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Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

RIVERHEAD OLD SCHOOLHOUSE RESTORATION

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

NORTHWEST HOMES IN NATIONAL AWARDS

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

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

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November 2021



Greetings

Auckland's development is moving closer.

A "framework" plan has been suggested by the Kumeu-Huapai Residents and Ratepayers Association (aka Kumeu Community Action) to help control the area's development.

That looks to be more urgent than ever with Fletcher Living's plans for Taupaki and Riverhead, while other projects are also coming.

One is a proposed Westgate/NorthWest Shopping Centre-like development just to the northwest of the latter across State Highway 16 known as the "Spedding Block".

A rezoning of the 52-hectare block bordered by SH16, Brigham Creek Road and Trig Road in Whenuapai is proposed by Oyster Capital from Future Urban to Business-Light Industrial.

Supporting documents from 2020 indicate Spedding Road would be extended to Brigham Creek Road, and be connected via a new arterial road across SH16 from Fred Taylor Drive from the Supporting Growth Alliance (SGA) – presumably using the abutments which have already been built adjoining SH16.

Submissions on the Spedding Block private plan change proposal (PC 69) close with the Auckland Council on November 8.

Areas involved include 23-27 and 31 Brigham Creek Road, and 13, 15-19 Spedding Road, the rezoning aiming to create a new precinct with the Auckland Unitary Plan (operative in part) 2016.

The land in question involves some rural residential properties, pasture and crop land and is expected to be at least partially (if not fully) developed by 2028.

About 20% is proposed as light industrial manufacturing, 50% as distribution centres/high clearance warehousing and 30% as multiple units of between 400 square metres to 1000 square metres.

What about the associated traffic?

A transport plan provides for freight, walking and cycling links, and more.

Supporting documents say the proposal mitigates traffic impacts with the Spedding Road extension to Brigham Creek Road and that future links embrace the precinct's integration with the wider Whenuapai and Redhills precincts.

Meanwhile, COVID-19 restrictions might have seen a slight lessening of traffic congestion on and around SH16.

But don't expect that easing to continue – at least not with the all the area's growth and development. And this will by no means be the last major project proposed for the area.

Bring on the framework plan – the sooner the better!

Geoff Dobson, editor



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COVER PHOTO: Allan Wallace

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

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People & Places

Northwest homes in national awards

Local builders are among those in the Top 100 Homes up for the Registered Master Builders House of the Year Competition national awards in November.

Allan Wallace Builders has a Riverhead home in the national awards in the Resene New Home over \$2 million category after securing the Auckland/Northland/Coromandel regional Gold Award and the regional APL Sustainable Excellence award for it.

It's billed as "Riverhead Inner Beauty", with photos taken by Melissa Thomas.

The 425sqm home has cedar cladding and a schist feature wall, while is it also described as "intelligent, economical, efficient and future-focused too".

The automated smart-home system allows the owners complete control over comfort and functionality from an app or central touchscreen.

This home is energy efficient with solar-powered heat pumps, a solar-heated pool, underfloor radiant heating and prime positioning to maximise the sun.

From low-VOC paint, sustainable timber and stone, through to low-



water usage fittings, every product in the build and within the home was considered for its ecological impact and sustainability of its supply.

Maddren Homes in Kumeu has three homes in the Top 100 for the nationals.

These include Auckland/Northland/Coromandel region Gold Award winners a Milldale show home and a Huapai home in the Group Housing New Home \$450,000-\$750,000 category.

It has another which won a regional silver award in the New Home \$1 million to \$1.5m category.

A Coatesville home has earned Glover Homes the regional Renovator \$500,000-\$1 million category Gold Award and it is in the Top 100 as well.

Registered Master Builders Chief Executive David Kelly says the awards have been recognising the very best houses, quality builders and craftsmen across New Zealand since 1991.

"Each year, we are blown away by the levels of craftsmanship and innovation delivered by Master Builders across the country. The awards are an opportunity to recognise their skills in delivering quality homes for New Zealanders."

This year the regional competition had more than 347 entries across 11 regions.

The Top 100 Homes will be considered for the national awards which recognise the Supreme House of the Year and Supreme Renovation of the Year, alongside 15 award categories, the Pink Batts Craftsmanship Award, two Feature Home Awards, and four Lifestyle Awards including the Outdoor Living Excellence Award, Plumbing World Bathroom Excellence Award, APL Sustainable



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People & Places

Excellence Award, and Kitchen Excellence Award.

Judges have commented on the impact COVID-19 has had on the homes they are judging, particularly with the more recent renovations.

"Since our first lockdown last year, we are seeing more people pay more attention to their homes and creating a space they can not only live in but enjoy," they say.

"We are seeing the integration of more smart systems in the home, as well as homes offices or working spaces.

"Energy efficiency and sustainable homes is another trend that has been front of mind for homeowners and builders throughout the country."

Judges won't be re-judging the Top 100 homes because of COVID-19 pandemic restrictions, instead basing them on regional scores.

While a National Awards Gala is planned on Saturday, November 20, at the Cordis Hotel in Auckland, the region's continuing restrictions may mean a virtual event could be needed.

The awards also recognise the building and construction sectors' contribution to the New Zealand economy.

"We play a vital role in New Zealand," David says.

"Every \$1 million spent on house building supports \$2.6 million across the wider economy. But our greatest source of pride is that we are building the quality homes that Kiwis will live in for generations to come."

Visit www.houseoftheyear.co.nz for more information.

Riverhead old schoolhouse restoration

Tradies and those with renovation experience are needed to help restore Riverhead's old schoolhouse at the Riverhead Community Courts which will play a key role in Riverhead School's 150th sesquicentennial anniversary in March 2022.



An "Ode to the Old Girl" starts the weekend of activities on Saturday, March 19, the "Old Girl" referring to the school's original building which was relocated to the

courts to serve as clubrooms, allowing expansion of facilities at the school to cater for a rapidly increasing roll.

The March 19 events include a meet and greet at the "Old Girl" from 1pm-2pm where a coffee cart will be available during the afternoon.

Meanwhile, the Riverhead Community Courts Club (RCCC) is hard at work fundraising for the old schoolhouse's renovation, which includes running a Givealittle page with the goal of raising at least \$30,000 towards repairs, mainly for its wooden sash windows.

"Every little bit helps, whether it is for the windows, interior and exterior painting or connecting vital services (plumbing, wastewater)," RCCC chair Rachel Spencer says.

"If local painting businesses would like to give quotes or donate materials or labour please get in touch."

In addition, there is an orchard and patio, pergola and barbecue area proposed for the exterior. These additions will better connect her to the wider Riverhead War Memorial Park redevelopment and provide a focal point for community gatherings in future years, the committee adds.

Other than through the Givealittle page, people can donate directly by contacting Rachel on 021 493 907 or emailing riverheadcommunitycourtsclub@gmail.com for more information and to provide their details.

The RCCC is passionate about the restoration and preservation of the community-owned Riverhead School historic schoolhouse for locals to enjoy now and for generations to come.

In 2009, the schoolhouse was relocated from the school grounds to her current site in the Riverhead War Memorial Park adjacent to the tennis courts to make way for new classrooms at the school.

The building is now owned and managed by an incorporated society (the RCCC) for the long-term use by the wider community.

The RCCC committee (including some of its members pictured) is a small group of passionate local volunteers who have taken on the responsibility and care of the schoolhouse, with the aim of raising sufficient funds to turn the building into a highly usable asset for the community.

Since relocation, the building has been used by the Riverhead Tennis Club, a group of local crafters, and temporarily as a storage facility.

It is currently not able to be let due to the lack of sanitisation (toilet and running water) and the further deterioration of the front windows which has become a health and safety concern.

The "Old Girl" is in a prime location within the Riverhead War Memorial Park but needs some love and attention to restore her to her former glory, the committee explains.

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Mainly original inside - right down to the old blackboard and wooden sash windows - she is crying out to be restored to her charm of yesteryear, its grand history filled with the sound of children's laughter.

"We want her story to be continued and for her to play a larger part in the community," the committee says.

Different from the Riverhead Citizens Hall in terms of size and character, the old schoolhouse complements the offering of the larger hall.

"Once the basic work is complete, we envisage the schoolhouse being made available for the following clubs/groups: Art and/or craft classes, Yoga, Senior citizen group/youth group/parent and baby group, Gardening club, Dance classes, Small parties, Local get-togethers, Karate/Judo or similar And continuing as the base for the tennis club."

The adjacent tennis courts are well utilised by the community.

"We see the courts and the building as intrinsically linked, along with the connection to the skate park below the building," the committee says.

The courts are used by many different groups - tennis, basketball, netball, scooters and learn to ride, for instance.

Kumeu Showgrounds events delayed or cancelled

Continuing COVID-19 restrictions in Auckland have forced the cancellation or postponement of various events scheduled for the Kumeu Showgrounds.

These include the Monster Fireworks Display which is a major fundraiser for Taupaki School.



Organisers say they've made the very hard decision to cancel the display and associated rides and stalls this year because of the uncertainty around COVID-19 levels and associated gatherings, adding they would need to be comfortable at level one to run the event - which now seems unlikely.

The event, which was intended for October 29 and usually includes a Halloween theme, is now planned for late 2022 instead.

The Food & Vines Festival scheduled for November 13 has also



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been cancelled for similar reasons.

And a fundraising luncheon initially planned for October 15 then November 26 is expected to be rescheduled again to February 2022 due to COVID-19 level uncertainty and the availability of keynote speaker former Prime Minister and former Helensville MP Sir John Key.

The Crusty Demons motorcycle stunt show on November 20 has also moved to February 5, 2022.

Kumeu Agricultural and Horticultural Society secretary Lizelle Westman says whether other events planned for December and January need to be rearranged still has to be determined.

Pat Delich tribute

Local identity Patrick (Pat) Delich has died aged 84.

The former Rodney District western ward councillor of nine years (2001 to 2010 when the Auckland supercity was formed) had served as the council's works committee chair, duties including getting the Northwest's roads sealed, was a roading contractor for 50 years, grew tomatoes (Delco) at Kumeu, did a stint in real estate sales, and tackled many other tasks in his time.



Born on April 8, 1937, Pat was the youngest of 12 children to Mate and Mary Josephine, and started his schooling at St Michael's Catholic School in Remuera before completing his high school years at St Kevin's College in Oamaru, near his eldest sister Joy in Dunedin.

Pat's mum was in poor health throughout the late 1940s and early 1950s and died in 1951 when Pat was 14.

After leaving school at 15, Pat had many different jobs, including being a "grease monkey" in a garage, bus driving in Wellington, to



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working in his dad's haulage business in Auckland.

Pat later worked with Bitumix on road construction around the North Island in the late 1950s and early 1960s, marrying Margaret on May 1, 1965, after which Pat bought his first truck - a TK Bedford, later sold and replaced with a Commer truck for his work in road construction, his family recall.

Sons Dominic and Damian were born in late 1965 and late 1966 respectively while the family was living at Bucklands Beach in Howick.

Pat and Margaret bought a bare four-hectare Kumeu property in 1969, intending to build a home but first putting an old railway carriage on the property with bunks at each end for weekend use while developing the place.

"Around 1970/1971 we moved up to Kumeu and rented a house on the main road while the house was being built," Dominic recalls.

