love to explore nature and creativity at Lollipops Kumeu. Today we enjoyed the fierce gusts and had a wild windy dance party.

Music and movement promotes self-expression, imagination, active listening, social development, body movement and joy.

"Music gives soul to the universe, wings to the mind, flight to the imagination and life to everything." Plato.



Marama Morehu Batiyaka - Centre Manager, Lollipops Kumeu. Phone 09 412 8081 or email cm.kumeu@ledu.co.nz, visit www.lollipopseducare.co.nz. 7 9 Wookey Lane, Kumeu, Auckland.

## The Mobile Car Specialists

Let's cut to the chase... Making cars look awesome again is what we do! But we don't expect you to believe us without first checking out our reviews.



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"Thank you Hayden, your customer service was outstanding and your finished product was above expectations. We will be using your service again." - Mel Simpson (Google review)

"Another fan here. Anton completed a job on my Kodiaq to perfection this morning. Highly impressed with the workmanship and the dents just vanished as quickly as they came on. Thanks Anton, keep up the good work buddy, cheers." - Jay Patel (Google review)

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## Kumeu Huapai PANELBEATERS

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280 Main Road, Kumeu, SH 16





# Community News

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## November at Kumeu Arts

November means it's time for the Kumeu Arts Awards. This annual event recognises and celebrates our art community with prizes of up to \$1,000 in value, generously donated by local businesses. The Awards ceremony will be held on November the 7th between 5 - 7 pm and everyone is welcome along. The exhibition, which then runs from the 10th until the 28th of November includes a huge range of art across both our galleries. It's a fantastic opportunity to purchase quality artworks and help support artists. Our shop also sells a range of unique art and craft including; ceramics, calendars, cards, jewellery which make perfect gifts for Christmas. We also have many exciting classes and workshops coming up so come and visit us at 300 Main Road (behind the library) or online @ [www.kumeuarts.org](http://www.kumeuarts.org) You'll be amazed at what you'll discover!



## At Jojo's we understand it takes a village to raise a child...

New families visiting our centre often ask 'What will my child learn here?' the answer is simple, but encompasses many things...family.

At Jojo's we do our utmost to ensure our whole village is supported and cared for, enabling us to pass on all the knowledge, love and fun our tamariki are entitled to, every single day.



We understand times have been hard on families this year with unprecedented changes locally and worldwide. To help our families cope with some of this pressure we have been trying to coming up

with new and inventive ways to hopefully make a difference.

Some of these ideas include; continuing our 50% discount for all new enrolments, offering readymade meals for sale from our kitchen and we are currently in the process of organising a clothing swap.

## Kaukapakapa Village Market

Sunday 15 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 for the kids and live music from duo Take 2.



For more information contact Sarah 027 483 1542 or email [sarah1@maxnet.co.nz](mailto:sarah1@maxnet.co.nz)

## Kaukapakapa Library

'This Is Who We Are' Sunday 15th November 9am to 1pm.

Reclaiming 2020 from all things viral, the Kaukapakapa Library presents both a collection of contemporary photography by Colin Lunt and works by sculptor Jill Guillemin.



'This Is Who We Are', an exhibition curated by freelance photographer Colin Lunt, referencing the collection put together by the late Alan Jordan as an historical link, portrays Kaukapakapa and surrounds as it is today. The collection of people, places and events provides a snapshot of time in Kaukapakapa as a record for future generations.

Talented Snells Beach sculptor and artist Jill Guillemin brings a selection of some of her earlier ceramic pieces of iconic Kaukapakapa buildings. Having worked with a variety of mediums from clay, porcelain, fabrics, wire and mesh, Jill has recently returned to her ceramic roots. As an artist she has been invited to present



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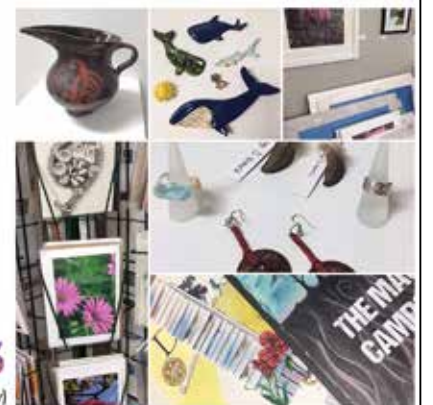
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# Community News

her work in many exhibitions and has also taught ceramic classes. Being part of Kaukapakapa's extended Jordan family, Jill is also part of who we are.

Come along to the Kaukapakapa library and meet both Colin and Jill. Library open in conjunction with the Kaukapakapa Village Market. For more info contact Megan, threehorses@xtra.co.nz, phone 021 959 017.

## Flippin' Fun Trampoline Park

With the school holidays over Flippin' Fun's normal week day activities are back. Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4.



Flip Fit Classes - with summer on the way it's time to start thinking about getting back that beach bod!

Flip Classes - Fly with the best. For age 8 yrs+. Learn new tricks to impress your friends.

Junior Flippers - a fundamental movements programme for kids aged 5 -7 yrs teaching skills core to many sports.

Little flippers - a super fun toddler session for the 5 & unders - no older kids allowed.

Parties, End of School Year & Christmas Functions - Flippin' Fun caters to all types of events and functions. They're enormous fun and hassle free. We are taking bookings now so view our party webpage or contact us directly to plan your bid event.

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For pricing and times be sure to check [www.flippinfun.co.nz](http://www.flippinfun.co.nz) or call us on 09 833 6880.

## Light Up

Hospice West Auckland Lights up for Christmas with a sparkle. Bring your family and friends and join us at Hospice West Auckland for a very special Light Up Hospice this Christmas.

2020 has been a very big year for us all and Hospice West Auckland wants to bring the West Auckland community together to light up Hospice and share peace and reflection to the year that was 2020. We will have some special V.I.P. guests joining us while we prepare for the sun to set and the lights to light up the sky.

So bring along you friends and family and join us for this free event, we look forward to welcoming you. Friday 4 Dec 7.30pm to 8.30pm at 52 Beach Road, Te Atatu Peninsula, Auckland. For more info email Bella Davis: [bellad@hwa.org.nz](mailto:bellad@hwa.org.nz).

## Christmas is coming; the goose is getting fat!

We're back! Kumeu Blend is again in the business of serious singing, just in time to celebrate a Christmas programme of music to warm the cockles of your hearts. Choirs all over Auckland will be celebrating the thrill and freedom of being able to sing together once more.

We tried Zoom meetings, but they're just not the same as a real get-together! It was nice to see each other online, but weird to be singing alone at home and learning the music in a vacuum. We all suffered from choral withdrawal. Practising alone was just not the same. Our weekly practices were on hold, and it was very disappointing to have to reschedule, then cancel, previously planned concerts.

Some pieces that we started to learn in February have remained shelved, for next year. But never fear! Our repertoire is alive and well, and the focus now is on the Festive Season. We are lucky to have a fabulous Musical Director (Margaret Lindsay), a great pianist (Robert Li), and a keen collection of choristers, excited to return to regular Monday night rehearsals.

New members are always welcome. All you need is enthusiasm and the ability to hold a tune. Rehearsals are Monday evenings at St Chads: 7.30 - 9ish.

Kumeu Blend's Christmas Concert: St Chad's Church in Huapai, Sunday 13th December, at 7.30pm. Music, song and poetry, plus a grand supper provided. \$10 donation appreciated. Margaret



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# Community News

Lindsay on 021 042 8855 or email [Margaret@lindsays.co.nz](mailto:Margaret@lindsays.co.nz).

## BestStart

At BestStart Orah Road, we're passionate about making a positive difference in children's lives. We provide the highest quality education and care for children up until they go to primary school.

Our five indoor rooms are built to support the learning and development of each age group. Our well-resourced learning environments create a space where children feel safe and secure to explore new and exciting wonders.

A range of enhancement programmes are offered throughout the week, including Māori education, cooking, carpentry, and music and movement sessions.

Our teachers are selected for their knowledge, experience, professionalism, and their love for teaching. We work with families to support children in achieving their learning potential.

For a limited time, get 30 hours free every week for your child. Conditions Apply - Contact us to find out more. 09 282 8170 / [oraha@best-start.org](mailto:oraha@best-start.org).



## Seniornet Kumeu

Hooray! We are back to normal, and this would be a great time to join Seniornet Kumeu.

Our next meeting will be on November 4th at St Chad's Church Huapai starting at 10 am.

Part of this meeting will include our AGM, but most of the meeting will be a very social buffet, when members and visitors can get to know each other in a friendly atmosphere.

AMI Insurance have recently partnered with Seniornet to provide support for seniors to keep up with modern technology.

If you have a policy with AMI they will bear the cost of your first year's subscription to Seniornet.

If you would like to have fun learning how to get the most from your Smartphone, tablet (including iPads) and computer, why not join our friendly and informal club with tutors who teach what you need at a pace that suits you.

Contact: Brian Lacey on 022 183 1811 [brian@lacey.nz](mailto:brian@lacey.nz) or Nigel Dempster at [nigeldem@outlook.com](mailto:nigeldem@outlook.com) or simply come along on the 4th November. You will be very welcome.



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**BestStart Orah Road**  
105 Orah Road, Kumeu  
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\*conditions apply

# In Brief

## Struggling with business cash flow? Try AIM

The Accounting Income Method (AIM) for provisional tax could be a good option if you are a small business struggling with managing cash flow. AIM is available to individuals and companies with an annual turnover under \$5 million, and particularly suits businesses which are new, growing, have irregular/seasonal income, or income which has reduced significantly since last year and is hard to estimate. Given the current economic climate, many businesses have taken a financial hit. Predicting your income and managing your cash flow has become increasingly difficult. With AIM you pay your provisional tax in line with your GST cycle, so the payments are much more manageable. And they are based on your true tax position rather than historical profits. So in times when you are not making money you do not necessarily pay any taxes - and you pay tax in those periods when you are making good profits.

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

## Waimauku Bowling Club

WBC hopes that you've seen their appeal for new members in the recent editions of the Kumeu Courier. WBC would like to know whether you have retired from more "rigorous" sports, aka, rugby, soccer, tennis or cricket but still wish to play outdoor competitive games? If this is your case then please consider lawn bowls at WBC as your perfect option?

Ladies and Gentlemen of ages 16-80+ years would be especially welcomed to join the Club now that the 20/21 summer season is underway. There is the opportunity to play WBC Club Championships

## WAIMAUKU BOWLING CLUB



The Club welcomes all comers of all ages, 16-80+ years, to try the challenging competitive sport of Lawn Bowls where they will discover that bowling is a safe, friendly, sociable environment to thoroughly enjoy themselves.... at modest annual subscriptions.

The Club's all-weather green will give them the opportunity to play all the year round. Reputably the Club's green is one of the finest bowling surfaces in the West of Auckland.

The Club is looking for new players & social members who live in Huapai, Muriwai, Kumeu & Waimauku to come and have go at bowls. For further information please call; Colin 09 412 9233, Frances 09 412 7352 or Chris 09 411 9565. They are expecting your call.

**Cnr. State Highway 16 and Muriwai Road**

plus Inter Club Tournaments.