"In 1971 dad sold the Commer and brought a 1969 International six-wheeler, known as a 'butterbox' because of the shape of the cab. The truck is still sitting in the shed to this day and is now over 50 years old."

The house was built labour-only as Pat sourced all materials due to his industry contacts, and used the services of a local plumbing company where a young apprentice Darryl McDonald worked, the pair remaining firm friends.

Pat continued working for Reliable Roads while glasshouses were being constructed on the Kumeu property to grow tomatoes, the first crop produced in 1979, Pat eventually winding down his trucking business in the 1980s to focus on tomato production before a bad back started to slow him down.

After many years in real estate, Pat became a Rodney councillor - always getting his point across and never avoiding controversy either, while being renowned for his dry sense of humour.

He fought for a decade to get the roundabout at the Taupaki Road/ State Highway 16 intersection, working closely with Taupaki resident Wayne Ryburn.

Following his sons' early rugby playing days in the 1970s for the then Western United Rugby Football Club (Kumeu and Helensville), Pat had a long association with the club which later became the Kumeu Rugby Football and Sports Club at Riverhead, and he was one of the founding members of the North Harbour Rugby Union for which he was made its first life member in 1996.

He was deputy chairman in the 1990s and was on the Super 10 competition organising committee with top clubs from New Zealand, Australia and South Africa.

Dominic, living in the United Kingdom, was surprised by Pat returning from one of the competitions.

"I was at home as I had broken my ankle playing the previous weekend."

Dominic recalls his parents having many dogs over the years, while Pat also loved opera music and history.

"During the years since he finished work, dad enjoyed nothing more than spending time tinkering in the shed, making things, bodging things and trying to repair things he originally bodged."

While Pat died in September, a service couldn't be held for him until October 6 at Davis Funeral Services Henderson - and it was then limited because of Auckland's COVID-19 restrictions, which included Dominic having to spend time in managed isolation and quarantine (MIQ) after travelling from the UK.

Huapai-Kumeu Lions projects on hold

Projects planned by the Huapai-Kumeu Lions have been thwarted by the COVID-19 pandemic lockdown.

A joint project scheduled for September with hot rod enthusiasts involving members and their vehicles fronting a street-by-street canvas seeking donated non-perishable items for the local food bank could not proceed.



In October, Lions had arranged to give support to Women's Refuge by promoting a fundraising concert performed by Kumeu Vintage and Brass bands, which also had to be cancelled for this year.

It is hoped that circumstances will allow both projects to proceed in 2022 as club members are keen to give support to worthwhile local causes working in partnership with organisations that attract community participation, the club says.

In this respect, Riverhead Scouts will be partnering with the club for their popular Lions' Book Fair scheduled for May 28 and 29 next year.

Lions Clubs NZ is part of a world-wide organisation with more than three million members offering support to worthwhile community organisations and people in need.

New members are welcome at the local club which has a dinner meeting on the first and third Tuesdays of each month in the Kumeu Community Centre.



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Counting the cost

Many Northwest homes and businesses affected by the late August flooding are still battling to get their properties ship-shape.

One Kumeu couple are in temporary accommodation as their two-storey home is being almost completely rebuilt, and they're hoping to move back in before Christmas.

Kumeu Community Action chair Guy Wishart covers his and others' situation in his follow-up report in this edition, including the problems in getting tradies and materials.

The Kumeu pair, who we won't identify for security reasons, say they were insured but that all-up costs are running into hundreds of thousands of dollars.

They say flood waters were up to 1.7 metres high (well over head height) in some parts of their property and they lost everything, including vehicles.

The husband says the two were at home when flood waters started rising on the night of August 30, but they managed to wade to safety in just what they had on with his wife rescuing only her handbag.

After many years of living in the district, they say the flooding was the worst they had seen.

Like some 54 West and Northwest properties listed in the latest Auckland Council flooding report their home has been given a yellow placard, meaning access is restricted and that electrical systems could have been compromised.

Five properties have red placards, prohibiting entry because they're unsafe due to significant structural damage.

Losses are put at about \$56.5 million from just over 2400 claims, according to the Insurance Council of New Zealand.

About 30 industrial and commercial buildings have been checked by council building inspectors in Kumeu, most on Main Road and Shamrock Drive. Of these, two have yellow placards but no red ones have been issued.

The report says nine families were registered with the Temporary



Accommodation Service (TAS) as at October 21, six in TAS-supplied accommodation booked until November 30.

The Rodney and Waitakere local boards considered support for flood impacted communities, and another recovery report is expected in November.

An integrated works programme that strengthens the disaster resilience of people and places is being explored as part of the local boards' 2022-2023 financial year work programmes.

Streams are in the process of being cleared to reduce any further impacts, the report notes.

Storm debris was able to be disposed of free at the Waitakere Transfer Station up to October 17 with about 103,660kg delivered.

Kumeu Christmas parade cancelled – again

COVID uncertainty has forced cancellation of the Kumeu Rotary Christmas Parade for the second successive year. And this time a Christmas at the Showgrounds event at the Kumeu Showgrounds won't be held either.

The popular parade along Main Road (State Highway 16) through Huapai and Kumeu is usually held near the first Friday in December (December 3 this time) but co-organiser Dale Wallace says it's now planned for the end of next year. She says the cancellation is very upsetting, especially as children will have missed the opportunity to participate in the parade two years running.

But Dale says uncertainty around gatherings under COVID-19 pandemic restrictions and the Government's change of tack towards a 'traffic light system' for handling the Delta variant outbreak mean parade organisers cannot ensure complete safety around both events.

The Christmas at the Showgrounds gala which replaced last year's parade and included school performances, food trucks, a market, and a visit from Santa won't be held this time after a survey revealed most respondents still wanted a parade.

"Many people put great effort into making their floats," says Dale, adding the parade takes nearly a year of organising by a small group of volunteers. She praises the support of many, including the Auckland Council and Rodney Local Board events manager, Traffic NZ which works on road closures around the parade, people who sent in entries, the Kumeu Showgrounds, and others involved. "This community event is worth continuing to run - hopefully, we can try again next year."

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North West Country Business Awards 2021 delayed

The popular North West Country Business Awards have this year been postponed until around Christmas due to the uncertainty with COVID-19 pandemic restrictions.

"We hope to have the awards ceremony in some form towards the end of this year," North West Country Business Association chair Mark Dennis says.

Having a virtual awards event doesn't quite cut the mustard for the association, which has previously hosted the annual presentations at The Riverhead.

People enjoy attending the ceremony, mixing with others and to have a photo opportunity with others, Mark explains.

He says the COVID-19 restrictions also make it difficult to run some other aspects of the awards, such as the "secret shopper" portion which provides judges with feedback on award entrants.

The COVID-19 restrictions (now flagged for lifting if enough people get vaccinated under a new COVID-19 Protection Framework), along with recent flooding, are another "kick in the guts" for businesses, some of which are struggling to survive, Mark adds.

He says the association will keep businesses informed.

North West Country Business Awards 2021 finalists.

Health & Beauty - Aneia Warner Salon, Lash Envy, Mr & Mrs Smith, Muscle Management, Phoenix Beauty Therapy, Pike Hair Boutique, Solimara NZ, Topcoat Nail & Brow Boutique.

Hospitality, dine in - The Riverhead, Blossoms Café, Morepork BBQ, Westbrook Winery, Zacs Pizzeria.

Hospitality, take away - Hapunan Filipino Cuisine, Just Jess Boujee Bakery, Liberty Brewing Tap Room, Local Hero Coffee Works, Sweet Az, Sweet Retreat, WOW Sushi.

Manufacturing and Trade Services - Blackout Electric, GT Marine, Helensville Mechanical Services, NJC Equipment Hire.

Not for Profit - Kindred Family Services, Parent Aid North West.

Professional Services - Jana Mills - Prestige Realty, Marbles - People & Culture Hub, The Secret Garden Huapai.

Recreation & Leisure - Good from Scratch Cookery School, KC Fit, PWR FIT Studios, Skydive Auckland.

Retail - Doctor Dog NZ, Eleventh Hour, Floral Muzik Florist, Gently Loved Markets, Parakai Four-square, The Shoppe - Artists and Crafters Collective.

Rural Services

- PGG Wrightson, River Valley Meats.
 Meanwhile, the North West Country Business Association is surveying local businesses in a bid to request the Minister of Small Business Stuart Nash to provide more certainty around getting businesses open, especially in the hospitality industry and health care.

Mark says issues include mask mandates and vaccination requirements such as people presenting a proper certificate to show they have been double jabbed, for instance.

He says businesses also want to avoid any risk of people altering or faking vaccination certificates.

North West Country Business Association manager Phelan Pirrie says after spending several weeks talking with businesses that remain closed he says the situation has become "pretty dire".

Many are unable to afford staying closed for months with little or no income and the wage subsidy not meeting all their costs such as rent, services, and more.

Mark says the lead-up to Christmas is usually the busiest time for many businesses and provides the chance to make some money to help keep the business ticking over for the next year.

He worries COVID-19 restrictions may dent that opportunity, particularly for those reliant on seasonal trade.

"They can't sell enough in many cases, even with contactless systems in place, plus there's often delivery costs and other factors involved.

"We need to be open now."

Flood funding

About \$8000 has so far been paid out to eight business (\$1000 each) and some to families affected by the late August flooding.

The money has come from the North West Business Association's own instant flood fighting fund and via a Givealittle page which has so far raised about \$6500 on its own.

Marks say while many businesses were probably covered by insurance for the flooding, some found the payout insufficient and in most cases also had to meet an excess payment.

"Contractors and materials have also been hard to get," he says.

Mark is pleased with the reaction to the Givealittle page, saying many people made donations which has enabled some businesses to get ready for re-opening.

"We haven't officially closed off the funding so people can still donate," he adds.

Mark encourages people to shop locally and support local businesses.

"It will help them to survive, and many of the local businesses provide support in some way to their local community as well."

Digital vaccination certificates are due from the Ministry of Health in late November through "My

Covid Record", or you can request a vaccination confirmation letter before then which can take up to 10 working days.

COVID-19 Protection Framework announced

A new COVID-19 Protection Framework has been announced by the Government which aims to deliver greater freedoms for vaccinated New Zealanders.

It provides pathway out of lockdown and ability for businesses and events to re-open to vaccinated New Zealanders, the Government says.

The simpler framework is intended to minimise COVID cases and hospitalisations without use of widespread lockdowns.

Auckland will move into the new framework when 90% of the eligible population in each of the three District Health Boards (DHBs) are fully vaccinated.

Up to \$940 million per fortnight is available in a Business Boost package, and \$120 million is earmarked to accelerate Maori vaccination rates

Cabinet will review COVID-19 vaccination progress on November 29.

"Our current alert level framework and elimination strategy kept us safe and the economy functioning while we vaccinated, but now as more Kiwis are protected by the vaccine we need a new plan to that moves away from lockdowns as our primary defence against the virus," Prime Minister Jacinda Ardern says.

"The simplified framework has three levels - green, orange and red. Vaccine certificates will provide greater freedoms at each level, and there will be extra public health precautions built in at higher levels to minimise the impact of COVID-19 and suppress the spread of the virus."

The new traffic light framework will allow businesses previously considered high-risk to fully open to vaccinated customers at green and orange and continue to operate with some restrictions at red. Businesses that choose to open to the unvaccinated will face restrictions to suppress the virus amongst those most likely to have it.

"Fully vaccinated people will be able to reconnect with family and friends, go to bars and restaurants and do the things they love with greater certainty and confidence. The framework also provides businesses greater certainty to plan and grow," Jacinda says.

The framework maintains the ability to move up levels when needed to control an outbreak, but is more flexible than the current alert level system, she adds.

Testing, contact tracing and isolation will continue as key tools to minimise virus spread, and localised lockdowns will still be an option if rapid growth in cases is seen in areas with high levels of unvaccinated people.

Just when the traffic light system applies isn't yet known but it's widely expected to take effect before Christmas.

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 ENGINEERINGS WAIMAUKU MECHANIC COFFEE GYM S RIVERHEAD CAR HIRE PIZZA PICTURE FRAMING GIFTWARE HUAPAI
 S LAWNMOWERS HELENSVILLE GARDEN CENTRE S WWW.NORTHWESTCOUNTRY.CO.NZ HUAPAI PASTRIES FOOD PROCESSING
 RENT HIRE PARAKAI HOT POOLS OPTICIAN MOTORCYCLES RIVERHEAD CAR HIRE PIZZA PICTURE FRAMING GIFTWARE HUAPAI
 TANT YOGA STORAGE MORTGAGE BROKERS WA COLLECTION HUAPAI ELECTRICIAN VEGETABLES PRINTING GLASS CUTTING KUMEU
 RY CONSTRUCTION HAIRDRESSING PARAKAI BEER LAWYER HAIRDRESSING PIES TYRES RIVERHEAD BURGERS ANIMAL FEED VETS
 VILLE FILM STUDIOS KEBABS ENGINEERINGS WAIMAUKU MECHANIC COFFEE GYMS KAUKAPAKAPA PETROL FISH N' CHIPS EQUESTRIAN

Safer Communities



Welcome to Spring!

It's a good idea to talk to your children about fire safety, how to avoid starting fires, and what to do if there's a fire in your home.

Children as young as five can learn what to do in a fire emergency. This is lifelong learning that they will take into adulthood. Children also need to understand that fire can be dangerous.

Talking about what to do in an emergency

If a fire starts in a room, a person has about 3 minutes to get out before the room is engulfed in smoke or flames that

will kill them.

Teach your children to get out and stay out if there's a fire. If they see a fire or hear a smoke alarm, tell them to:

- Get out of the house FAST (using your escape plan)
- Shout "Fire Fire Fire!"
- Go to the safe meeting place that you have practiced going to with your children

Talking about fire

When talking about fire, children might ask about people dying in fire emergencies. You should provide truthful answers without making the child afraid.

You can tell your child about firefighters and how they rescue people in fires. However, sometimes firefighters might not arrive in time to rescue everyone. A fire can also be burning so fiercely that it's not possible to rescue people.

That's why it's so important to have smoke alarms and an escape plan to



know what to do in a fire. Remember, get out, stay out.

With the start of daylight savings don't forget to test your smoke alarm by pressing the button to sound the alarm. Remember you can't smell smoke while you are asleep.

Keep safe,



Denis Cooper

Deputy Chief Fire Officer

Waitakere Fire Brigade

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Community News

Running out of ways to keep the kids entertained?

Want to spend a night with your family and friends under the stars? Backyard Flicks NZ has got you covered! We have giant Backyard inflatable movie screens that are sure to be the hit of the party! Our screens go up within seconds and all you have to do is plug them in. It could not get any easier. We have everything you



need to make your backyard experience memorable, from inflatable couches with blankets and pillows, Littles packages, air loungers and most importantly, popcorn machines!! As if that isn't enough, we also offer indoor and outdoor Sleepover packages so the kids will be sorted for the night catching up with their best friends and having the time of their lives. We have brand new exciting packages coming out so keep an eye out on our Facebook page www.facebook.com/backyardflicksnz or head straight to our website www.backyardflicksnz.co.nz to secure your spot now!

Kumeu Library

One certain thing in these uncertain times is that all of us at Kumeu Library are looking forward to seeing our customers in person again! Don't forget that a huge range of library services are always available online, so you can access your library any time, anywhere. We have excellent collections of eBooks, eMagazines and eNewspapers, a huge range of databases, and our Beamafilm online streaming

service. If you're not already a member of Auckland Libraries, you can sign up for free at www.aucklandlibraries.govt.nz. All you need is a valid email address to create an eMembership. Please note that this category of membership does not enable you to check physical items out from the library - you'll need to bring your barcode number and photo identification to the library for this.

One thing you won't see when you come back to Kumeu Library is fines on overdue items - library overdue fines are gone! We've automatically removed overdue fines from library accounts - current and historic. You'll also no longer be fined for returning items after the due date. This change does not apply to inter-library loan overdue fines. Replacement charges will still apply if an item doesn't come back within a given timeframe.

If you or one of your whānau are vulnerable people in need of reading material or entertainment but are unable to visit the library due to mobility, access or other special circumstances, we can help. We have a delivery service for vulnerable or homebound customers in which library items are delivered to homebound customers. This service is available to homebound or vulnerable people who are at a higher risk of contracting COVID-19 including: Those with medical conditions (chronic lung, heart, kidney disease, etc.), Compromised immunity (radiotherapy, chemotherapy, immunity weakening medicines, etc.), Older people (particularly those over 70), People in aged care facilities, Pregnant women (in their third trimester or with underlying health conditions).

Contact our Library Connect team on 09 377 0209 or via our general enquiries form to arrange a delivery. Please note these deliveries can only happen when libraries are open.

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with all local library news and events.

The Mobile Car Specialists

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



- 1) Never put it through automatic contact / bottle brush car wash machines
- 2) Instead use the 'two bucket hand wash system' - <http://www.mobilecarspecialists.com/wash-your-car.html>
- 3) Always check for grit / solids before wiping down with a microfibre - one tiny invader can cause a lot of scratches
- 4) Regularly apply wax for protection, or have a ceramic coating applied which lasts for years

Kumeu



Village Kindergarten

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Community News

Our services include: Dent removal - small to large, Yellow / foggy headlight restoration, Ceramic coating paint protection, Signwriting removal, High quality paint correction / cut and polish, Contaminant removal (cement, metal grindings, sunscreen).

We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

Keepsake bear

A bear with a story to tell...

Our lives are made up from thousands of micro-moments or stories. Some stories we want to hold onto, to relive the feeling of and cherish forever.

It may be the story of marrying your soulmate, bringing your babies home, their first day of school, your first school ball or snuggling into daddy's shirt.

Sometimes, when it's hard to let go, it pays to have something to hold on to. One more lasting hug, reminding us of when we were able to do it in person.

On my 7th birthday, a gift arrived from my grandparents in England. The brown paper parcel, wrapped in string, was handed to me. With wide eyes I tentatively untied the string and unstuck the paper, being careful to preserve it, even though it was just brown paper. Beneath its brown paper exterior, after peeling back layers of tissue, cocooned inside was the most glorious golden teddy bear. My love affair with soft toys, tissue paper, brown paper, and string, began.

While most refer to this time of forced quarantine and isolation as "lock-down", I prefer to use the Māori word "whakahoki mai", which means to restore. This time has been a pure gift and I have used it to restore my energy and rediscover my creativity.

"Ātaahua" is the Maori word for 'beautiful'. Each doll and bear are carefully and beautifully handcrafted, using only quality fabrics. My desire is to preserve precious moments, to carry the memory of a departed loved one, or cement the relationship between parent and child by using an article of clothing that represents that special person. No two bears will ever be the same, because we are all unique and our stories different.

The delight these bring is tangible and people are often moved to tears when receiving their precious bears. They mean everything to people and I LOVE being the temporary custodian bringing to life a memory, treasured for a lifetime, and beyond.

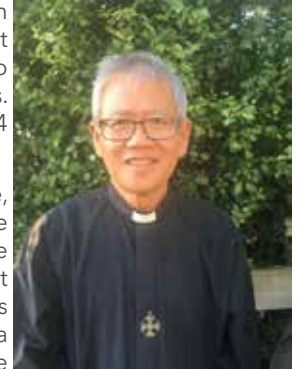
Recipe: Take one item of clothing, a blanket, sheet or other cloth.



Share your story with Ataahua Dolls and we will capture the memory for you in a designer bear.

Who said age was a barrier to the online world?

It is often said that the older generation don't cope with online technology but St Chad's Anglican Church seems to be disproving any such suggestions. When Auckland moved to alert level 4 St Chad's moved to zoom.



Recently appointed Priest in Charge, Rev Cheen Khaw, was very quick off the mark and a Zoom service replaced the usual 10 o'clock gathering on the first Sunday in lockdown. Within 2 weeks the numbers online were matching a very good Sunday at St Chad's and the numbers attending online continue to grow. Cheen has added a short 10 o'clock Thursday morning service as well. Everyone is welcome to join in and whilst attendees have to make their own morning tea and refreshments, everyone enjoys the social side of being at St Chad's after both morning services. Our musicians have continued to help in the online worship and we have also enjoyed a couple of sermons from the Bishop of Auckland, Rt Rev Ross Bay.

The very popular Selwyn Centre, catering to the more senior members of the Huapai and Kumeu communities, has been meeting online on a Tuesday morning with social chat and their regular exercise classes.

It is very difficult to know at what point we might be able to meet together in our wonderful building but for now we will continue to gather together via Zoom and anyone who would like to join us would be very welcome. Just contact our administrator Colin Newel at saintchadshuapai@xtra.co.nz and he will ensure that you are added to the invitation list.

Deferred but not defeated

Due to the current Level 3 situation, the 7th annual ARTS in the VILLE (2021) has to move dates and will now be held Saturday & Sunday, 27th & 28th November from 10am to 4pm each day. Come one, come all for a weekend not to be forgotten.

New service - Massey Hobsonville & Rural

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Community News

ARTS in the VILLE celebrates local artists who live and work in and around Helensville. During the weekend you will have the opportunity to meet artists in their studios and pop-up galleries, talk to them about their work and purchase pieces directly from them.

During the weekend there will be a visual treasure hunt around the town. Various pieces on a theme will be hidden around town for visitors to spot. Entry forms for this hunt can be collected from the Helensville Art Centre, which is in the basement of the War Memorial hall. The prize is a piece created and donated by celebrated artist Jeff Thomson. The winner will be drawn at 4.30pm on the Sunday.

Details and maps will be available prior to the event from the website www.artsintheville.co.nz and on Instagram <https://www.instagram.com/artsintheville.co.nz/> on the Facebook page <https://www.facebook.com/artsintheville.co.nz> or on the day from the Festival Hub in the Art Centre, underneath the War Memorial Hall.

For more info email Jo Ogilvie, Event Manager at events@artcentrehelensville.org.nz.

The Story of Scouting

Today there are more than 50 million Scouts, young people and adults, male and female, in over 200 countries and territories.



Scouts was first formed in 1907

By Robert Baden-Powell, it began as an experimental camp with just 20 boys.

The camp was a great success and proved to its organiser, Robert Baden-Powell that his training and methods appealed to young people and really worked. In January 1908, Baden-Powell published the first edition of "Scouting for Boys", and has since sold over 100 million copies, making it one of the bestselling books of all time.