The Club offers you Social Bowling evenings every Friday from 4.00 pm to dusk with refreshments provided. All you need to do is come along & have a go ...& please wear flat soled shoes. The Club will provide the bowls and give you free tuition. So, just turn up with a smile & be prepared to enjoy yourself.

You can find the Club easily on State Highway 16 directly, opposite the Caltex Service Station, near the Waimauku roundabout.

## Nature's Explorers

At Nature's Explorers we are fortunate to visit the local Riverhead Forest every week with a group of children and two teachers. During every forest visit our children are exposed to a variety of different learning opportunities including; learning strategies for active exploration, thinking, reasoning and making sense



of the natural world around them. On our recent visit to the forest the children were on an important mission to collect a basket full of pinecones from the forest floor. When we returned to kindly the children had the opportunity to make birdfeeders out of the pinecones. (This idea was suggested by one of our children, who had made these feeders previously at home with her family). This activity helped foster the children's fine motor skills, by developing the strength in their muscles from holding the butter knife to manipulate it in different ways. They had to learn how to manipulate the knife in different ways in order to smear the honey all over the cone. This was a challenging task for some, as their hand motions were unused to this movement. They learnt by rotating their wrists more freely, they were able to smear the honey onto their pinecone with ease. With perseverance and sheer determination we soon had several Pinecone feeders hanging from our trees. Through this experience the children are developing flexibility and strength in their wrists, these are essential foundation skills needed in order to prep children for writing in the future. There were many skills they were learning along the way including; turn taking, communication, listening and developing a sense of curiosity of the world around them.

## Kumeu Library

We're all trying to cope with living in an ever- changing environment



Grant Castle



P (09) 412 8239  
M 027 299 7054

106 Main Road, Kumeu  
E [castlepanelbeating@orcon.net.nz](mailto:castlepanelbeating@orcon.net.nz)



# In Brief

right now, so it's good to remember that Kumeu Library is fully operational at Level 1, with all our regular programmes and events up and running:

## Activities for Children:

Storytime: Mondays and Saturdays at 10.30am - Stories, songs, rhymes and a fun activity for children aged 3 to 5 years - story time happens every week, even during the school holidays.

Homeschoolers' Make: Build: Do: Wednesdays during school term at 10.30am - An hour of constructing, creating and fun for children aged 9 to 13.

Make: Build: Do: Thursdays during school term at 3.30pm for children aged 9 to 13 - What can you achieve in one hour?

Rhymetime: Fridays at 9.30 -10.00am - for preschoolers aged 18 months to 3 years. Rhymetime continues through all the school holidays.

Wriggle & Rhyme: Fridays during school term at 10.30 -11.00am - for babies 0 to 2 years.

## Activities for Adults:

Book Chat: The first Tuesday of every month at 10.30am - come and chat about what you have enjoyed reading while enjoying morning tea.

Crafternoon: The last Wednesday of every month (except December) at 2.00pm - create something different every month.

Book Club: 7.00pm on the 4th Thursday of each month except December. Join in our lively discussions - every month we read a different author, genre or theme.

If you've been sitting at home too much this year and are looking for inspirational ideas about how you can change and improve your home, come on in to the Library to check out our November display. It's all about home décor and decorating, and you're sure to find inspiration to suit your style and taste in our wide range of books.

There's always something happening at Kumeu Library - follow us on Facebook to keep up-to-date ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary))!

## Muriwai Open Studios update

Thank you to all the wonderful local people attending Artweek Auckland at Muriwai in October. What a fabulous two weeks we had - with free interactive sand experiences for families, an Art Trail with 10 open studios over two weekends, Art at Good From Scratch Cookery school with the fabulous Mike and Bee van de Elzen and a day with Art Degustation events sponsored by Hallertau and Hunting Lodge - we truly felt like Muriwai was alive with ART

supported by the community. We would like to extend our thanks once again to Harcourts Kumeu for our wonderful BIG open studio flags and New World, Kumeu for our fence banners, Hallertau for the beers at our degustation events and the Hunting Lodge for the wines for our degustation events. Thanks too to the Muriwai Arts Team for their support.

In November we are taking our West Coast Art to the East Coast with an exhibition at Arthaus Orakei. The exhibition runs from the 18th November to the 29th November. We are excited to reach out to some who will not know of the talent we have here "out west" Feel free to join us on the other side of town for this exhibition. Arthaus Orakei is at 228 Orakei Rd, Remuera and our local Muriwai artists will be manning the gallery so will be there to chat to you about their work.

## Just Kidz Huapai

Here at Just Kidz Huapai we pride ourselves on an environment that is a 'home away from home'. Our "Pohutukawa" Infant room is warm and bright with qualified and registered teachers who provide nurturing interactions with small teacher to child ratios. This room can take infants from 3 months through until around 2yrs of age. As infants and babies have such high needs at this age and require careful support during sleep and awake periods, this often means children get even more one to one time with their teachers. High quality interactions, as in all of our rooms, are key and in considering this for our youngest learners means we not only respect babies, we demonstrate our respect every time we interact with them. By this we mean understanding that your child is a unique human being with feelings thoughts and ideas even from the youngest age. It is our aim to provide consistency in routines and caregivers, and to encourage our children to grow and to feel secure and connected. The environment is safe and challenging but also predictable so that your child can explore, re-visit and attempt new things in a secure way. We give wholeheartedly to our infants ensuring caring, nourishing experiences.



This room is full of love and nurturing, encouragement and discovery. We are running a special offer of 50% discount on fees for all new enrolments so pop in and see us at Just Kidz Huapai - 335 Main Road, Huapai or contact us for more information on 412 2025 or 027 269 8558. Email: [Huapai@justkidz.co.nz](mailto:Huapai@justkidz.co.nz).

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# Property

## Property market report

Auckland house prices are hitting record highs, as sales rally post-lockdowns, supply of homes coming onto market lags, and people access low interest mortgages.

New Zealand's national record median of \$675,000 is up from \$580,000 a year ago and July's \$659,000, according to NZ Real Estate Institute

Auckland's median increased 16 per cent to \$950,000 up from \$819,000 at the same time last year and up from \$918,097 in July.

It seems to be the perfect storm. The combination of low interest rates, the removal of loan-to-value restrictions, the lack of listings, people's aspiration to have more space or a bigger backyard, catch-up post lockdown, the inability for people to spend on overseas travel, and first-time buyers' desire to get onto the market are all contributors.

Around the North Island the story remains the same: Northland recorded a 16.6 per cent annual price rise to a median \$590,000, up from \$506,000. Whangarei district hit a median price of \$610,000 and Bay of Plenty prices rose 11 per cent annually to a new median \$665,000. Waikato prices jumped 16.7 per cent to \$628,000, up from \$538,000 at the same time last year, and the fourth record median price in a row. Taranaki prices were up 15.3 per cent from \$391,000 to \$451,000.

Auctions were used in 16.1 per cent of sales throughout New Zealand in August, this was the highest percentage of auctions for August in four years.

Auckland sales actually lifted 2.2 per cent month on month, the strongest month for seasonally-adjusted since mid-2015.

"There are issues that will affect the New Zealand housing market, being; wage subsidies, interest rates, affected business's covid payments, supply of property to market and mortgage holiday schemes are all significant factors.

ASB Banks previous forecast for a 6 per cent fall in house prices

was recently upgraded to a 3 per cent fall by March 2021, however this is dependent on all factors, and the real test is the volume of distressed sellers that absolutely need to sell to satisfy debt in 2021.

Let's have a look at sales in the last month:

Coatesville Lifestyle	\$5,250,000
Helensville Lifestyle	\$1,110,000 to \$1,570,000
Helensville Residential	\$390,000 to \$1,125,000
Huapai Residential	\$980,000 to \$1,620,000
Kumeu Lifestyle	\$1,320,000 to \$3,080,000
Kumeu Residential	\$840,000 to \$1,175,000
Muriwai	\$1,160,000
Parakai Residential	\$550,000 to \$575,000
Riverhead Residential	\$905,000 to \$1,420,000
Taupaki	\$988,000 to \$1,500,000
Waimauku Residential	\$932,500 to \$1,150,000
Waitakere	\$885,000 to \$1,400,000

Whatever your situation, whether you are buying or selling, it pays to have a professional you can turn too. We provide at no cost to you a service to provide all relevant data to assist you buy and sell. In addition you will benefit from my 15 years of experience as a property professional. If you're thinking about buying or selling, need suggestions on legal or tax businesses that give solid cost effective advice, please call me on 0800 900 700 or email me on [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Using Kiwisaver to purchase your first home

If you are a first home buyer and you have been in Kiwisaver for more than 3 years then you may qualify to withdraw funds from your Kiwisaver to help buy your first home. The first thing you need to know is that you must have a contract to purchase in place.

There are two scenarios: You need the funds to pay the Deposit to the Real Estate Agent; and/or You need the funds to pay the balance of the Purchase Price on Settlement Date.

In the first scenario you need to get moving on your application as soon as possible after your offer has been accepted. You will need to download an application pack from your Providers website and fill it out. Part of the application form is swearing a Statutory Declaration - you can do this in front of your Solicitor or a Justice of the Peace.

In the second scenario your solicitor can only send your application

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# Property

to your Kiwisaver Provider after your contract has become unconditional. In this case you could wait until you are unconditional to get your application organised. Just remember your Kiwisaver Provider will usually need 10 business days to process the application so this needs to be organised about three weeks before settlement date.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying your first home. Telephone 09 973 5102 if you have more questions about buying property or using your Kiwisaver.

## Sharing the cost of your fence with your neighbour

The Fencing Notice - By Nathan Tetzlaff.

The Fencing Act 1978 provides that neighbours must each pay half the cost to do work on an adequate fence. This includes building a fence where there isn't one, replacing a damaged fence, or doing repairs. Neighbours can often agree on these matters without further assistance. Any agreement is enforceable and may be registered as a fencing covenant on the properties' titles.

Even if the neighbour has agreed, a fencing notice should then be handed to them (or be sent to them by registered post) and should include reference to: The boundary to be fenced; The type of fence proposed; Who and how the fence would be constructed; The estimate of costs; and When the work will be done.

The notice should also be clear that your neighbour has 21 days to serve a 'cross notice' or else they will be deemed to have accepted the terms in the fencing notice, including liability to pay the amount proposed.

Smith & Partners, phone 09 837 6844 or email [nathan.tetzlaff@smithpartners.co.nz](mailto:nathan.tetzlaff@smithpartners.co.nz)

## 4 hot tips for vendor's selling residential property

1. Vendor Warranties - by signing the agreement, vendors confirm they have: Not received any notice or demand and have no knowledge of any requisition or outstanding legal requirement. Not signed any consent or waiver that has not been passed onto the purchaser. No knowledge or notice of any fact which might result in proceedings being instituted by or against the vendor or

the purchaser. Obtained permits or consents for work done to the property and the work has been signed off by Council.

2. Chattels Warranty - on settlement vendors agree to deliver all chattels listed in the agreement, and all plant, equipment, systems and devices serving the property (for e.g. security systems and air conditioning) in reasonable working order, but in all other respects, in their state as at the date of the agreement (fair wear and tear excepted). Chattels must be free of any PPSR security charges i.e. hire purchase, Q Card or finance securities registered must be removed from the PPSR and paid on settlement. Where, following a pre-settlement inspection, a purchaser asserts the chattels are not in reasonable working order, and/or are free of charges, then a purchaser can potentially seek either compensation, or a retention of settlement funds, until a vendor provides satisfactory chattels to the purchaser.