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Since then, over 500 million people have been Scouts, including prominent people in every field.

The first World Scout Jamboree took place in 1920 with 8,000 participants, and proved that young people from different nations could come together to share common interests and ideals. Since that first World Jamboree at Olympia in London, there have been 21 others at different locations. The last World Jamboree held in North America in 2019 was attended by 45,000 Scouts, that's more than the population of Te Atatū Peninsula, Te Atatu South and Henderson combined.

The Early Scout Programme - Scouting began as a programme for boys 11 to 18 years of age. Yet almost immediately others also wanted to participate. The Girl Guides programme was started in 1910 by Baden-Powell who designated his sister Agnes to manage it. In 1915 Robert Baden-Powell became Chairman of the Girl Guides Association, and his wife Olave, whom he married in 1912, became the new Chief Guide in 1918.

Today in New Zealand, Guides and Scouts have a combined membership of approx. 25,000. If you want to know more about Scouts, please visit www.scouts.nz, or email me: zl.waitoru@zone.scouts.nz. Craig Paltridge Waitoru Zone Leader.

Learning about animals and their habitats

At Nature's Explorers Kindergarten, our planning programme stems from the current interests of our tamariki. What we have noticed recently, is that our tamariki have been fully involved in creating environments for a selection of different animals, including; jungle, zoo and farm animals. These habitats



have been constructed using a variety of materials, including natural materials, blocks and a variety of loose parts. From these observations, as a teaching team, we have decided to support this interest by instigating a Programme Plan for our tamariki to extend and build on this, looking at learning about, 'Animals and their Habitats'. This process entails; reviewing where this interest came from, determining teaching strategies and experiences we would like to encourage. Including; providing opportunities for tamariki to be leaders of their own learning, by listening to their ideas and allowing the child (taitamaiti) to help turn their ideas into reality.



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Community News

Along with demonstrating how to look after our environment and respect nature.

We will also encourage our tamariki to learn through play-based contexts, including through caring, learning and focused partnerships. We also looked at what Kaiako (teachers) and tamariki would like to learn. For example; researching and discovering the different habitats animals are from. Supporting children's enquiries on animals, i.e. "Do horses sleep standing up?" - and "Why do Flamingo's stand on one leg?"

Also, as Kaiako we believe te reo Māori and tikanga Māori are valued and an integral part of teaching and learning and these aspects will be interweaved throughout our planning. Through this proposed Programme Planning we look forward to supporting our tamariki with developing learning dispositions including; curiosity, playfulness (with other/materials), confidence, creating, imagining and questioning.

To enquire about Nature's Explorers Kindergarten, please contact Ange phone 09 412 8800 or email us: office.kindergarten@xtra.co.nz.

Can you do it? Yes, you can!

Another month has gone by and we are still in lockdown, who would have expected it to be so long. This lockdown seems to be pushing each one of us to the limit. How long it's going to continue for, we don't know.

Some of us may wonder how much longer can we cope with this and whether or not we will be able see any light at the end of the tunnel.

Now is the time for us to pull out all the inner strength we have, to remain strong and calm in this situation. How can we do this?

To achieve this, you need to take care of yourself, make sure you are well rested, take supplements, and try to go outside and get some fresh air, maybe go to beach or park for a walk, of course following all Covid-19 protocols. But have you thought about learning Reiki, which can help you to cope with the pressures we are currently living under due to the Covid-19 restrictions. Reiki can bring balance into your life and it works on all levels of your being: physical, mental, emotional and spiritual. During the first level, you will learn all about self-healing. If you're not interested in learning Reiki, why not book a distant healing session to help you recharge.

At Astramana™ Healing Services, we are here to help you to remain in control of your life and give you that extra boost so you can do it! Remember you are not alone in these trying times.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, clairvoyant & tarot reader Jason Mackenzie. Visit our website: www.astramana.com to see what we offer and how we can help you during these times, or email us at astramana@gmail.com with any questions or make an appointment or to attend a workshop. Please note due to Covid-19 restrictions, no in-person sessions, workshops or classes are being held, however, distant sessions are available. We look forward to working together with you and helping you so that you can do it.

Are you looking for a top agent who can get the job done? Read this review...

When it came to choosing an agent I approached it as I would any other project - get the right people on the team and you end up with excellent results!

I interviewed many agents over a period of time who wanted me to list with them, but Graham was the only one who stood out. Graham put in consistent effort and communication upfront without applying any undue pressure. This was one of the key reasons that made my decision to choose him easier, as it was a very good indication of how he would work with potential buyers. On top of that, he has a wealth of real estate sales & marketing knowledge & experience, and in my opinion, he provides a lot more than the average agent.

Working together we came up with a shared vision, a solid plan, and a strong marketing drive. I was impressed with Grahams skills but most importantly I appreciated how he listened to my opinions and we made decisions as a team, this gave me confidence and built my trust, which reinforced I'd made the right choice.

Once we were ready to proceed Graham swung into action and it was all go. Graham was always alongside me, communication was regular, easy, and we had many laughs along the way. Graham has lots of energy and enthusiasm which is infectious and he is way too humble to admit that under his lightheartedness is a very savvy & smart agent.

Overall it was a great shared journey and we got an outstanding result, far more than any other agent had been willing to commit to which is a testament to Graham's ability to deliver.

I have no hesitation in recommending Graham as the agent you should choose.

I am so grateful to him for what he did for my mother and I as it has set us up for the next phase of our lives - thank you Graham! **Deborah**



Graham McIntyre

027 632 0421 | 0800 900 700

graham.mcintyre@mikepero.com

In Brief

Find some time to play

"We don't stop playing because we grow old, we grow old because we stop playing". This quote by the great George Bernard Shaw rings very true in these challenging times. Many of us are unable to visit friends and family and enjoy our usual social lives. Now may be a good time to think about some activities that someone we love may enjoy in their alone time. Or maybe you are looking for some inspiration for yourself.

It's quite nice to find some time and give yourself permission to play a bit. If you are interested in finding some engaging ideas to pass the time visit www.mindjig.co.nz. Mindjig has a range of games, puzzles and activities to suit all ages and abilities. We also have great products for seniors and those living with dementia. Feel free to get in touch with Jonathan or Julie via email at info@mindjig.co.nz or call 09 600 3251 or call/text 022 480 3022.



Kumeu Blend Choir has lost its voice

Have you been wondering why you haven't heard anything from us lately?

Our fabulous local choir members are singing to themselves and languishing in their own homes, as we await liberation from this longwinded lockdown.

Well done you good people who are doing the right thing by staying at home. Patience is a virtue, and thank goodness most of us are doing the right thing.

Kumeu Blend has all the fingers and toes crossed for some sort of choral finale for Christmas. If we can, we will bust out some festive music. However, we will have to wait and see ...

So, Christmas is coming, and the geese will be getting fat.

However, our 2021 concert may not go ahead. Maybe we'll experience a Christmas miracle?

Thinking further ahead to 2022:

New choir members are always welcome. All you need is enthusiasm and the ability to hold a tune.

Rehearsals are Monday evenings at St Chads: 7.30 - 9ish.

Enquiries: Margaret Lindsay on 021 042 8855, or

Email: Margaret@lindsays.co.nz.

Aesthetic Finds NZ

During the lockdown, my 8 year old daughter and I collaborated with an activity on how to sell. She came up with an idea to have an online shop for mum and daughter, which we made into reality. My daughter named the business and has done some artworks as well on how we are launching it. And we finally made it. Monthly we sell live on Facebook and showcase our clothes.

Please follow us at www.facebook.com/aestheticfindsnz/

Kumeu Flower Farm

Hello to you. My name is Angelique and if you don't know me, I run a flower farm in the heart of Kumeu Country, growing beautiful seasonal flowers and plants with the help of my twin sister and son. We have been here for 6 years now and it's certainly had its challenges but we love it here. One thing that Covid has done, is brought about an awareness to buy and support local and the Kumeu Community is certainly great at doing that. We love to share our beautiful flowers with you. So much love, care and attention has gone into them and we want you to enjoy them as much as we do. So for November we have some real treats coming up. We are now offering 3 new buckets of flower options from our farm to your table. These can be picked up (contactless but bring your own bucket please) or we can deliver contactless locally.



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In Brief

a. Shorty Quarties: \$40 - a short bucket packed full of our short stemmed roses and seasonal flowers from 25-35 cm, in mixed colours. Between 50 - 80 stems.

b. Naughty Fourties: \$50 - a medium sized bucket of our 40cm stemmed roses and seasonal flowers, in mixed colours. Between 50 - 60 stems.

c. Nifty Fifties: \$60 - a tall bucket of 50cm stemmed roses, in mixed colours. Between 50 - 60 stems. (Bucket not included) All are cut fresh off the bush.

To get your offer give us a call on 09 412 7606 or email shop@flowerfarm.co.nz.

Toy Library opens click and collect system for members

It goes without saying, lockdown is hard. But, when you add two working-from-home parents/caregivers and little ones to the mix some days can feel almost impossible.

Never fear, the North West Toy Library is open to help.

The toy library which is located at Westgate, now operates a contactless click and collect system which sees members of the community order toys online, and collect the toys to borrow during their chosen time slot. Toys can be borrowed for a maximum of two weeks, allowing a great rotation through the community.

The toy library services 200 members within the community with almost 800 toys on offer to borrow.

If you want to become a member, please do so online via the link below (or check us out on Facebook for more information): <http://www.northwest.mibase.co.nz>.



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If you're looking to get your team or brand recognised, there is no better way to promote yourself than to look like a team. Prowear is locally based in West Auckland and are the specialists in all things custom. Think t-shirts, face masks, shop banners, singlets, hoodies, hats, gym gear, sports uniforms and everything in



between. We have expertise in screen printing, sublimation and embroidery. Got some crazy idea and not sure where to take it? Speak to us and chances are, we can do it.

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Visit our website today to see what we can do for you: www.prowear.co.nz, or send an email through to kaz@prowear.co.nz.

Nicu Love Collection

The Nicu Love Collection was inspired by our second journey through NICU and SCBU as a way to give back. Proceeds from the tees will go towards the neonatal trust and Auckland city NICU.

www.alexandrarosek.co.nz/shop/nicucollection.

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Property

Property market report

Activity levels and prices impacted by lockdown

Median prices for residential property across New Zealand increased by 25.5% from \$677,400 in August 2020 to a record \$850,000 in August 2021, according to the latest data from the Real Estate Institute of New Zealand (REINZ). Auckland again underpinned the strength in the New Zealand median, hitting a record median house price in August of \$1,200,000 - up 26.4% from \$949,500 in August 2020. This growth was reflected throughout the region with 5 out of 7 districts reaching new record median prices - Rodney District (\$1,280,000), Manukau City (\$1,157,000), Waitakere City (\$1,120,000), Franklin District (\$950,000) and Papakura District (\$940,000).

House prices have once again risen across the country, with every region seeing a year-on-year increase from August 2020. This latest lockdown has not dampened demand for, or confidence in, the housing market as we saw in early 2020.

Auckland has seen another record median price, the ninth record in the last 12 months - this growth is spread across the region with five of the seven districts reaching new record median prices in August.

While value is up, volume is down, with the number of residential properties sold in August across New Zealand decreased by 26.5% when compared to the same time last year (from 7,828 to 5,753) - this was the fewest properties sold for an August month since 2014. In Auckland, the number of properties sold in August decreased by 12.8% year-on-year (from 2,689 to 2,346).

With a scarcity of properties available to purchase in this market and the previous limitations of level 4 and level 3 lockdowns, the market is set for a crazy ride of low stock numbers and insatiable demand, so don't hold out for bargains in the next six months, it's the fast and the furious out there as we come to the end of the current growth cycle.

Let's look at the local sales:

Huapai	\$1,350,000 to \$1,485,000
Kumeu	\$1,350,000 to \$1,450,000
Muriwai	\$1,735,000 to \$2,320,000
Parakai	\$935,000
Riverhead	\$1,512,000 to \$2,100,000
Swanson	\$1,283,000 to \$3,450,000
Taupaki	\$2,759,000
Waimauku	\$1,495,000 to \$1,800,000
Waitakere	\$1,250,000 to \$3,100,000
Whenuapai	\$910,000

The conversations we are having with all our clients at present is to secure the property you want before you sell, its proving a lot harder

to buy than to sell. Use an agent that can navigate both the purchase and the sale, and get your ducks in a row before you get underway. Give me a call today on 0800 900 700 for more information. After 16 years of making people my priority in real estate, you will benefit from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre.

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

Interest deductibility rules for property investors

Tax Deductions for interest expenses on rental properties will be restricted from 1 October 2021. This would mean that if you acquire a residential investment property on or after 27 March 2021 interest will not be tax deductible from the income you earn on your investment. The interest deductibility for residential investment properties acquired before 27 March 2021 will gradually be phased out between 1 October 2021 and 31 March 2025.

However, new builds will be exempt from these interest deductibility rules. For instance, if the property got its code compliance certificate on or after 27 March 2020 the interest will be deductible for up to 20 years from the time that the code compliance certificate is issued. The exemption will apply to both the initial purchaser of the property as well as any subsequent owner within the 20 year period.

For people looking to buy property as an investment, these may be important factors to consider. We recommend that before buying or selling a property that you obtain advice from a property lawyer. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

How to react to rising mortgage rates?

Mortgage rates have been at historic lows for a while now, it's almost felt like a 'new normal', but rates are starting to climb again. Take any three economists and you'll get at least seven different opinions on how high and how quickly rates will rise; but almost universally the consensus is they will increase. Now's the time to ensure our mortgages are structured to best manage the risks.

If you're worried about future payments, there may be a number of things you can do. For instance, back when rates were falling lots



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Property

of people tried to break their fixed term loans but found the break costs were too high. Strangely enough, it may be a good time to break some fixed term loans now. Depending on your situation, break costs might be low or even zero which could allow you to lock in a longer fixed term rate to give you more certainty.

If you're looking to get new lending - or a top up to do all the renovations you've been planning over lockdown - it may be prudent to get in before the rates get much higher. If you know you can afford it, but your current lender can't offer you any extra lending, it may be that there is another provider with policies better suited to you.

If you'd like a free no-obligation chat about your lending, give us a call - and if we're out of lockdown, the coffee is on me.

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

Property Titles

The New Zealand property system offers indefeasible title which means you have a right or title in property that cannot be made void, defeated or cancelled by any past event, error or omission in the title. There are different types of Title. The best form of Title is a Fee Simple Title and you can use the land as you please (provided you comply with Council Bylaws). The title for town houses and apartment buildings are Strata or Unit Titles. These can deal with as few as two units or a complex of apartments in a multi-level building. A Unit Title is ruled by the Body Corporate which establishes their own set of rules for occupants to abide by, and charges a levy for the building maintenance, insurance and administration costs. A Leasehold Title is a right to occupy for which rent is paid and you lease the property.

Another common form of title are fee simple cross-leases which are a hybrid of the fee-simple title and the leasehold title. You own two interests in the property. Firstly a share of the fee simple title in common with the other cross leaseholders; and a leasehold interest in the particular area and building that you occupy.

The rights of each owner depend not on settled legal rules, but on the terms of the particular lease. The lease is of only the original building site. In the building is altered/extended a new flats plan needs to be deposited and new leases registered otherwise an owner has no lease of any addition - horizontal or vertical - provided they are fully attached and fully enclosed. When the owner comes to sell, the existence of such additions are a defect in title. This can only be remedied by the expensive process of cancelling the lease



and replacing it by a lease that includes the addition. A lack of general awareness that this is the legal position leads quite innocent vendors and purchasers into trouble.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying or selling residential property, and updating your flats plan. Telephone Debra Barron at ClearStone legal on 09 973 5102 if you have more questions.

Sharing the cost of your fence with your neighbour

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.



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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HUAPAI	930,000	449M2	179M2	1,400,000		1,100,000	454M2	257M2	1,350,500
	1,125,000	644M2	217M2	1,485,000		2,125,000	6.3HA	480M2	3,450,000
	1,050,000	766M2	200M2	1,350,000		1,975,000	10.34HA	170M2	2,160,000
KUMEU	950,000	500M2	179M2	1,350,000		970,000	459M2	183M2	1,318,888
	950,000	402M2	201M2	1,450,000		860,000	359M2	180M2	1,283,000
	1,050,000	505M2	220M2	1,450,000	TAUPAKI	1,850,000	4.2HA	110M2	2,790,000
MURIWAI	1,675,000	4.68HA	210M2	2,320,000	WAIMAUKU	1,200,000	1594M2	200M2	1,580,000
	1,100,000	1HA	100M2	1,900,000		1,200,000	25.5HA	157M2	1,495,000
	1,325,000	1.27HA	242M2	1,735,000		1,625,000	808M2	271M2	1,650,000
PARAKAI	770,000	530M2	165M2	935,000		1,350,000	1501M2	274M2	1,800,000
RIVERHEAD	1,175,000	804M2	204M2	1,512,000	WAITAKERE	1,200,000	4HA	258M2	1,250,000
	1,350,000	1HA	180M2	2,100,000		1,500,000	1HA	363M2	3,100,000
SWANSON	450,000	466M2	210M2	1,335,000	WHENUAPAI	720,000	157M2	87M2	910,000

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

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

*Available for a limited time. Conditions apply.

Graham McIntyre
Brand & Territory Owner
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3 2 1

By Negotiation

3 Waru Nui Court, Orewa
By Negotiation

Cul-de-sac living near Orewa Inlet walkways offering a beautifully presented, fully refurbished, brick, one level home. Seldom available, this is a home that delivers the very best of easy care gardens, open plan, kitchen/dining/living and alfresco space which can be open to sheltered patios to the south, east and north, enjoying the peppering of colour and the low shrubbery to attract extensive bird life. Well crafted, the home is low maintenance, easy care while the option to garden for fresh vegetables or colour is ready for you. The property is fully fenced and secure. Three generous bedrooms, separate bathroom and toilet with large integrated double garage and workbench compliments this home that will provide options for relaxation rather than work.

www.mikepero.com/RX3035535



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



VIEWS, NORTH FACING, HOME WITH INCOME OPTIONS

5 10 3

By Negotiation

14 Peters Lane, Taupaki
By Negotiation

Big home, with a little home, double garaging on both buildings and four-bay shed with high stud. So much on offer here that will make you excited about the prospect of a very large five bedroom, two living area, three bathroom home. Also delivering an office and extra-large rumpus/ games room with extensive alfresco to patio and decking facing North to get the most sunshine and ambient light. An elegant horseshoe drive with oversized double garage ensures you'll never need to reverse your car again. Extensive easy care garden and shrubbery delivers the perfect backdrop for privacy, and peacefulness. A separate two bedroom home with open plan kitchen/dining and living with double garaging also North facing with generous decking is located to the West.

www.mikepero.com/RX3042415



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



MIXED URBAN - 856SQM - DEVELOPMENT

3 1 1

By Negotiation

97 Bruce McLaren Road, Henderson
By Negotiation

Set on a large 856sqm section, flat with easy access to services and the option to supersize by buying next door. A quiet location with easy access to large lawn and traditional home and single garage. The home is a 1980's three bedroom, one bathroom home enjoying open plan living onto covered decking. All the bedrooms and bathroom off the central hallway and separate laundry area. An independent single lock up garage and open spacious back yard. A development opinion from Cato Bolam planners is available as is a rental assessment from Quinovic Property Management. The property is a short distance from three level urban duplex activity, Bruce McLaren primary school and Henderson train station and mall. An excellent site to consider development or holding.

www.mikepero.com/RX3045505



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



LARGE LAND LOT, EASY SERVICE ACCESS, MIXED URBAN

3 1 1

By Negotiation

99 Bruce McLaren Road, Henderson
By Negotiation

Nicely presented home on a flat 906sqm property with easy access to services and options to buy the neighbouring property also. If you are seeking a multi-building development in Henderson on a flat site this may be the property for you. (subject to resource and building consent) The property has an opinion from Cato Bolam Planners in respect to development potential that we are happy to provide, in this mixed urban environment with brand new multi-level duplex living a few doors down. The home is a simple three bedroom, one bathroom home, offering generous open plan living leading out onto a wrap-around decking to the north west. Flat and usable lawn frames the home while full fencing keeps everything in or out. An independent single garage at the front of the property.

www.mikepero.com/RX3044103



Graham McIntyre
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Central's Tips

November 2021



Time to plant melons, pumpkin and corn, beans and salad greens.

It's also time to stake up tomatoes, cucumbers and beans and add some summer colour by planting flowers into your garden and in hanging baskets.

Spring harvests

Harvest spinach, spring onions, lettuce and broccoli. Strawberries are ripening too so keep an eye on those. Use bird netting to make sure you eat them before the birds do!



The fruit and vegetable garden

- **If there's room, sow corn and plant out melons and pumpkins in well composted soil.** Plant a climbing bean at the base of each corn plant, the plant acts as support for the beans and they grow happily together. Try planting pumpkins in the same area as a groundcover
- **It's time to sow French or runner beans** – if you don't have a large frame for them to climb on get dwarf varieties and grow on bamboo hoops or small teepees.
- **Plant basil beneath tomato plants** – it's a gardening marriage made in heaven. Putting in a few marigolds alongside helps keep pests at bay too
- **Keep a regime of liquid feeding and watering going during this growth period.** Placing pea straw around plants in the vegetable garden helps limit evaporation
- **Stake, tie up or train climbing plants along wires.** Tomatoes, cucumbers, beans and zucchini can be grown like this, and it aids production in a small space
- **Keep those summer salads** going by planting salad greens such as lettuce, mesclun, radish and spring onions frequently

The ornamental garden

- **Hanging baskets are easy:** place a plastic saucer in the base of the basket to help hold water, fill with good potting mix and pop in the summer flowering plants. Liquid feed after planting and hang in a sheltered, sunny spot, watering and feeding regularly
- **Plant hostas, astilbes, clivias, renga renga lilies and pulmonarias** in shady areas of the garden, to brighten dark areas. Keep the slug bait around them while they establish
- **After flowering keep an eye on the foliage of kowhai trees** – this is the time when the voracious kowhai caterpillar starts munching. Spraying with a control (organic or chemical) will help keep the leaves in place
- **Drought proof plants for pots** – Geraniums, pelargoniums and succulents need very little watering to survive, perhaps once a week at most. Just plenty of sun.
- **Petunias are star performers for summer colour.** Plant in a sunny position in the garden or grow in pots or hanging baskets

Project for November

Drought-proofing gardens

Central Landscapes has a wide range of great mulches (all from recycled products or by-products of timber processing), that will lock in moisture at the roots of plants. Apply blood and bone before spreading mulch to give a nitrogen boost to the soil.