3. Tenants - vendors are obligated under the Tenancies Act 2019 to provide correct notice to a tenant. When selling a tenanted property, vendors must give tenants at least 42 days' written notice to vacate the property. Often times it is better to allow for 45 days' notice to ensure the vendor can provide vacant possession to the purchaser on settlement, and, for e.g., tenant rubbish is removed, and any repairs are completed prior to settlement date. Written notice to vacate should always be given immediately upon a purchaser declaring the contract as unconditional. Vendors must therefore ensure that the agreement allows 45 days from unconditional date to settlement date.

4. Tax - GST - If a property was purchased on or after 29 March 2018, and it is sold within 5 years, and it isn't the main home, then a vendor may be liable to pay tax on any gains made. Lawyers are legally required to hold back money from settlement funds to pay taxes if a vendor is deemed to be an "overseas person". If the property is a rental, and depreciation has been historically claimed, vendors may be liable for tax. Where a vendor is registered for GST and the property is a taxable activity, vendors must state on the front page of the agreement they are registered for GST. Vendors must also fully and accurately complete the GST information set out in Schedule 1 of the agreement. Incorrect completion of the GST provisions can dramatically affect tax and net settlement proceeds available to the vendor. As tax issues arising on the sale of a property can be complex and varied, vendors should always seek the advice of reputable chartered accountants before signing an agreement to avoid potential and costly tax liabilities. Gina Jansen Lawyers works closely with several reputable, highly experienced West Auckland chartered accountants. We can assist with referrals for clients needing reliable tax and accounting advice. Vendors should also insist that the contract is reviewed by a lawyer before signing it to ensure the contract is in the vendor's best interests. Contact the property team at Gina Jansen Lawyers if you want us to help. We only act in our client's best interests. Phone Gina Jansen Lawyers on 09 869 5820, or email us at [gina@ginajansen.co.nz](mailto:gina@ginajansen.co.nz).

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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 transactions that have occurred. To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	5,083,750	4.02HA	700M2	5,250,000	PARAKAI	435,000	989M2	50M2	550,000
	2,850,000	2HA	336M2	3,090,000		395,000	275M2	80M2	575,000
HELENSVILLE	1,200,000	2.14HA	189M2	1,110,000	RIVERHEAD	1,375,000	814M2	239M2	1,420,000
	710,000	718M2	102M2	639,000		1,050,000	1214M2	250M2	905,000
	500,000	790M2	80M2	640,000		1,000,000	800M2	190M2	1,050,000
	1,375,000	16235M2	194M2	1,300,000		1,275,000	601M2	210M2	1,250,000
	730,000	979M2	116M2	655,000	SWANSON	950,000	433M2	172M2	970,000
	920,000	984M2	240M2	915,000		930,000	520M2	163M2	959,000
	1,275,000	19812M2	202M2	1,570,000		800,000	1012M2	70M2	950,000
	710,000	893M2	150M2	760,000		930,000	477M2	171M2	890,000
	970,000	1098M2	153M2	1,125,000		980,000	448M2	188M2	1,035,000
	670,000	588M2	106M2	715,000		980,000	448M2	188M2	1,035,000
	1,550,000	6.2HA	172M2	1,300,000		650,000	573M2	102M2	745,000
	330,000	0M2	43M2	390,000		960,000	433M2	172M2	963,000
	425,000	1295M2	76M2	515,000		810,000	194M2	156M2	870,000
	1,350,000	3HA	190M2	1,335,000		940,000	441M2	167M2	980,000
HUAPAI	1,075,000	1000M2	195M2	1,055,000		910,000	408M2	162M2	942,000
	1,360,000	1549M2	321M2	1,620,000	TAUPAKI	2,525,000	46.7HA	237M2	10,000,000
	1,050,000	801M2	184M2	1,000,000		810,000	2038M2	113M2	1,132,800
	1,000,000	1065M2	100M2	980,000		1,025,000	1.13HA	120M2	988,000
	1,100,000	601M2	210M2	1,037,900		1,350,000	9061M2	220M2	1,500,000
	1,125,000	724M2	243M2	1,250,000	WAIMAUKU	1,160,000	801M2	187M2	975,000
KUMEU	930,000	400M2	178M2	875,000		1,200,000	1507M2	217M2	1,150,000
	1,175,000	601M2	265M2	1,175,000		1,175,000	805M2	183M2	932,500
	830,000	345M2	173M2	935,000		1,250,000	1500M2	245M2	1,150,000
	900,000	207M2	163M2	840,000		1,200,000	1.3HA	150M2	1,075,000
	860,000	270M2	149M2	880,000	WAITAKERE	1,250,000	5HA	144M2	1,400,000
	1,100,000	635M2	220M2	1,080,000		690,000	923M2	104M2	885,000
	3,000,000	4HA	188M2	3,080,000	WHENUAPAI	4,405,000	1.71Ha	500M2	4,405,000
	1,175,000	729M2	262M2	1,250,000		730,000	112M2	108M2	778,000
	2,225,000	5.75HA	120M2	1,320,000		740,000	154M2	108M2	800,000
	980,000	400M2	198M2	948,000		1,300,000	3222M2	120M2	1,380,000
MURIWAI	1,600,000	17.38HA	0M2	1,160,000		1,125,000	2023M2	220M2	1,315,000

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

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

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Graham McIntyre  
Brand & Territory Owner  
027 632 0421







## HIGH END CAPE CODE LUXURY

4 2 2

**\$1,349,000**

### 4 York Terrace, Riverhead Asking Price \$1,349,000

Water and esplanade views greet you every day in this near new single level executive home, offering an impressive, open styled entertainers kitchen, dining and lounge seamlessly integrated onto north east decking. Out of the wind, and tucked into a planted glade of shrubbery that delivers exceptional privacy but retains the sunshine and the inner Harbour panorama. Offering a delightful design and floor plan with all bedrooms, laundry, bathroom and guest w/c off a central corridor, while en-suite and walk-in off the master provides ease and convenience. Oversized double garage, boat and motor-home parking and security gates to keep pets and children in place. Extensive plantings, now matured, delivers excellent privacy from the road.

[www.mikepero.com/RX2523006](http://www.mikepero.com/RX2523006)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## SEA VIEWS, EVENING HUES, AFFORDABLE LIFESTYLE

4 1 1

**By Negotiation**

### 7 Kaipara Lake Road, South Head By Negotiation

This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idelic Kaipara Harbour make this home more than a lifestyle option but a picture paradise. Kaipara harbour can be accessed from the Tupare Estate's private boat ramp. This gentle flowing estate of 1.6 hectares (4.12 acres) is divided into four paddocks of all season pasture. 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 estate bore. Tupare Estate home owners share an enviable number of community facilities, a large hall, tennis court, equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp.

[www.mikepero.com/RX2039027](http://www.mikepero.com/RX2039027)



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## SUNSHINE MEETS ALFRESCO IN NEAR NEW LUXURY APARTMENT

3 2 2

By Negotiation

### G07 / 57 Mapou Road, Hobsonville By Negotiation

For you, in the future, or as an investment with fantastic tenants in situ and keen to extend their stay. Big balcony, large ranch-slider into entertainers kitchen-dining and lounge. Luxury apartment living at its best. Near new this 3 bedroom apartment with two bathrooms, modern colours and clean lines, this apartment is an absolute rarity. The apartment offers easy care open plan entertainment living with the added benefit of being a complete lock-up and leave property. It has a secure basement parking with two tandem carparks. Up-spec kitchen with show-home form and function, and the simplicity of heat pump air control for all seasons. A short distance from Hobsonville Primary and Secondary Schools, Parks, café's and transport links.

[www.mikepero.com/RX2528743](http://www.mikepero.com/RX2528743)



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## EXTENSIVE SHOW HOME UPGRADES AND HOMELY FINISH

4 2 2

\$1,295,000

### 13 Podgora Avenue, Huapai Asking Price \$1,295,000

A generous four bedroom, two lounge home with two bathrooms and two separate w/c's, it delivers to the needs of a larger family or the buyer that wants space for multiple entertainment and office options. An excellent work from home property with room/office downstairs with guest w/c and easy access to kitchen and alfresco. Upstairs has three generous bedrooms and a second lounge/ retreat with ample space and awash with sunshine. Elevated views which extends to the planted tussocks of the reserve strip. Absolutely uncompromised alfresco from an elaborate open plan entertainers kitchen-dining-lounge seamlessly linking to covered decking enjoying sunshine late into the afternoon and yet sheltered well from the prevailing wind.

[www.mikepero.com/RX2535431](http://www.mikepero.com/RX2535431)



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**NEAR NEW - DECEPTIVELY LARGE IN HOBSONVILLE**



**By Negotiation**

**18 Pottery Crescent, Hobsonville**  
By Negotiation

Absolute corner site enjoying easy access and outstanding sunshine. This is a home that has been created out of a neutral colour pallet, clean design with an eye to convenient entertainers living. Set on 208 square meters and staged over two levels, this impressive 180sqm home delivers street appeal while an access lane delivers easy parking options. Open plan entertainers kitchen, dining and lounge opening onto north facing patio with clever planting and privacy screening. Single garage, laundry, storage and guest toilet completes the lower level. Upstairs has four generous bedrooms and two bathrooms off a central hallway. Centrally located in Hobsonville with a short stroll to shopping, restaurants, cafes, park and transport links while a short drive has you straight onto the Motorway.

[www.mikepero.com/RX2535432](http://www.mikepero.com/RX2535432)



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**LAND - NO COVENANTS - VIEWS**

**\$575,000**

**56E Kaipara Coast Highway, Helensville**  
Asking Price \$575,000

A truly stunning 1.6 hectare lifestyle block offering a serviced flat building platform and outstanding views to the North West. It delivers a site that is perfect for an entertainers home with extended views and privacy. The site has easy and established driveway access and title is issued and ready. In addition to the two grassed paddocks the land has a small covenanted native bush area that supports extensive bird life and privacy. Grazing is suitable for small hoofed animals (sheep, goats, alpacas) and offers good planting options to ensure you get the most out of this amazing block. Motivated Vendor is happy to look at an extended settlement. Close to Helensville convenience shopping, schools, transport links and inner harbour access.

[www.mikepero.com/RX2366714](http://www.mikepero.com/RX2366714)



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**PRIVATE OASIS - CENTRAL LOCATION - ALFRESCO LIVING**

4 1 3

**By Negotiation**

**117A New Windsor Road, New Windsor**  
By Negotiation

Seldom do you achieve the very best of privacy and tranquillity, mixed with a central location in New Windsor, so close to transport hubs, convenience shopping, schools and parks. The home was created with an eye for detail, an ear for the quiet life and the quality only achieved through meticulous project management and a no-compromises family invested build. A home that links glades of alfresco living and generous sunshine with an entertainers kitchen, dining and multiple lounges which wash with afternoon sun. A double garage, laundry and guest w/c provide easy access on the ground floor. Upstairs and into a light and beautiful atrium has access to four bedrooms and two bathrooms delivering a unique and truly mesmerising environment that will deliver peace and mindfulness.