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Hot Property



Views, North Facing, Home with Income Options

Big home, with a little home, double garaging on both buildings and four-bay shed with high stud.

So much on offer here that will make you excited about the prospect of a very large five bedroom, two living area, three bathroom home. Also delivering an office and extra-large rumpus/ games room with extensive alfresco to patio and decking facing North to get the

most sunshine and ambient light. An elegant horseshoe drive with oversized double garage ensures you'll never need to reverse your car again. Extensive easy care garden and shrubbery delivers the perfect backdrop for privacy, and peacefulness.

A separate two bedroom home with open plan kitchen/dining and living with double garaging also North facing with generous decking is located to the West.

To add to the offer, a separate drive through to a four bay, high stud shed, and a private flat-metalled area, for parking or storage.

At almost 2.5 acres the property is large enough to deliver ultimate privacy but small enough that your days are not consumed by land

Hot Property



management.

A quiet and secure cul-de-sac location, with extensive north facing views over valleys and native groves, this home will take your breath away and with the possible income options of work from home, or renting space, the accountant will have a look of glee. A short drive to Taupaki Primary School, convenience shopping at Kumeu or Northwest Mall and easy access to SH16 via Taupaki Road. For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

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1) Collection. Is your collection working as well as it could be? Is your spouting clean and free of debris? Are your downpipes in good condition, free of cracks or breaks and are they connected to your water tank correctly? If your collection is not working efficiently you will probably miss out on some of the important summer rain.

2) Storage. Is your water tank in good condition? Concrete water tanks can develop cracks over time which lead to loss of water. Check your outlet for leaks also. How clean is the inside of your tank? If you require a tank top up the water delivery can stir up sediment on the bottom of your tank. Prefilters can be added to prevent sediment and debris entering your tank. We also work with some great tank cleaners who can do either a full clean or vacuum the bottom of your tank.

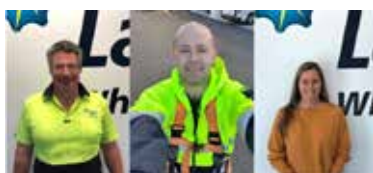
3) Monitoring. Do you have an easy way to check your water tank level? Options vary from tank level indicators to a ladder placed beside your tank to make checking easier.

4) Ordering Water. Order water well in advance. It is better to book in advance than run out of water and face the possibility of a several day - week wait for a delivery. A lot of our customers like to work in the top half of the tank so when it gets down towards half full they book in a load for delivery.

So if you would like to make a booking or want a bit of advice please give us a call on 09 411 8116 or send us a text on 027 345 3805.

Need a plumber? We're here to help

Our return to lockdown has certainly brought about some uncertainty and challenges, with many people now having to work from home. With many hours spent inside the house, you may have noticed dripping



toilets and taps that need attention. Whatever the problem, our team of experienced maintenance plumbers have a solution. Give us a call today and talk to Sam -our incredible Office Manager - who not only looks after our busy office, but also our maintenance plumbers too.

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Home & Garden

With many years of experience, both Dave and Jonny are very thorough and meticulous, and never leave any mess behind. You can rely on Dave, Jonny and any of our Laser Plumbing staff to offer complete plumbing solutions.

If you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes, or want to discuss new installations, refurbishments or gas installation, one of our great team of plumbers, like Dave and Jonny, can assist with this and much more.

Laser Whenuapai are also your local specialists in hot water systems, roofing and gutters, and all drainage services. We offer a state-of-the-art drain un-blocking service as well as an on call plumber - available 24 hours, 7 days a week for any plumbing emergencies.

Give us a call or send us an email today on 09 417 0110 or whenuapai@laserplumbing.co.nz. We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai. For more information, visit our website - whenuapai.laserplumbing.co.nz.

Rhododendrons at Awa Nursery

Awa Nursery currently has a good range of Rhododendrons and the variety of colours is fantastic. There are many an avid Rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A Rhododendron bush is very attractive, especially when in full bloom and hard not to miss in in the landscape. We have large and small varieties in stock to suit any garden situation.



Rhododendrons do well with direct light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be

well-drained, humus-rich, and acidic (pH4.5-6). The Rhododendron has shallow root systems and need moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits weed growth. Prune your Rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the varieties or call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron.

Tips for a great lawn over Christmas

Spring has arrived and with it the grass has taken off - it's thick and lush. When freshly cut it's a pleasure to walk over. To be sure it is ready for the summer use, there are a few things you can do. Have a look at your lawn. Do you have any 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.

If it's got away on you and is looking ready for the hay baler. It'll take several good mows to get it back under control - don't cut too much off the first time as you will remove all the green leaf and the plant will suffer due to a limited ability to feed itself, and it'll look brown and stalky. Use 3 or 4 mows in a short period of time to progressively



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Home & Garden

lower the height and the grass will adjust to the new height. Then remember the lawn golden rule - little and often.

If you or your kids love to have bbq's, games of badminton or cricket, a bit of back-lawn camping, or just general running around on the grass, then these straightforward treatments and mowing tips will see your lawn thrive and be that ready for you to enjoy through your summer.

Gary Turton, Franchisor- Jim's Mowing (NZ North).

Time for a switchboard upgrade?

Is it time to upgrade your electrical switchboard?

Electrical switchboards - while they're usually out of sight, out of mind, hidden in a cupboard or tucked away in your laundry, they play an important role in your home - switchboards are the 'control panel' for your home's electrical system.

Our homes are now running more appliances than ever before, and older switchboards are not designed to handle the high-wattage loads of homes today. This can cause problems like overheating and the danger of fires or electrical accidents.

From computers, air conditioning units, and home theatre systems, to kitchen appliances, spa pools, and stereos, it's essential that your switchboard can handle the amount of electricity required by your household.

Here is a simple list of common signs that indicate you need a switchboard upgrade:



1. Appliances short-circuiting: Older switchboards have a tendency to 'trip' or short-circuit when they are overloaded. This is a mechanism designed to protect the circuit from overheating and resulting in an electrical fire.

2. Flickering lights: While flickering lights may be caused by loose lightbulbs that need to be tightened, they can also be due to loose wiring in an old or damaged switchboard.

3. An overcrowded appearance: If your switchboard's wiring looks overcrowded, it probably needs upgrading. This is particularly important if you plan on introducing additional devices to your home such as spa pools or air conditioning units. These require dedicated circuits to power them and prevent your switchboard from overloading.

4. Your Switchboard still has fuses: Ceramic fuses are outdated and are a sign that your electrical system is at risk. While they function the same as a modern-type circuit breaker (shutting power off in the event of short circuit or overload), they cannot do it at the same speed - And the faster the power is terminated, the less damage will be done.

An upgrade of your switchboard is not a big investment for the sake of your family's safety.

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

New answer to clean and safe water

Safe H2O's water purification and water tank cleaning service is turning the traditional model of cleaning water tanks on its head.



As CEO Hamish Grey explains, "Traditionally when cleaning a water tank you empty the tank, muck it out and then refill the tank.

Safe H2O's innovative process cleans both the water and the tank. It vacuums the sediment from the tank and then filters the water through three levels of filtration ending in nano-filtration. This removes anything larger than 0.001 microns and renders the water safe of anything detrimental to your health. The purified water is returned to the tank ready for use.

The Safe H2O process of treating both the tank and the water in the tank is unique in ensuring the retained water is both clean and safe to drink for the whole household.

As Grey says, "After vacuuming the water it looks clean to the naked eye. However, there are always solids in solution that can't be seen

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Home & Garden

and need to be safely removed through the filtration process. At the end of this process customers are left with both a clean tank and water fit for immediate use – and all this without having to purchase replacement water.”

The feedback from customers has been fantastic. As recent customer Peter Seers puts it, “Awesome service. Arrived on time, water is perfect... no smell or taste, just clean water. Tanks are spotless and way better than I expected.”

Water is a precious commodity and increasingly so as we experience the impact of climate change. In six months of operation in and around Auckland, Safe H2O has saved over 9 million litres of water using their process as opposed to the traditional tank cleaning method. And they look forward to building on this in the months and years ahead.

Hamish says, “With the Safe H2O process retaining your water it makes cleaning your tanks and water when they are full, an excellent option. This presents a great opportunity to prepare for the drier months ahead over summer by getting your tanks and water ready now.”

Kumeu Community Gardens

Since our September flood update, the community has poured in with donations of resources, of which we are immensely grateful!! From the smallest seedlings & seeds to large piles of straw and soil, every single one counts for our rebuild. Although there are so many “thank-you’s” to mention, we couldn’t do it justice here; follow our Facebook page as we do our best to document each donations journey over the next few blooming months! Growth is in full swing for spring, and we have much to do – we can hardly keep up with it all! Working bees are out of the question at the moment, but that doesn’t mean we can’t all lend a hand. Currently, we are developing a system for job sharing so that hopefully soon, you can drop in on a random passing and knock off a task or two (in return for a carrot, or few..). Please always log in via the QR code on our shed door, wear a mask, and respectfully keep a distance; the vegetables will love you for it!



Waimauku Garden Club

I’m sure you’re all missing our 3rd Thursday of the month garden trips. I know I am.

“Friendship is like a beautiful garden...”

The more you put into it the more it grows”.

It can be so important for people to have a day out.

Maybe you live on your own, maybe a carer, new to the area, enjoy socialising, a chance to dress up, enjoy a coffee and catch-up. Our trips help to provide this to our members. It’s so good for our soul and wellbeing.

Our October trip to Mangaturoto had to be cancelled but we are looking forward to a trip to Lavender Hill on Thursday 18 November.

On the 23 December, Botanical Gardens, Puriri Garden, Ardmore Cafe and McNicol Homestead, Clevedon.

I’ll leave you with this from a tapestry of my Mum’s. “The Glory of the Garden lies in more than meets the eye” Kipling.

Contact: Ann 021 035 7406, Diana 027 478 8928, Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152. See you on the 3rd Thursday of the month.

Abseiling support

Every now and then you have a tricky piece of work on a steep or slippery site that you need a contractor to help with. If you have work out the back of your farm that requires some weed control on a steep cliff face or very rough terrain, you might want to consider calling in some abseilers to support you.



At NZ Biosecurity Services we have a team of our pest control specialists that can help with those extra tricky sites. We can use our ropes to make sure we get rid of those hard-to-reach weeds, or even plant onto steep hills where you feel unsafe. And all of this is undertaken at good rates. Give us a call at 09 447 1998.

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What to expect when building with Signature Homes

Whether you're building a simple starter home or the ultimate abode, new home construction contains many unknowns and can be overwhelming—especially if you're unsure where to start. We'll help you better understand the steps in building a house with Signature Homes. From shopping for the lot of your dreams to move-in day, read on to learn about the major steps you'll encounter while building a home.



1. Get in touch: Once you have an idea of what you want, it's time to get in touch with our team. Your first point of contact our New Home Consultant. They are there for the sole purpose of helping you make your dream home a reality, so don't be afraid to tell them everything you have in mind. Remember: this is all about you, and we're here to listen.