[www.mikepero.com/RX2528253](http://www.mikepero.com/RX2528253)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**5 ACRES - MIXED ORCHARD WITH NATURAL SPRING**

5 8 3

**\$1,349,000**

**275A Rimmer Road, Helensville**  
Asking Price \$1,349,000

If you are seeking a good life, a mix of fresh greens and fresh fruits then you're starting with the right property. A five bedroom, three bathrooms, two lounge brick and tile home offering generous space with flow to north facing patio and grassed glade. A suntrap that is only in need of the homely touches and the desire to invite friends and family to enjoy. Up to eight car garaging, extensive shedding and strong room, the property has all the structure for a lifestyle buyer that wants to grow and plant and forage. A large variety of fruit bearing trees are in place while an additional paddock is ready to be planted or fenced for grazing. A natural spring feeds water to the property. A short drive to Helensville and Parakai for convenience shopping, inner harbour access and transport links.

[www.mikepero.com/RX2529830](http://www.mikepero.com/RX2529830)



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**4 HECTARES - TRANQUIL DOWNS - TAUPAKI**

5 2 3

**\$2,500,000**

**369 Waitakere Road, Taupaki**  
Asking Price \$2,500,000

Country Living zoned and an absolutely beautifully presented home with options for equestrian adventures or extended lease options to the incumbent Red Hills Pony Club. The land is well contoured into home life with established gardens, enclosed pool, sheds, extended carport and peppered with native plantings it is a private, tranquil and gated estate. Five generous rooms with three bathrooms, large formal lounge and options for two lounges, study and more. For a large family looking for the good life or an extended family looking for space this is a home with traditional values, peace and tranquillity in spades and has flexibility in how it is lived in. Make space in your diary for space in your life for this incredible property, so close to everything and so calm and quiet.

[www.mikepero.com/RX2510060](http://www.mikepero.com/RX2510060)



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**10 ACRES - ELEVATED BRICK AND TILE**

5 4 3

**By Negotiation**

**1132 Peak Road, Helensville**  
By Negotiation

First time on the market in 30 years, is this north facing brick and tile home, elevated with valley views. Offering a generous open plan living environment with central hallway to three rooms and linking to a self-sufficient guest wing. A collection of sheds and out-buildings including workers accommodation on the property allows for diversity for use and ample scope for storage. Fenced into six grazing paddocks with its own water supply and decorative ponds the paddocks have an easy care gravity irrigation system to the trough's. If you are seeking a family home with options for extended family of guests, this is a home you will want to view. Certainly a home that you be an active relaxer or a relaxer that is active. A short drive to convenience shopping in Waimauku and Helensville.

[www.mikepero.com/RX2531138](http://www.mikepero.com/RX2531138)



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# Home & Garden

## Laser Plumbing & Roofing Whenuapai

Spring has sprung! This time of the year not only brings more sunshine and warmer weather, but is an ideal time to sort out some of the post winter jobs around the house.

After a long rainy, windy winter, your gutters and downspouts may be full of leaves and other debris. This is a perfect time to clean out your gutters and downpipes. This will help prevent leaks in your home.

Since water conservation is a high priority in Auckland at the moment, it's also a very good time to check your pipes, toilets and taps for water leaks.

Laser Whenuapai can help with any spring leaks you do find. Give us a call today. From basic tap washers right into full re-piping, re-roofing, drainage or gas systems, we are happy to help with any job...big or small.

We are also specialists in hot water systems, plumbing maintenance, repairs and installations, roofing and gutters. We offer CCTV and a state-of-the-art drainage unblocking service. In addition to these services, we have a 24 hour emergency plumber available for any plumbing emergencies - as we know these can come at any time.

Open five days a week from 7:30am-4:30pm, Laser Plumbing & Roofing Whenuapai is conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

Contact us today on 094170110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz). Or visit our new and improved website at [laserplumbingwhenuapai.co.nz](http://laserplumbingwhenuapai.co.nz) for more information about our company and services.



## Standard Iceberg roses and avocados

With spring underway, it is so nice to see the deciduous trees leafing up, along with the ever popular Standard Iceberg roses. Awa Nursery currently has a good stock of these stunning roses. These classics are looking great and are currently flowering beautifully, with their new spring leaves



looking lush. Plant in a location that enjoys full sun. Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthy flowers. Regular dead heading will encourage more flower buds to develop.

If you love avocados, we have just received fresh stock of Hass, Reed, Bacon and Fuerte. A few tips to get the most out of your avocados:

It is important to water your trees during dry periods however, let them have a chance to dry out between waterings - if it hasn't rained, water every 3 or 4 days. Make sure your plants have good drainage. Weed an area 1 metre diameter around your trees, to prevent competition with the avocado tree roots. Remove all flowers for the first 18 months as these will compete for limited tree reserves. Herbicides such as roundup are not recommended as this stage anywhere near the root zone. Avocado feeder roots can be very close to the surface and even grow up into the mulch. You are best to prune more established trees if needed, in later winter/early spring. Phone Awa Nursery: 09 411 8712, email [info@awanursery.co.nz](mailto:info@awanursery.co.nz) or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

## Sustainable Landscapes

Just a thought about our gardens as summer is coming in a hurry, and if last summer is anything to go by, it was long, hot, and dry, and our precious gardens took at hammering. It's hard to watch our beautiful plants trees and ferns die from a lack of moisture, and for many, water restrictions came along.



The best way to protect our gardens, edible, or created for beauty, is to pile on the mulch, heaps of it. Mulch not only feeds our plants as it naturally breaks down, it holds in much needed moisture over those long hot weeks, enabling shallow rooted plants and trees a

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# Home & Garden

greater chance of survival.

The best mulch to use, is aged mulch - mulch that has rotted down to a damp composted state, full of nutrients and worms. Piled on AT LEAST 100mm thick on your garden, it's the best protection against the summer dry. If you would like to purchase rotted mulch call me. Call Dave Milina, 0275 1962 19 [sustainablelandscapes.co.nz](http://sustainablelandscapes.co.nz), [info@sustainablelandscapes.co.nz](mailto:info@sustainablelandscapes.co.nz).

## 2021 sculpture exhibition - grand opening

Sunday 22nd November  
2.30pm to 4.30pm.

A key attraction of the Kaipara Coast Plant Centre is our beautiful Sculpture Gardens and each year the 40 sculptures, created by local and overseas artists, are replaced in December and remain on display for the following 12 months.



Some of the artists will be available to discuss their works and pieces are also for sale if something really takes your fancy.

The opening presentations, including comment by this year's curator Shea O'Neill, will be at 2.30pm with light finger food and soft drinks provided. There will be additional entertainment on offer provided by a local musician.

Pieces are displayed along the 1.2 Km nature trail set in the lovely Kaipara countryside and placed so as to blend sympathetically with their surrounding environment

This is a great way for all the family to spend a fun and relaxing afternoon as we also have an extensive kid's play area within the gardens.

There is also 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.

\* Please note: Trail not suitable for wheelchairs or walking frames.

1481 Kaipara Coast Highway (SH16), Kaukapakapa.

Tickets: Adults \$15, Children (5-13) \$7.50 (under 5's free), Families (2A + 3C) \$35, Groups (10+) \$10.

To Book: [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz) or 09 420 5655.

## Pampas

Pampas is taking a foothold in the North West, especially as we have windy and hot summers. This South American import, also known as cutty grass, is often confused with our native toetoe and grown in gardens.

The soft and fluffy seed heads are being chosen by florists to add to floral displays, also adding to the distribution of the seeds of this nasty plant.

Keep an eye out for this plant in your garden; they thrive in hot, dry, poor soils and will be found on ridge lines, road sides and railway corridors as the seeds float in the breeze. There are also a large population of pampas in Parakai along the stop banks.

Pampas is easy to get rid of, and we can also do it in a way that means it is not a fire hazard, with instant results. Call us now on 09 447 1998.



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# Home & Garden

price. I am a Certifying plumber with 15 years' experience.

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SPS Plumbing Services Limited - Scott Sutherland, Certifying Plumber. Phone 0274 300 251 or visit [www.nocowboys.co.nz/businesses/sps-plumbing-services](http://www.nocowboys.co.nz/businesses/sps-plumbing-services).

## Solarcraft – Solar Glossary – What are photovoltaics? (PV)

- Photovoltaics are the conversion of light into electricity
- The PV phenomenon is derived from a study of physics, photochemistry and electrochemistry
- Electricity is achieved by using semiconducting materials (within a solar panel) that exhibit the PV effect
- Solar panels generate electricity directly from the sun through to an inverter...
- An inverter is like the heart of a solar system, 'inverting' the panel/sun's energy from DC (Direct Current) to AC (Alternating Current), so you can use that energy in your home!





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# Home & Garden

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## Five facts you should know about our Smart Collection

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



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

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

**Fact 3:** your home will be built using high-quality materials: Built using only quality materials from leading NZ suppliers, they're also

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

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

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

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Western ITM isn't a big corporate, We're part of a group of 94 independently owned and operated stores in towns around New Zealand.

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# Home & Garden

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## Experience the difference an expert makes

It is well understood that trees contribute to the health and beauty of our environment and our properties; they can enhance property value and our sense of place. Well-placed trees reduce energy-use costs by shading during the hot months, while also improving air and water quality. But not all trees are created equal, some are faster growing, some are shorter lived, some may be strong while others are brittle.



Proper pruning ensures trees a long, healthy life and reduces the risk of branch failure.

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Contact Shaun Hardman 021 072 0739 hardfell.co.nz Hardfell Ltd.

## Winding up a trust

Most trusts were set up to last for 80 years or less. That is, at the end of the trust's life, the trust assets are distributed to the final beneficiaries. Final beneficiaries are usually the children of the trust maker (settlers). This usually means the final beneficiaries must be consulted if you intend to wind up a trust before time. For present purposes many settlers are winding up of the trusts to avoid some of the reporting and other obligations that will come in with the new trusts act in January 2021. Alternatively, it is also open for the settlers to modify the trust deed to exclude remote beneficiaries and to favour the final beneficiaries. Postponing a decision on these matters can be problematic especially if someone or a charity has become aware they are a beneficiary of a trust. Either way, these are things which call for specialist legal help in order to achieve the best result.

Kemp Barristers & Solicitors, email us at info@kempsolicitors.co.nz or call us on 09 412 6000.

## Time for your lawn to thrive

Do you like to wander around the garden in those long summer evenings, enjoying the feeling of lush grass under your feet? Do you or your kids love have bbq's, games of badminton or cricket, maybe a bit of back-lawn camping over the holidays, or just general running around on the grass? Have a look at your lawn. Will it be ready? Do you have thistles? What about Onehunga weed prickles? They can really spoil your enjoyment of your lawn. Is the grass looking good or do you have dandelions, daisies and other weeds popping up? What about the grass itself? Have you let it go a bit over the last few months - maybe it needs a bit of a pick-me-up.

Now's the time to take action for a beautiful summer lawn. Start now and those annoying thistles and weeds can be gone and your lawn look and feel lush and beautiful when you want to be out and about on it.

Start with a targeted flat weed spray to kill those weeds (but not the grass), and then maybe a de-thatch to remove excess thatch, a little grass seed in any holes where the weeds were and then fertilise the whole lawn to promote healthy regrowth. Then arm yourself with some Onehunga weed spray and you can spray out that annoying pest before the little yellow flowers and then prickles start to appear. These straightforward treatments along with regular mowing (little and often) will see your lawn thrive and be that enjoyable resource

# Burnetts

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# Home & Garden

we all love to muck about on in our summer evenings.  
 Gary Turton - Franchisor, Jim's Mowing (NZ North).

## Waimauku Garden Club

We did meet this month. We did enjoy catching up again. We will meet in November on the 19th. It will be a visit to 2 gardens in Ramarama, Addenbrooke and Winsford. Do join us for a wonderful outing to magnificent gardens. Then it's December. We'd love to have you join us for a Christmas Lunch at The Brigham, Whenuapai. The date for our lunch is December 17. Contact Numbers: Ann 021 035 7406, Bette 021 145 1854, Diana 027 478 8928, Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

## Muriwai Tide Chart

Date	High	Low	High	Low	High
Sun 01 Nov	-	05:18	11:19	17:36	23:27
Mon 02 Nov	-	05:51	11:51	18:09	23:59
Tue 03 Nov	-	06:24	12:22	18:43	-
Wed 04 Nov	00:32	06:58	12:55	19:18	-
Thu 05 Nov	01:07	07:33	13:30	19:56	-
Fri 06 Nov	01:45	08:12	14:10	20:39	-

Sat 07 Nov	02:29	08:55	14:56	21:30	-
Sun 08 Nov	03:22	09:48	15:55	22:32	-
Mon 09 Nov	04:28	10:52	17:05	23:43	-
Tue 10 Nov	05:42	12:06	18:17	-	-
Wed 11 Nov	-	00:52	06:55	13:18	19:24
Thu 12 Nov	-	01:56	08:00	14:22	20:25
Fri 13 Nov	-	02:54	08:59	15:20	21:20
Sat 14 Nov	-	03:47	09:52	16:13	22:12
Sun 15 Nov	-	04:38	10:42	17:02	23:01
Mon 16 Nov	-	05:26	11:30	17:50	23:48
Tue 17 Nov	-	06:12	12:15	18:37	-
Wed 18 Nov	00:35	06:57	13:00	19:23	-
Thu 19 Nov	01:21	07:42	13:46	20:11	-
Fri 20 Nov	02:08	08:29	14:34	21:01	-
Sat 21 Nov	03:00	09:18	15:27	21:57	-
Sun 22 Nov	04:01	10:14	16:29	22:59	-
Mon 23 Nov	05:07	11:18	17:35	-	-
Tue 24 Nov	-	00:03	06:12	12:26	18:36
Wed 25 Nov	-	01:03	07:12	13:29	19:32
Thu 26 Nov	-	01:59	08:07	14:24	20:23
Fri 27 Nov	-	02:48	08:56	15:12	21:08
Sat 28 Nov	-	03:32	09:39	15:55	21:48
Sun 29 Nov	-	04:12	10:18	16:34	22:26
Mon 30 Nov	-	04:50	10:54	17:11	23:02

# We're locals like you



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

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



09 412 5371 [gjgardner.co.nz](http://gjgardner.co.nz)

**G.J. Gardner.** HOMES

# Central's Tips

## November 2020



The festive season's just around the corner and everything is starting to grow! Liquid feed the gardens, plant corn and pumpkins, stake up tomato and bean plants and tidy up the outdoors for summer.

### Get ahead of the summer drought

Apply our drought fighter Aquaturf Max G to help water penetration and use mulch to help retain that precious water!



### In the Edible Garden

- **Plant basil beneath tomato plants** – this combination is a gardening marriage made in heaven. Putting in a few marigolds alongside helps keep pests at bay too
- **Tie up climbing plants** including tall enough stakes for tomatoes and beans – summer edibles grow quickly and they can become a tangled mess if not trained up
- **Time to set the vegetables and fruit trees up for summer** – give them a deep water and layer pea straw or mulch around them
- **Liquid feed plants** fortnightly with **Aquaticus Organic Booster** to give plants a good dose of valuable nutrients
- If you have enough space, **sow seeds for corn and pumpkins**. Did you know that corn is better sown in blocks, rather than rows, to encourage cob production?
- **Pot up herbs** to take on holiday at Christmas time for some culinary oomph at the beach or camping ground
- **Derris dust cabbages and cauliflowers** to help prevent white butterfly caterpillars eating your garden bounty!

### The rest of the Garden

- Our product for getting through the hot weather when soil dries out is **Aquaturf Max G**. Its formulation helps water penetrate to the roots of the grass or garden soil
- **Sweet peas and wisterias** put out tendrils that need to be secured; and the quick growing canes of rambling roses should be tied back as they grow
- **Paint, stain or scrub the outdoor furniture** – this gives the garden a clean, crisp look ready for the Christmas holidays

### Lawns that are growing weeds

This is because the grass hasn't grown strongly enough, or bare patches provided a spot for them to grow. Spray with Broadsword (kills weeds, not grass), then re-sow with grass seed if necessary



## Project for November

### Perfect patios

Paving in time for the family to have Christmas dinner on the new patio? Our Central Landscapes team can help you with what you require to prepare the base, select the pavers and the right sand for the finishing work.

For all the materials you'll need for your paving project, visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)







# We dig mulch.

Set your garden up for the summer season.

Central Landscape Supplies Swanson has a great range of mulches, from trendy black wood chip to a natural forest floor look. Mulch locks in moisture and keeps the weeds down. And your plants look great too!



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# Pets

## SPCA's Doggy Daycare

They're man's best friend, giving us love and loyalty without boundaries. So it's only fitting that dogs be given the care they need during the hours we're unable to provide it ourselves.



SPCA Doggy Daycare in Hobsonville is the first of its kind for New Zealand's beloved heritage organisation. Opening its doors in July 2019, the facility is purpose-built to house a day care service alongside a new SPCA adoptions centre; the second centre in Auckland together with Māngere.

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

SPCA Doggy Daycare is not just a place where dogs can be babysat while owners are at work, it guarantees engaging enrichment activities, socialisation and exercise throughout the day. The daily routine includes both high and low energy activities, so whether your pooch has a penchant for snoozing or loves doing zoomies all day, they are sure to be catered for.

Alongside the modern facility, passionate staff are thoroughly trained in robust and safe processes for the dogs in their care. The generous staff to pup ratio means dogs get the attention they crave.

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

All future profit that comes from the SPCA Doggy Daycare will directly support the amazing work SPCA are doing around the country. Enquire at [www.spcan.z/daycare](http://www.spcan.z/daycare) or give the team a call on 09 869 6700.

## Kanika Park Cat Retreat

How to get rid of fleas on your cat and in your home. The first step in dealing with a flea infestation is to give your cat a flea treatment, such as a spot-on, tablet, collar or spray. Trying to decide which flea treatment is best for you and your pet? Choose one that doesn't require fleas to first bite your cat in order to be killed. Advocate and Advantage are two spot-on treatments for cats that are applied to

the base of your cat's head, spreading throughout the skin and are able to kill fleas on contact.

To more quickly remove fleas from your home, wash your cat's bedding on the hottest possible setting, vacuum your cat's favourite snoozing spots and use a vet-approved household flea spray throughout your home.

Seresto is a collar that also kills fleas quickly and on contact, providing 8 months of continuous protection against fleas and the flea-borne bacterial disease, *Bartonella henselae*.

Alternatively, if you choose a product such as Advantage, Advocate or Seresto, they will also work to kill flea larvae that are in your home, which will help to more rapidly bring a flea infestation under control.

Phone 027 550 1406 or email [info@kanikapark.nz](mailto:info@kanikapark.nz).

## Dog & Co

As a specialist in pet photography, many of the sessions I do are for elderly or unwell pets. There is nothing more valuable than capturing special moments and memories of your pet through photographic art, especially when they are in their golden years. I just love capturing the different aspects of their personality, their quirks, and cutest qualities, the things that their family loves most about them...and even the cheeky rascal aspects of their character that might drive their family crazy! These are all the memories we want to last forever.



A photoshoot I recently did was for Pennylane (pictured). She is a real gem, but is starting to feel her age. We had the best evening at the Bethells finding gorgeous photo opportunities and letting Penny have a fabulous time. The experience and memories of the photo session itself is almost as valuable as the resulting photos (which turned out beautifully).

I also offer the option of doing a photo session in your own home so that your beloved pet can be comfortable in their own environment. Whatever your pet requires to be happy and relaxed during a photo shoot, we'll make it happen.

I can't stress enough how special it is to have quality photos of your pets. They are our family after all. If you are wanting some photographic art of your own pets, don't hesitate to contact me for a chat. I travel all over Auckland as a specialist in on-location photography and would love to meet you and your furry family members! Website: [www.dogandco.nz](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz).




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# Pets

## The Dog Safe Workplace – a unique business

The Dog Safe Workplace works with companies to reduce the risk of dog bites when their workers have to enter onto properties where dogs may be present.

My name is Joanna Clough and I am the Director of The Dog Safe Workplace. I became interested in education around dog bites in 2005 when a dog attacked a young girl in an Auckland Park. The incident left her scarred, the owner prosecuted and the dog was euthanised. Everything about the incident was upsetting and for years I wondered what I could do to make a difference.

In 2014 the opportunity arose and we started researching dog bite numbers, locations, age groups, sex, cost both financial and psychological.

In 2005 ACC reported 4,250 dog bites, by 2018 it had increased to over 14,000.

We spoke to companies where dog bites have become a huge Health & Safety risk and many were struggling to understand how to combat the issue. Most organisations that train about dog behaviour are dog trainers. We put together a team of adult educators, canine behaviourists and dog trainers to develop a course that explains why dogs do what they do.

We then looked at what the customer required, what their staff do when they are entering properties. Are they going into the house or just the yard? What are they carrying with them? How long are they going to be on the property? What are they doing while they are on the property? Is it a delivery or will they be there for a prolonged period of time? When we have all of the information we then customise the course to suit their requirements.

We offer the training either Face-2-Face or online. The online course has a series of questions that must be answered correctly and once completed they receive a certificate.

Its comprehensive and covers a multitude of topics including; warning signs - both obvious and subtle, Increased agitation, pre-entrance signs of dog activity, recognising a potentially dangerous situation, the do's and do not's of interaction and how to remove themselves in the safest manner.

The most important thing is that it makes a difference.

Mark Benson from Wells Instrument & Electrical one of our first clients has stated "We have seen a dramatic decrease in dog bites in the past two years".

As a dog lover and owner everything we are doing is a win-win. The owners, the companies and the dogs themselves all win when we

understand canine body language.

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

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

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

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

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

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

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

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

I hope what I have written for you today is interesting and helpful.

Please contact me if you have any questions or if you know of an organisation that could use our assistance. [jo@dogsafeworkplace.com](mailto:jo@dogsafeworkplace.com), [www.dogsafeworkplace.com](http://www.dogsafeworkplace.com) or phone 027 737244.