2. Design & build or house & land package: The key decision you will make at this point is whether to use one of our pre designed House & Land Packages, or create your home from scratch with our Design & Build service. There are advantages to both methods. If you are unsure, your New Home Consultant will provide you with all the info you will need to make this decision.

3. Estimate & design work: We believe strongly that building

companies have a responsibility to provide their clients with a quote that is based on facts, not guesswork. As part of the work we carry out to provide you with a comprehensive quote and ensure you get everything you want in your new home, the Signature Homes design team will consult with you at this time to finalise important details regarding design, claddings, colours, fixtures and fittings. We have expert Interior Designers on hand to provide assistance.

4. Fixed price quote: Once the detailed price and design work has been completed, the fixed-price quote, specifications and final drawings will be presented to you for sign-off. These documents will include detail about exactly what your new home investment will be, along with a comprehensive list of everything that will be included.

5. The green light: Once you have given us final permission to proceed, we will then get council approval to build, and construction can commence on your new home.

6. Construction: Prior to construction commencing, our clients participate in a pre-construction meeting, where they meet the Project Manager and other key participants in the creation of their new home. At their request, our clients are also invited to attend site meetings at various stages of construction, and our Project Managers maintain regular contact throughout to report on progress.

7. Your home. Your way: Once the home is completed and the council is happy that the home has been built as per the building consent, we can give you the keys to your brand new Signature Home. Enjoy!

Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600 www.signature.co.nz/page/westdesignbuild.

Woolly nightshade

Woolly nightshade is a spreading, capsicum-smelling shrub or small tree growing up to 10m tall, with all parts covered in dusty hairs, and whitish, branching, soft-woody stems. It was originally from South America. Velvety, oval, grey green leaves are whitish underneath with prominent 'ears' at the base which clasp



the stem. It is usually quite easy to spot as it is paler than surrounding plants. Dense clusters of mauve to purple flowers with yellow anthers are visible year-round and are followed by clusters of round berries that ripen from hard green to soft, dull yellow.

It is a nasty weed and spreads quickly, forming dense stands which crowd out other plants. Even though the berries are poisonous to people, kererū and other birds can safely eat them, spreading seeds

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over large areas through their droppings. Each plant produces thousands of seeds, which also fall and grow around parent plants. The dust from the leaves and stems can irritate the skin, eyes, nose, and throat. Woolly nightshade grows in a large range of areas locally, including gullies, roadsides, farms, and wasteland, all well as urban areas - anywhere that birds visit. For more detailed information about woolly nightshade and how to control its spread see weedbusters.org.nz or www.tiakitamakimakaurau.nz/
 Photo credit - Carolyn Lewis.

Muriwai tide chart

Date	High	Low	High	Low	High
Mon 01 Nov	-	01:17	07:29	13:37	19:49
Tue 02 Nov	-	02:08	08:20	14:27	20:37
Wed 03 Nov	-	02:53	09:04	15:12	21:21
Thu 04 Nov	-	03:36	09:47	15:56	22:03
Fri 05 Nov	-	04:18	10:28	16:39	22:45
Sat 06 Nov	-	05:00	11:10	17:23	23:28
Sun 07 Nov	-	05:42	11:53	18:08	-
Mon 08 Nov	00:12	06:26	12:38	18:55	-
Tue 09 Nov	00:59	07:14	13:27	19:47	-
Wed 10 Nov	01:51	08:06	14:22	20:45	-
Thu 11 Nov	02:50	09:06	15:24	21:52	-
Fri 12 Nov	03:58	10:15	16:33	23:05	-

Sat 13 Nov	05:13	11:29	17:46	-	-
Sun 14 Nov	-	00:15	06:25	12:39	18:52
Mon 15 Nov	-	01:17	07:28	13:39	19:49
Tue 16 Nov	-	02:09	08:21	14:30	20:38
Wed 17 Nov	-	02:54	09:06	15:14	21:20
Thu 18 Nov	-	03:34	09:46	15:54	21:58
Fri 19 Nov	-	04:10	10:23	16:31	22:34
Sat 20 Nov	-	04:44	10:57	17:05	23:08
Sun 21 Nov	-	05:17	11:31	17:40	23:41
Mon 22 Nov	-	05:50	12:05	18:15	-
Tue 23 Nov	00:16	06:25	12:41	18:52	--
Wed 24 Nov	00:54	07:03	13:20	19:34	-
Thu 25 Nov	01:38	07:47	14:05	20:24	-
Fri 26 Nov	02:29	08:38	14:58	21:22	-
Sat 27 Nov	03:29	09:40	15:59	22:27	-
Sun 28 Nov	04:37	10:48	17:05	23:33	-
Mon 29 Nov	05:45	11:56	18:09	-	-
Tue 30 Nov	-	00:35	06:48	12:59	19:09

Source: MetOcean Solutions.

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



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Pets

Dog&Co

During these times of lockdowns and uncertainty, we tend to shift what our true priorities are in life. No more sweating the small stuff, our focus shifts. We remember that what truly matters is our health and our family, and that includes our pets. I know personally that my dogs have



kept me in good spirits during this latest Covid scare. They get me up in the morning, they love unconditionally, and they are happily oblivious to the weird times we are facing as a society. They mean everything to me and I'm sure if you are a pet owner you can relate to that! I'm so lucky that as a pet photographer I get to meet so many incredible pets, and see the special bonds that they share with their families. That's why I think it is so special to create forever keepsakes of our pets. What better time than now to book in a photoshoot to update those family photos, and get your pets involved. Or even just a solo portrait session of your pet. I reckon they deserve a spot up on that gallery wall at your home. If this sounds like something you would be interested in, I would love to hear from you. We can create a pet photography experience unique to you either in the studio, or on-location at the beach, forest or a park. Visit my website or flick me an email any time.

Website: www.dogandco.nz Email: kirsty@dogandco.nz Instagram: [@dogandco.photography](https://www.instagram.com/dogandco.photography).

What's your animal friend trying to tell you?

One question I always ask in animal communication sessions is 'what would you like your person to know?' Their answers are many and varied from the everyday to the deeply touching. Rupert shared that the black saddle blanket was itchy, Amigo knew their person was grieving and wanted to support them and Britta shared that the float smelt of death (turned out it was true...). Dear Badger wanted his person to know he liked the little brown things that come in the rustley bag (dog treats) and Archer wanted Annie to stop pretending to be



tough - he wanted to explore life with the quiet, tender, curious and self-accepting 'real' Annie.

There are many reasons for having a session, such as, getting clarity on where it hurts and why, insight into 'why do you do that?', getting suggestions for what would make your lives together even better or what are their preferences regarding a whole range of topics eg. food, favourite places to go, preferred company etc. All questions show your beloved animal that you care about their well-being, value their point of view and are open to suggestions.

People can be apprehensive about what their animal might say. Sometimes animals answer all your questions generously, other times they hijack the session with their own agenda and priorities. "I thought that was the case but didn't trust myself and wanted a second opinion" is a phrase I hear often. No animal has expressed disappointment or ill-will towards people, fear yes, but not judgement. Animals are more interested in sharing what will enrich both your lives.

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

Kanika Park Cat Retreat

The cat (*Felis catus*) is a domestic species of small carnivorous mammal. It is the only domesticated species in the family Felidae and is often referred to as the domestic cat to distinguish it from the wild members of the family. A cat can either be a house cat, a farm cat or a feral cat; the latter ranges freely and avoids human contact. Domestic cats are valued by humans for companionship and their ability to hunt rodents. About 60 cat breeds are recognised by various cat registries



The cat is similar in anatomy to the other felid species: it has a strong flexible body, quick reflexes, sharp teeth and retractable claws adapted to killing small prey. Its night vision and sense of smell are well developed. Cat communication includes vocalisations like meowing, purring, trilling, hissing, growling and grunting as well as cat-specific body language. A predator that is most active at dawn and dusk (crepuscular), the cat is a solitary hunter but a social species. It can hear sounds too faint or too high in frequency for



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Pets

human ears, such as those made by mice and other small mammals. It secretes and perceives pheromones.

Kanika Park Cat Retreat - Phone 027 550 1406 or email info@kanikapark.nz.

Lockdown blues

Again it looks like we are going to be stuck here for a while. So here are a few tips to help keep you, your family and delivery persons coming to your home safe.

In lockdown 2020 reports from the UK showed a huge 400% increase in dog bites. Many of our dogs are used to us being out during the day so when we are all stuck at home, the kids are bored and as working parents we are trying to get our usual amount of work done as well, we may see some behavioural changes in our pets. Where once our dogs had been happy and comfortable around family members some may start to move away, many may become more attention seeking and because of our stress levels and uncertainty our dogs can pick up on our feelings and change as well. Just like us our dogs like to have time alone and if we don't give our dogs space we may see some aggressive behavioural changes.



Please remind your children that if your dog moves away and is trying to rest, leave it alone. Give them comparisons such as if they are watching their favourite TV programme and someone keeps interrupting them or annoying them how does it make them feel.

Tips for all:

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 shows that the dog is engaging with something in its environment. They could be engaging in a positive or negative way. The Dog Safe Workplace has videos of aggressive dogs with their tails wagging.

Rolling on its back - again many of us think this is because they want their belly rubbed. Again not 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 want you to play with them. Not always true. They may want you to play with them. Though this is not always the case 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. Also there may be certain rules that need to be followed or commands given when playing with that particular dog.

Please pass these tips onto your staff and for more information contact The Dog Safe Workplace on 0508 DOG SAFE or email jo@dogsafeworkplace.com.



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Food & Beverage

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, 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.



Cookery School farm shop opens

Michael and Bee Van de Elzen, founders of the Good from Scratch Cookery School, are excited to announce the opening of their online farm shop. Their shelves are fully stocked with jams, rubs, spices, coatings, salts and preserves, hand made by the Van de Elzen's and ready to ship. Not only are most of the vegetables and citrus grown on the farm, the delicious products are also cured, smoked, produced and blended in the Good from Scratch kitchen right here Muriwai. The Farm Store also stocks Mike's cookbooks as well as tools of the trade and favoured cooking equipment used by the school every day, like smokers.



With items like Mike's Awesome rub to make that BBQ dish that much tastier, tea tree smoked salts for a little smoky goodness over your fish or the farm's very own smoked preserved lemons, there is something for everyone, whether you're looking for something a little different or are an adventurous foodie who is looking for something that will challenge your taste buds.

Packed onsite and shipped all over the country, they make perfect Christmas gifts and if you're after something more, you can also add in a cooking class gift card for loved ones to experience a day on the farm with the Van de Elzens themselves.

Go to www.goodfromscratch.co.nz for more details and to view the unique range of products.

Grapefruit IPA 7%

The annual release of this Hallertau seasonal favourite featuring fruit from our neighbouring Boric orchard. A very large aromatic citrus and hop aroma, very lean on the malt with layers of hoppy tanginess. A gentle clean bitterness accentuated by the grapefruit addition with just a hint of warming booze at the end. Available in 1L Keeper bottle format and on tap from Hallertau. Visit the Hallertau online store www.hallertau.co.nz.