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# Food & Beverage

## Soljans Estate

Celebrate your wedding and reception in the beautiful surrounds of our lush vineyard setting. Soljans Estate Winery presents you with a unique combination of stunning facilities and a wealth of experience as a successful wedding venue. With a range of packages to choose from, our new pop up weddings give you the opportunity to have a beautiful wedding day, with the organising done for you! We have the main aspects covered - photographer, cake, flowers - even down to the seating plan! With options to tailor your wedding to suit you, this is a great option for those couples who are looking for a more intimate, stress free wedding day. Get in contact at [weddings@soljans.co.nz](mailto:weddings@soljans.co.nz), or give us a call on 09 412 5858.



## Hallertau

Faced with a large volume of spoiled beer Hallertau Brewery have applied some kiwi ingenuity and Bavarian tradition to the problem.

On the cusp of Level 4 lockdown in March 2020 Hallertau contacted all their trade customers and advised them on the best practice for storage of their kegs and offering to replace compromised stock. An extended lockdown meant that already tapped kegs or those not suitably stored were not up to saleable standard.



With over 2000 litres of returned bad beer and a spirit still handily already located on site (Thanks Thomson Whisky), Hallertau's head brewer Steve Plowman decided to make the best of a bad situation. The beer was distilled and the spirit was captured from the beer. This very traditional of making Bierschnapps has been a long tradition in Bavaria.

Steve has taken the resulting Bierschnapps and blended it back with a high abv version of the popular Hallertau cider to create Hallertau Apple Bierschnapps. The resulting tippel retains some beer character, a peppery spiciness and rounded out a Granny Smith tang.

As a companion piece Hallertau have brewed a 2.47% Berliner Weisse - this traditional sour ale can be reinforced with the addition of a 30ml shot of Bierschnapps to elevate the flavour and alcohol level.

500ml Hallertau Apple Bierschnapps abv 30% has an initial production run of 100 bottles. Available from Hallertau Riverhead, Karangahape, Clevedon and via the Hallertau website.

## Westbrook Winery

At Westbrook Winery, there is loads of space for wine-lovers to enjoy their favourite wine while socially distancing themselves appropriately! With twenty acres of park-like grounds to enjoy, there is room for everyone, whether you like to sit in comfort on the covered patio, enjoy the fresh air on the wooden deck, sit at a picnic table by the pond or lie on a blanket under the trees.



Located 'just up the road' at 215 Ararimu Valley Road, Westbrook produces multi-award-winning Chardonnays, Pinot Gris, Sauvignon Blanc, and Riesling as well as the stunning Méthode Traditionelle Blanc, Malbec, Syrah, Orama Port, Pinot Noir and, their famous Crackling Rosé - plenty of great reasons to 'shop local' right there! Book in for a relaxed and informative wine-tasting or wine-and-cheese-tasting experience and stay on for a glass of your favourite Westbrook wine and a platter or cheeseboard. Bookings are highly recommended. Call the friendly Cellar Door team on 09 411 9924, email [info@westbrook.co.nz](mailto:info@westbrook.co.nz) or visit the website [www.westbrook.co.nz](http://www.westbrook.co.nz) for more information.

## Summer at Allely Estate

Our gardens are looking amazing, which is perfect timing because summer is when events at Allely Estate really hit full swing. As well as gorgeous weddings each weekend, we also have other celebrations already booked...a 60th birthday lunch, a 21st birthday party,



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# Food & Beverage

a 50th wedding anniversary and numerous Christmas parties. We love seeing what personal twists people put on their celebrations - how about a gourmet BBQ, a long lunch under the trees, a bouncy castle for the kids or a musician playing live for your guests? It's so rewarding for us to see our expansive gardens being used well, with people milling around outside socialising, sitting under the trees, or taking photos in front of our manicured hedging and fountain. If you're looking for somewhere special for your next celebration or team building event, please feel free to call us to look at our venue - we'd love to help. [www.allelyestate.co.nz](http://www.allelyestate.co.nz).

## Peko Peko

We are finally on the way to get our alcohol licence this month. We are hoping to be fully licensed premises by the end of month. Please keep checking our Facebook or Instagram page for this exciting update. As usual, we are open for lunch and dinner both dine in and takeaway options. Located on 102C Hobsonville Rd. 09 416 1197.



## Create your own herbal tea blend for Christmas gifts

Have you ever wanted to learn how to blend herbal teas either for yourself or as gifts? Well now you can and from the comfort of your home, starting with the herbs and spices in your kitchen cupboard.

The world of herbal tea flavours is endless. There are many varieties of herbs available in New Zealand, including our wonderful native plants, all with their own unique flavours - some sweet, some savoury, some bitter, some earthy. Combining them to create a unique tea blend can be very rewarding once you have mastered it. The good news is that these skills are easy to



learn and are transferable to many facets of food and beverages, including teas that can be served hot or cold, herbal syrups for use in fresh soda drinks or for desserts, herbal tinctures or bitters for use in cocktails, and fresh herb teas which are vibrant and unique.

With 24/7 online access, the Herbal Tea Blending Masterclass can be completed in your own time. Modules include video instruction, lesson handouts and worksheets - everything you need to know about blending herbal teas, understanding their flavour profiles, learning to taste both single herbs and blended teas, simple herbal tea blending guides to get you started, herbal safety, herbal syrups and tinctures, wild crafting best practice guide, meal pairing and understanding your palate. Created by The Herbalist and New Zealand Herbal Brew co-founder and Naturopath, Rebecca Stenbeck, you can find more detailed information at [www.herbalteablending.com/order](http://www.herbalteablending.com/order) with introductory pricing of NZ\$99.00 for 12 months access.

## Jenna-Maree Cakery

Our Cakery in Hobsonville has a cabinet full of delicious sweet treats. Here you will find our popular cabinet cakes which are ready to go; cupcakes, macarons, slices, cookies, fudge, scones and donuts.



Our specialty areas are our custom made celebration cakes, wedding cakes and for corporate events. From our 7-Tiered Cakes down to our 4" Baby Cakes, each one is made from scratch in our kitchen with only natural ingredients. All our fillings, like our popular salted caramel sauce, lemon curd and raspberry coulis are all house made. We are passionate about bringing these two things together because what is better than a cake that not only looks amazing but also has the flavours of nature to back it up.

We have an extensive range available within our online shop to make it even easier for our customers to order. Here you will find many of our offerings such as custom cakes, cabinet cakes, cupcakes, donuts, cheesecakes and macarons and they are all available with just 24 hours' notice. You can then just pop in store to collect it on your chosen date and time.

Visit our website [www.jennamareecakes.co.nz](http://www.jennamareecakes.co.nz) online shop to place your order online or pop instore anytime to discuss options. We look forward to seeing you soon.

Jenna-Maree Cakery - 102c Hobsonville Road, Hobsonville. [www.jennamareecakes.co.nz](http://www.jennamareecakes.co.nz).



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# Health & Beauty

## Pure Allies

Well, it's pretty hard to look into the future, so as I write this, I really can't tell what the weather's going to be doing when this comes to your letterbox. I wanted to write about and promote our sunscreens, but it's freezing right now.

Yesterday was roasting hot and I was wearing sunscreen. Vanilla flavour. We had to make up a batch as we had this sudden fabulous weather, customers suddenly realised that last year's dribble in the bottom of the tube was no longer going to be as effective. So please get in touch if you would like some natural, effective sunscreens, as from now on I think we all need to make sure our supplies are fresh and available.

Also I think we'll also be needing insect balms on the ready. Pure Allies does a lovely natural effective bug repellent.

pureallies@gmail.com or check us out on FB. Pure Allies NZ.



## Protecting your baby's first smile

Even though your child's baby teeth are temporary, they are important, and are still susceptible to cavities. Tooth decay in infants and toddlers is often referred to as Baby Bottle Tooth Decay, or Early Childhood Caries. The good news is that we can prevent decay with these great dental tips:



- After each feeding, wipe your child's gums with a clean, damp gauze pad or washcloth.
- When your child's teeth come in, brush them gently with a child-size toothbrush and a smear of fluoride toothpaste until the age of 3.
- Place only formula, milk or breast milk in bottles; avoid liquids such as sugar water, juice or soft drinks.
- If your child uses a pacifier, provide one that is clean - don't dip it in sugar or honey.

When your child's first tooth appears, call Kumeu Dental on 09 412 9507 to schedule in their first dental visit with our gentle dental oral therapists that specialise in seeing children. We also offer free dental care from high school until their 18th birthday, so they can continue the whole way through their childhood transition into adults. Here at Kumeu Dental, we think the first visit is the key to a lifetime of good dental health.

## Giving the gift of brighter colours

One in 12 NZ males is colour-blind. Pohutakawa flowers fail to impress; pink and purple are a mystery, and sometimes socks don't match. Sound like someone you know? Here's an idea for a great Christmas gift for that special someone.



At For Eyes we don't just test for colour-blindness, we diagnose the type and severity and have specialist lenses that give new and brighter colours for the first time. We work out the best corrective and the wearer trials them outdoors ... colour-blind people love the experience because it gives a great understanding of how others see colour and what 'normal colour vision' actually is.

Buy a gift voucher for a colour vision assessment for \$100, and if your recipient buys colour-correcting lenses, we'll apply the gift voucher to that purchase as well. That's \$200 of value.

Phone 09 412 8172 or visit For Eyes in the Kumeu Village.

## Stressed?

Wow, what a year we've had. Everybody has been affected by the disruption of lockdowns, including the loss of jobs and the uncertainty of lower incomes. Others have had to deal with family members contracting the Covid 19 virus itself, here and abroad.



Either way, the last six months has probably generated much more stress for yourselves and your families than usual.

As we know, there are different types of stress; emotional, chemical

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# Health & Beauty

and physical.

Physical stresses include falls and strains from over-lifting for example, but can also include the effects of long periods of sitting, inactivity and lack of sleep.

Chemical stresses can include drug and alcohol use, as well as exposure to toxic industrial pollutants and even reactions to natural plant-based contaminants.

Emotional stresses occur primarily, when we are overwhelmed or pushed to our limits over a long period of time.

Any of these stressors in combination, will cause your body to function at a much lower level that it can, and over time will ultimately lead to ill health and lower levels of natural well-being.

Chiropractic care is designed to help your body function at a more natural rhythm. By correcting imbalances to the spine, your nerve system is better able to regulate the body's other systems. This allows you to better adapt to the current environment, allowing you to heal, and to stay as healthy as you can be.

If this year has affected your ability to function as a healthy, vibrant, positive, effective human being, maybe a Chiropractic check-up might be able to help you get back on track.

Give us a call at Kumeu Chiropractic to see if Chiropractic care is for you. Phone 09 412 5536 for and appointment, now.

## Nerve pain – my natural prescription

Nerve pain is difficult to treat with conventional pain killers. Paracetamol and anti-inflammatories like Nurofen or Voltaren don't seem to reduce nerve pain. Even serious opioid pain killers like codeine, tramadol and morphine do not provide relief. For this reason, doctors will often try anti-depressant medicines like amitriptyline, or anti-epileptics such as gabapentin. While these medicines can be helpful, they have side effects that might be problematic. So what else can you do?

**Lipoic Acid:** Lipoic acid can be very helpful to reduce nerve pain. I have seen good results quite quickly in patients in my clinic with conditions like quadriplegia, Multiple Sclerosis, Fibromyalgia and diabetes. Lipoic acid is part of the B-vitamin family. It is commonly prescribed by doctors in Germany for nerve pain, but in NZ it is not well known. It is quite safe to take in dosages from 200mg up to 600mg/day and can be purchased without a prescription.

**B-Vitamins:** The B-vitamins are essential for nerve function, especially vitamin B12. I will always recommend people who get Shingles take high doses of vitamin B12 to protect their nerves. This is important because nerve pain after a shingles infection can be very debilitating.



*Zash Hair*

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Phone: 021 814 663 zashhair 

**Magnesium:** Magnesium has been shown to be helpful in alleviating nerve pain in some patients. Hardly surprising when you consider magnesium is essential for the functioning of the brain. As an aside, some studies have shown that paracetamol is far more effective for reducing headaches when it is given with magnesium.


**Mindfulness:** I attended a pain lecture recently where it was suggested that pain can be a sign from the brain that something needs to change in your life rather than a sign that there is damage in your body. Now you may think that I'm getting a bit "woo-woo" here, but there is now good science to back up the link between the brain and the body. If you need more convincing, I suggest you watch the movie "The Connection" by Shannon Harvey. It explains the mind-body connection very well.

My prescription for nerve pain is lipoic acid, magnesium, a B-complex combined with meditation, yoga and slow breathing techniques. Martin Harris. 396 Don Buck Road, Massey. 09 833 7235.

## Top Notch Bodyworks

Neuromuscular Therapy (NMT) and Therapeutic Massage can help with common injuries, long standing tightness and tension issues, headaches & migraines, jaw pain, neck pain, whiplash, shoulder injuries, sciatica, tendinopathies, plantar fascia, swelling, pain and inflammation.



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If you have any conditions such as asthma, heart or lung issues, osteoporosis, arthritis, diabetes or hormonal issues to name a few, our therapists can work with you safely for your massage therapy needs.

Our NMTs at Top Notch Bodyworks know what is safe to treat and



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# Health & Beauty

what is not. They also know how to modify your treatment such as putting you in positions that work for you or adjusting pressure and techniques to your comfort.

In these sessions, you get to know what is going on and why this is occurring. Followed by a treatment to improve your issue. At the end of the session you will also get to understand what you can do with take home advice.

If you or anyone you know would benefit from this type of massage therapy session.

Get in touch with us today call 09 212 8753 or book online at [www.topnotchbodyworks.co.nz](http://www.topnotchbodyworks.co.nz).

## Gorgeous necklaces and bracelets!

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Drop in to see our new range of jewellery and our delivery of gifts for the every occasion. We have plenty to tempt you for an early Christmas shop from leather goods, to glassware.

We are open every day except Sunday and would love you to come and browse anytime.



## Adult braces

Are you one of the many adults who would love to have straight teeth but worry that you are too old for braces? Actually you are never too old. About 15% of our orthodontics patients are adults. A great smile plays a big part in self-esteem and self-confidence at any age, transforming you both physically and emotionally. In fact, the biggest complaint that most of our adult orthodontics patients have is that they wish they had started treatment years earlier.

With so many technological and aesthetic developments in orthodontics, there's never been a better time to begin treatment. Depending on your specific needs, you can choose from traditional metal braces, coloured braces, white/ceramic braces which are natural tooth-brackets or Invisalign clear aligners which move your teeth incrementally and



are virtually invisible.

Braces will easily fit in with your current lifestyle as you will still be able to socialise, dine out, and give presentations - everything you would normally do. Book a consultation today with Fraser Dental at 1 Wiseley Road, Hobsonville on 09 416 5050 and start your journey to the smile you have always wanted.

## A different way of looking at health

True health is more than just how you are 'feeling'. I like the concept of health being a journey. There is a battle between life's stressors pushing our health down and our body's internal resistance pushing it back up. Over time, if we aren't looking after our body the stressors begin to win and our health suffers.

If you want to improve your health, we can do two things; firstly we can reduce the stressors we are exposed to and secondly we can improve how our body is working. This could be; improving your diet, getting adequate rest, moving your body regularly etc.

The best place to start is to pick something small and change it. Remember, "small consistent changes are the key to staggering long-term results". To find out more visit our website and blog, [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz) or call 09 413 5312.

## Are you ready to take control of changes in your life?


We are living in a time of constant change, most recently Covid-19 has been the biggest change we have ever experienced in a long time, not only are we affected by outside changes, we experience changes in our own personal lives. Some of us may have lost



a job, been diagnosed with a medical condition, loved one has died or even a pet who has passed etc, we often see change as a negative thing. However, change can be a positive experience such as job promotion, lotto win, getting married, new house, having a baby.

Did you know, there are opportunities for us to make changes for ourselves and take control of the changes in our lives?


At Astramana™ Healing Services we have a philosophy that, "Together we can bring growth and change"



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# Health & Beauty

By working together we can help you change any negative beliefs you may have about change and turn it around to be positive experience. Just as the leaves transform and change colour in autumn, we can make changes in our lives that will enhance and give us a fulfilled and meaningful life, this is something that we all desire.

Are you ready to take control and make changes in your life? Changes that you may wish to make maybe: weight loss, letting go of a fear or a phobia, coping with an illness, stop smoking, talking about the passing of a loved one, coping with stress or even letting go of the past, whatever change you want to make, together we can support and motivate you to make the change.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, clairvoyant & tarot reader Jason Mackenzie. Visit our website: [www.astramana.com](http://www.astramana.com) to see what we offer or email us at [astramana@gmail.com](mailto:astramana@gmail.com) with any questions or make an appointment or to attend a workshop. We look forward to working together so you can see the positive in change.

## 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

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our therapeutically endorsed optometrists via our website: [www.westopt.nz](http://www.westopt.nz).

## Hear 4U Limited

Hear 4U Limited is a truly unique audiology service available only to people living in West and Northwest Auckland. Full audiology services are provided in your own home. That's right, the service comes to you. Lisa Greene started this service after working for more than 20 years in the clinic environment as a qualified audiologist. She wanted to deliver a more personal level of hearing care, and ease the travel burden on client's and their families. "I love seeing people in their real worlds rather than in a clinic," she says. "I get a much clearer appreciation of their needs and can provide on-the-spot assistance with other things to help their hearing, for example, their telephone volume settings. Clients seem more relaxed and open. It just feels like the right way to provide hearing services." This service is also available to people living in care facilities. First visits are Free. For more information visit [www.hear4u.nz](http://www.hear4u.nz) or you can contact Lisa at 0800 119 510, or email [lisa@hear4u.co.nz](mailto:lisa@hear4u.co.nz).



## \$85 = Exposure for a month

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

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# Area Columnists

## Indian cultural day at the Henrikwest Care Group

The Henrikwest Care Group facilities Craigweil House, The Beachfront Home and Hospital, and Catherine Lodge each recently had "India Day," a day celebrating Indian culture. Complete with Indian cuisine, costume, music and choreographed dance performances, each home competed to win awards and prizes.



"Our residents were amazed with shows, music and all the colourful costumes reflecting different regions of India. Some residents wore saris and learned steps of Indian dances"

At Craigweil House, over six staff collaborated on a group dance in the Bhangrā style, a popular type of dance and music originating from the Punjab area of northern India. Even facility Manager David Halewood got in there with a surprise performance front and centre of a trio dance, delighting the residents of Craigweil House.

The India Day celebrations were held around the date of the Indian Day of Independence. The Henrikwest Care Group facilities celebrate various cultural days throughout the year for the enjoyment of residents and staff. In the past we have been transported all around the world from Egypt to the Philippines. However, this year's India Day was different introducing the fierce competition between the facilities.

The award for the best solo performance had to go to Dipika (Health Care Assistant) at The Beachfront Home and Hospital. Her dance was described as "splendid" and "captivating." Dipika said, "On Independence Day, dancing for my country was an immensely

proud moment. The Indian song 'Desh mera Rangeel' indicates that is a colourful country in which every state has their own costumes, culture, languages and religion [...] Unity in diversity is the strength of India."

The team at Catherine Lodge were recognised for their extravagant decor which brought the grandeur of India right into the rest home. Colourful mandala art, stylised elephants and rich fabrics were draped on the walls creating a festive atmosphere.

Although, with such passionate efforts, it was difficult to pick an overall winner, this year the team at Craigweil House were the champions. The participation on the day made staff and residents feel involved, have fun, and share a laugh - truly great efforts all around.

Photo - Dipika, winner of the Best Solo Dance, speaking about the significance of celebrating India's Independence Day at The Beachfront Home and Hospital.

## Unique confirmation

What happens when you don't have photographic identification or evidence of age?



Some clients have visited our Citizens Advice Bureau Helensville office needing information about this card, available for both New Zealand nationals and international visitors.

Formal identification like a passport or driver licence is required for activities like opening a bank account.

However, the other option is the Kiwi Access Card, previously known as the 18+ or Hospitality cards.

Our CAB volunteers can print out these forms or they can be accessed online: [www.kiwiaccess.co.nz](http://www.kiwiaccess.co.nz)

The application process includes having two passport photos and a witness who has known the applicant for more than 12 months. The card is valid for 10 years and costs \$55.

Managed by Hospitality New Zealand, the Kiwi Access Card makes access to goods and services easier for everyone in our country. The forms need to be taken to a participating NZ PostShop or AA Centre.

Our CAB, which covers Kumeu to Wellsford, is always looking for volunteers to make a difference in helping people with confidential, independent information and advice.



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# Area Columnists

Other services including JP and budget clinics, writing up CVs, providing visitor and tourist information and community window display promotions.

Our office at 27 Commercial Rd is now open for our face-to-face service from 10am to 3pm, Monday to Friday. Other options include by phone 09 420 7162 or email: [helensville@cab.org.nz](mailto:helensville@cab.org.nz) or go to [www.cab.org.nz/](http://www.cab.org.nz/) for our national website.

## Getting back to basics – growing vegetables

At Country Bears we are very fortunate to have space, so gardening and growing of vegetables, flowers and herbs is a very popular activity for our children. Ask an older child where potatoes come from, and their response might possibly be “the supermarket”. As each generation passes by, it appears that life is getting busier, so convenient, quick access to food becomes the norm.

Part of our outdoor programme is our garden; this plays an important part within our curriculum. The children learn many



things from this experience, including what work is involved in keeping a garden; different types of plants and seedlings and how to care for these so we have fruit and vegetables to eat; working in a natural environment and understanding the impact the weather has on the growth of our garden; the language and words that they may not have heard before, such as generic plant names and processes such as composting and worm farming; it is an activity that can be both solitary and group based. Gardening is a very sensory experience incorporating some, if not all, of the senses at different times, creating a holistic and rewarding experience for children.

Using our numerous gardens around the centre, we are teaching the children how to grow, maintain and watch the growth of our produce. A variety of vegetable and flower seedlings were recently planted, giving the children opportunities to learn that from a seed, produce or beauty begins to grow. Throughout this experience, the children will use mathematics, science and physical skills, along with communication, information gathering, problem-solving & social, co-operative skills.

We will be watching in anticipation for the sprouts of our wildflowers to appear and for the vegetables to grow, waiting patiently until the time is right for us to harvest. Then we shall reap the rewards; nature's healthy, vibrant, beautiful bounty.

Our on-site cook, alongside the children, will wash and prepare them, and we cannot wait to eat them.

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 out our Facebook page: [www.facebook.com/](http://www.facebook.com/)



## A GOOD BEGINNING LASTS A lifetime

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

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

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A. 79 Oraha Rd, Kumeu 0892

[WWW.COUNTRYBEARS.CO.NZ](http://WWW.COUNTRYBEARS.CO.NZ)



# Area Columnists

cbearscc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu 09 412 8055.

## Huapai-Kumeu Lions' projects support local community

Due to the Covid 19 lockdown the Book Fair scheduled for August was cancelled and the club's only Book Fair for the year will take place at the Kumeu Community Centre on Saturday 7th and Sunday 8th of November. Doors open at 9am each day finishing at 2pm. There will be the usual range of books for all ages and interests with plenty of soft covered editions for recreational reading. All books sell for \$2 with the exception of children's books where bundles sell for special prices.

People who are down-sizing or wanting to reduce the number of books on their shelves can donate them to the project and leave them at the Kumeu Community Centre over the two weeks before the Fair where Lions will be present to help with unloading. The first day for receiving books will be Labour Day (26th October) but as the hall is used by a church on the Sunday it is preferred if books are not delivered on that day.

The Book Fairs have become a popular community event and the Lions' Club give the profit from the project back to the local community. On this occasion funding will go to the building project for the Waimauku Scouts who are assisting Lions during the weekend.

Situated alongside the Kumeu Community Centre is the Pomona Hall where Lions run the fund-raising Vintage Shop project. The little hall is packed with crockery, ornaments, silverware, crystal and glassware, linen, pictures, small furniture pieces and many other one-off vintage items all at reasonable, marked prices. All items have been donated by people down-sizing or possessing things they no

longer want and, as well, from time to time, items from deceased estates have arrived at the shop. A unique gift for Christmas can be discovered here. The shop opens Tuesday to Friday 10am to 3pm and on Saturday mornings and it will be doing business both days of the coming Book Fair. Lions recently used profit from their Vintage Shop to donate some heavy outdoor tables to the Kumeu Arts Centre to be located adjacent to the Huapai Hub, another project supported by the club.

Lions in the Kumeu area is an active and social organisation focused on supporting community initiatives and anyone interested in finding out more about this world-wide organisation can phone 09 412 7752 for more information.

## Grow Action in our Community -Join Kumeu Community Action

Huapai-Kumeu's residential population grew from 1,410 to 3,432 between 2013 and 2018 - that's 143.4%. The wider area has grown even more. We welcome new residents to our friendly community. But both people who have shifted here for a quiet lifestyle, and long-term residents, are feeling the infrastructure strain - in transport and education especially.

Our roads are busier than necessary, throughout an extended peak travel time as parents and children face long journeys to school and work. This is all made worse because there is no local secondary school for our growing population, and we have poor transport options which don't even make use of existing infrastructure like the railway line, and haven't kept up with growth on the State Highway or main feeder roads. Kumeu Community Action, formerly Kumeu-Huapai Residents and Ratepayers Group, is here to lobby, mobilise and support improvements in our area. Join us, visit [www.khrra.org.nz/index.html](http://www.khrra.org.nz/index.html).

## The cost of COVID-19

In times of economic crisis a key role of Government is to stimulate the economy. The rise in unemployment is naturally accompanied by the fall in GDP and median incomes. As the economy begins to slow down, it's important the government gets it moving.

It's equally as important for governments to remember that financial stimulus should be treated in the same way as any big cash splurge - like an investment. Short term debt for long-term gain.

While short-term cash handouts solve the problem, they are enjoyed ephemerally whilst the economic issues stay as people



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# Area Columnists

remain jobless. Long-term cash injections like infrastructure projects employ a significant number of people for years on end.

This means an economic crisis isn't all bad news. It can be treated as an opportunity to invest towards growing New Zealand's assets whilst keeping the economy afloat. Today we can address the cracks in our infrastructure to build a healthy, more productive economy for tomorrow.

This brings us to the next step in the equation of New Zealand's COVID economy. How do we pay back this debt?

If the money we are spending now is targeted to support the business environment and supplement economic growth we will have less of an issue paying it back. Thoughtless spending on the other hand will burden future generations. After all, the mark of a good investment is that it ends up paying for itself.

The economic fallout from the COVID-19 pandemic means debt is inevitable, but we shouldn't lose sight of basic disciplines around the quality of spending and a focus on results, because the debt eventually has to be paid back, before the next crisis. Chris Penk - MP.

## Netsafe

Netsafe's recent research of over 200 NZ children aged 9-17 years of age showed some worrying trends about online contacts. Nearly four in 10 New Zealand kids have had contact online with someone they didn't know, and one in 10 have met someone they first knew online. Older kids were more likely to have had contact online with someone they have not



met in person rather than young children. Only 23 percent of 9 to 11-year olds and 38 percent of 12 to 14-year olds had interacted with someone new online, while 54 percent of 15 to 17-year olds had made contact. Some kids met people face-to-face that they first got to know online. Most respondents reported feeling happy (63 percent) after meeting an online contact and 25 percent were ambivalent about the meeting. Interestingly more boys reported having had online contact with someone they didn't know compared to girls.

Almost half of teenagers have been exposed to potentially harmful online content - including self-harm and suicide material. A quarter of children have been bothered or upset by something that happened online in the last year. Teenagers are accessing self-harm material (20 percent) and some are even digesting "how-to-suicide guides" (17 percent). Fifteen percent searched information on "ways to be very thin". Participants were questioned about who they turn to for help in the wake of an upsetting online incident. An overwhelming 69 percent chose a parent, 37 percent a friend and 17 percent a sibling. Eleven percent of children elected to speak with no one. For more details go to Research under Our work at netsafe.org.nz.

## Your local List MP is more influential than you may think

There is a commonly held misbelief that a list MP is not as important or as influential as an elected MP. This misbelief is no doubt a hangover from the previous electoral system of first past the post. But a list MP in government is likely to have greater influence with ministers that opposition electorate MPs.

Under the MMP system, there are two types of MPs, electorate and list and when you read this, you will likely have both in the electorate of Kaipara ki Mahurangi. All MPs have secretarial support in parliament and are funded for an out of parliament office and staff. MPs who hold an electorate seat, are provided with extra staff and resources.

But what exactly are our roles and functions? Unlike most other jobs, there is no formal job description of an MP.

In Parliament itself there is little to distinguish the two categories of MP. We must be on the Parliamentary precinct when Parliament is sitting. That means at a minimum 2pm-10pm on Tuesdays and Wednesdays and until 6pm on Thursdays. Outside these hours, MPs sit on select committees where much of the intensive legislative scrutiny and public hearings take place. The work in the committees is much more collaborative, because to pass legislation we need a high level of cross-party work and compromise.

# Kumeu



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## Marja Lubeck

Labour List MP Based in Rodney

For appointments and assistance please phone:

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# Area Columnists

Probably the most well-known part of the MP role is speaking in the House which can be asking questions of Ministers or speaking on a Bill.

By the time I fly home on Thursday night I would have done 45 or so hours since Tuesday morning. Then on much of Friday, Monday and weekends I travel around the electorate. It is a very busy role, but a real privilege to serve. Marja Lubeck MP.

## Christmas online shopping

What a year 2020 has been - with most shops closed during lockdowns online retail has grown 76% year on year.

As Christmas approaches how will you be shopping? Stores or online or a combination of the two?

There is no doubt online shopping is so much easier than ever before with more products available as more e-tailers embrace the benefits.

One of the key issues that many people experience is the delivery time / cost (especially if you live rural) and missing parcels.

At e-pack we offer a free service all year round called e-pick up - this enables you to buy online and send your parcel to e-pack.

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time, Safer - guaranteed no theft from your letter box, It's a free community service.

For more information check out [www.e-pack.co.nz](http://www.e-pack.co.nz) or call us today on 412 7018. Safe shopping and shipping @ Christmas with e-pack.

## Phelan's Local Board Update

Healthy Harbours & Waterway Funding Available. The gradual ecological degradation of our rivers and harbours has been an issue of concern for many in the community. Silt and nutrient runoff from a range of sources has seen bellwether events like the scallop fishery closure in the Kaipara. If measures are not taken to drastically change our impact on our waterways and harbours, we can expect more of these events.

The Rodney Local Board has heard the community concerns and in 2017 launched a Healthy Harbours Fund. Our approach was to work constructively with farmers and landowners to encourage riparian planting and fencing. In conjunction with industry bodies such as Fonterra and iwi we have dollar-matched landowner's efforts to fence and replant river margins to limit nutrient and silt runoff with hundreds of kilometres of fencing and thousands of trees in the ground.

This year the government announced a \$100m fund to address water quality in the Kaipara. As one of the Auckland Council representatives on the Kaipara Moana Remediation Governance Partnership group I'm looking forward to being involved in ensuring



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# Area Columnists

this significant investment starts to make a tangible difference. The estimated costs of sorting out the Kaipara long term is estimated to be over \$500m but this is an excellent first start, and it is heartening to see that our efforts locally will now be replicated on a larger scale for the whole harbour.

This fund has allowed the Local Board to open the fund to a wider range of applicants from outside the Kaipara catchment. There is no shortage of waterways in the area that are nutrient and silt-laden. Some rivers are in a poor state but are being used for swimming so assisting landowners upstream to improve them has an excellent environment and public health outcome.

If you're interested in applying for a Rodney Local Board's Healthy Harbours Fund grant you have until the 30th November to do this, you can find out more by googling 'Rodney Local Board Healthy Harbours' or visiting: [www.tinyurl.com/y65aodyl](http://www.tinyurl.com/y65aodyl)

Huapai Indoor Courts Facility Update. Work on the Indoor Courts facility for Huapai to meet the needs of a growing community has been disrupted by Covid19 and the 'emergency budget'. The Local Board resolved to put our own funding towards continuing with the detailed business case to ensure this project progresses to the design and build stage as quickly as possible. A steering group of key sports group stakeholders and council staff has been formed to work on the business case with the aim of having this completed before April. We will be looking for a good show of public support for this project in the upcoming Long Term Plan consultation in February 2021.

Do you need assistance with Council issues? You have four Local Board representatives available to assist you with questions or issues relating to Auckland Council. If you want to get in touch we are available to talk or meet with you. Brent Bailey: 021 730 892 - [brent.bailey@aucklandcouncil.govt.nz](mailto:brent.bailey@aucklandcouncil.govt.nz). Danielle Hancock: 021 195 9826 - [danielle.hancock@aucklandcouncil.govt.nz](mailto:danielle.hancock@aucklandcouncil.govt.nz). Phelan Pirrie: 021 837 167 - [phelan.pirrie@aucklandcouncil.govt.nz](mailto:phelan.pirrie@aucklandcouncil.govt.nz). Vicki Kenny: 027 670 9968 - [vicki.kenny@aucklandcouncil.govt.nz](mailto:vicki.kenny@aucklandcouncil.govt.nz).

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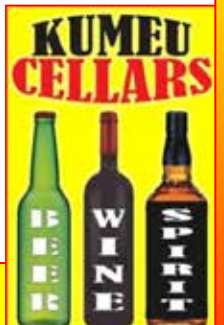
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