Westbrook Winery

Spring at Westbrook Winery has been typically tempestuous, a thrilling rollercoaster ride of sunshine, longer days, wind, and rain. It has kept our team on its toes! Spring of course also means that Christmas is right around the corner. We would like to make it easy for you to find that perfect gift for your hard-working staff and suppliers or valued clients. We have put together some of our most popular wines just for you, including some multi-award winners, in one handy flyer and order form. We can wrap them in tissue, pop them in a stylish box, and have them delivered to wherever you want them to go, or you can collect them from our beautiful Ararimu Valley Vineyard in Waimauku. Call us on 09 411 9923 or email info@westbrook.co.nz and ask for the Westbrook Gifts for Wine-Lovers Flyer and the team will help you get Christmas sorted - stress-free!



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Food & Beverage

Hibiscus and Rose Tea Jelly Tip ice creams

A perfect recipe for those warmer summer days that are on their way to us.

The flavour from the hibiscus flowers and rose buds in the jelly part of this ice cream are really quite stunning and delicious. You could use any tea flavours you like to make the jelly, or even use wine, cider or kombucha along with tea.



Jelly ingredients: 3/4 cup water, 1 T rose buds (heaped), 1 T hibiscus flowers (heaped), 2 T maple syrup, 2 1/2 teaspoons cornflour to thicken the mixture.

Ice cream ingredients: 175g frozen banana (approximately 2 medium bananas), 162g (approx.) frozen pineapple juice (take 1 tin of pineapple pieces, strain the juice off and freeze in ice cube trays, use all of the frozen juice), 2/3 cup coconut cream, 80g pineapple pieces, 1 T icing sugar (this makes an excess of ice cream which can be frozen for future use or made into a daiquiri by adding some Bacardi).

Chocolate coating ingredients: 2T dark cocoa, 2T maple syrup, 4 T coconut oil, (or for a richer and thicker coating, try Whitakers 72% dark chocolate instead).

Method - jelly: 1) Make the tea by adding the boiled water to the hibiscus and rose buds in a heat proof jug. 2) Stir and allow to steep for 5-10 minutes, then strain and add the tea to a small pot, along with the maple syrup and bring to a boil. 3) In a small dish, add 2 teaspoons (approximately) of cold water to the corn flour and mix well. 4) Turn the heat down on the stove and stirring the tea vigorously, slowly pour in the corn flour mixture. 5) Keep stirring until the mixture becomes clear and thickens. 6) Remove from the heat and allow to cool to a luke-warm temperature. 7) Divide the mixture between four ice block moulds and freeze while you make the ice cream.

Method - ice cream: 1) Add all of the ingredients to a high-speed blender and on a low setting, carefully blend everything until it is well combined. You'll need to use the tamper to push the mixture down into the blades as it will become very thick. 2) Spoon the mixture on top of the jelly mixture in the ice block moulds. 3) Add your ice block stick to each ice cream at this point. 4) Return to the freezer and freeze for several hours or until hard.

Method - chocolate coating: 1) Melt the coconut oil, then add the maple syrup and cocoa powder. Mix well. 2) Have a baking tray lined with tin foil ready to go so you can place the coated ice creams

on there. (Due to the tricky nature of the chocolate coating and the melting ice cream, you may have to keep the tray in the freezer and 'ferry' each newly coated ice cream to the freezer). 3) Run the ice block moulds under hot water to loosen them, and carefully pry them out as you need them. 4) Spoon the chocolate coating over the ice cream until it is well covered. 5) Freeze until ready to eat.

Notes: If the jelly tip falls off the ice cream when you attempt to chocolate coat it, simply sit it back on top of the ice cream and gently push it together. The chocolate will help to hold it in place.

Certified Organic Hibiscus Flowers and Rose Bud Teas are available from our website: www.NewZealandHerbalBrew.co.nz.

Peko Peko

Thank you for your continuing support through the hard times. We have been opening for takeaway since Level 3 started and we are so grateful to have amazing support from the community. We are open as usual as much as we can on any level. Please check our Facebook and Instagram posts for latest updates. @pekopekonz You can check our takeaway menu and call for pick up. 09 416 1197 www.pekopekojapanese.nz.



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The great news is, people nowadays are living longer, with the average life expectancy extending well into their nineties. Living in 2021 also means that we expect a far better lifestyle than aged people have typically enjoyed in the past, and therefore dentures are no longer the desired option.



What must be emphasised is oral health is closely related to your general health. Your mouth changes as you age. As you get older you need to take extra precautions and make your visits to the dentist more regular just like you do with the doctors.

Regular maintenance visits will prevent and protect your teeth and help you keep your teeth for life. Luckily, dentistry has evolved and here at Kumeu Dental we can now offer durable, long-term sealants giving protection for high risk exposed roots, as well as other options like implants, bridges and crowns where the structure of the tooth has already been compromised.

Call Kumeu Dental on 09 412 9507 and ask how we can help you maintain your beautiful smile for life. Follow us on Instagram @kumeudentalsurgery & Facebook to see our Spring Specials.

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My name is Kathryn Newsham and I am a certified Iyengar Yoga teacher.

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All props are provided and the studio is fogged with Zoono Microbe Shield monthly to protect from coronavirus.



My classes are open to all from beginners to established Yogi's. Pregnancy, post-delivery and those with injuries. We adapt the asana to the individual by use of props.

Men achieve the most amazing transformations with yoga. So rewarding for the student, and for the teacher to see. The stereotype of aging as a progressive loss of function is generally true only for people who stop functioning. Don't let this be you, See you in class.

Monday 8.45am, Monday 6pm, Tuesday 8.45am, Tuesday 6pm, Thursday 6pm, Saturday 10am.

Find me at YogaBoutique.co.nz @yogaboutique Instagram and Facebook.

Nurture Skin and Body

Nurture Skin & Body was founded in 2021 in Huapai, Auckland. At Nurture Skin & Body we focus on customer experience, skin health and happiness.

Hello and welcome. I am excited to share my 12 years of knowledge and hands-on experience from my career in the Australasian beauty industry.

I have recently moved into the Huapai area with my young family, and I am already loving being a part of this vibrant, friendly community. Aesthetics is a passion I live and breathe, and I feel so privileged to bring this passion to the beautiful ladies, mums, business women and families of the area.

Over the years, I have been incredibly fortunate to work amongst some of the best names in the industry as well as industry-leading skin care brands.

I love healing skin. My clients generally have tried EVERYTHING before they see me, but there's never a skin concern too big that we can't take on together. I pride myself on creating simple, realistic and cost-effective plans to get your skin to where you want it to be.

Working together, we will build your confidence and skin care knowledge to create beautiful results. Listening to what's important and realistic for you is how we will achieve these results together.

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Learn more and contact me here: nurtureskin.co.nz

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Health & Beauty

Alicia Slee, owner of Nurture Skin and Body, Huapai.

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For Eyes are pleased to announce that we are now open again for eye examinations and eye wear.

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- You need new glasses because your vision has changed

Not fully vaccinated? Please advise us. We allot special days for the non-vaccinated who are more at risk of both catching and spreading Covid 19.

Book online via Facebook For Eyes Optometrists page or <https://for-eyes-optometrists-nz.au1.cliniko.com/bookings> or 09 412 8172

If you don't meet the requirements above, please ask us for contactless pick up/delivery on glasses, sunglasses, or contact lenses in your existing prescription and on our stock sunglasses, lens care items and all other products.

Best wishes to all, Molly, Matthew and Anna.



Managing your emotions

Anxiety, panic and fear about the future are natural and unavoidable in our lives. The Covid-19 pandemic is just highlighting this in the most acute way.

Covid-19 is not the cause of our inner emotional turmoil, pain and suffering. The cause is the way we think about Covid-19. It is our interpretation of the pandemic that defines our experience. This applies to any circumstances in our lives.

We are all facing Covid-19 and yet we are all experiencing different levels of emotion. Some people are freaking out and panicking and are afraid to leave their home. Some people are working hard at trying to manage other people's behaviour, and are dictating how people should and shouldn't behave. And some people





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are just getting on with life and finding joy and calm in their day. Some people are experiencing depression, anger and rage at the lockdown mandate. Others are enjoying the opportunity to be with their family and to live life at a slower pace.

My invitation to you is let's use the pandemic as an opportunity to let go of anxiety, panic and fear, because they do not serve you. Stop asking "Why is this happening to me?" and stop telling yourself "It's not fair" Start working on acknowledging and accepting where you are so that you can figure out how to shift and move on.

Can you take all the necessary precautions to keep yourself, your family, and your community safe, and not spiral into fear and panic? Can I invite you to think about your thinking and to approach life from a different perspective? Shifting your thinking can give you relief.

I can help you to manage your emotions by managing and supervising your mind. I can work with you on this regardless of what is happening now or what is going to happen in the future. I can help you to understand that no matter what your circumstances are for you, you get to decide what to think and what to believe, and therefore what to feel.

Kanchana Hoy, Thera-Coaching, phone 021 073 5097 or email Kanchana@kanchanahoy.com.

Headaches and posture

One of the most common types of headache is the classic tension-type headache. This is the headache that is linked to tension and tightness in the upper back, shoulders and neck and is often aggravated by poor computer posture.

If we can set up our computer workstation properly, hopefully we can reduce or even stop the headaches from coming on.

There are 2 key things to look for when setting up your computer to reduce stress on the neck.

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1. Screen height. Aim to have the top of the screen at eye level and an arm's length distance from you.

2. Make sure the keyboard and mouse are close to you, so your elbows are by your side.

For a more detailed description of these and a few other tips check out the headache series of videos on our website, www.elevatechiropractic.co.nz.

Any other questions? Call us on 09 413 5312.

Christmas Cheer

Hobsonville Optometrists - Glasses and Gifts is open for Eye Exams and delightful gifts and goodies.

Luckily we have an excellent selection of unusual and exclusive frames and gifts to suit every budget - and more arriving every day.

Our choice of unusual and traditional Christmas trees and decorations are on display, ready to delight you and brighten your day.

We invite you to visit us and be tempted.

Ho Ho Ho! from The team at Hobsonville Optometrists.



The NAC of staying healthy

N-Acetyl cysteine (NAC) has a "gazillion" health benefits. Ranging from improving mental health to fighting viral infections and much more in between. Which makes it interesting in today's environment of high stress caused by a viral pandemic.



Mental Health:

Preventing post-traumatic stress disorder (PTSD) is one of NAC's likely mental health benefits. And most of us are experiencing some form of stress currently. NAC has also shown benefits in helping with



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age-associated memory impairment, manic depression, obsessive-compulsive disorder, Parkinson's disease, and schizophrenia.

What about the immune system benefits?

"Google" NAC and Covid and you will get a heap of information on the effectiveness of NAC which I haven't had time to properly review. However, I am aware that NAC may improve the function of many immune cells like white blood cells such as lymphocytes, neutrophils, and phagocytes. There have been studies showing benefits in influenza and AIDS.

The Respiratory System:

NAC may produce benefits in preventing and treating acute respiratory distress syndrome. It has also been used in conditions such as asthma, bronchitis, pneumonia, and pulmonary fibrosis. It breaks down mucous in the lungs which makes it quite helpful.

I have even read somewhere that when applied to the skin it can prevent wrinkles.

The human body makes it for its own use. To do this, you need to eat adequate amounts of protein and the supportive nutrients like the B vitamins. But you can take extra NAC in capsules, in powdered form, or intravenously.

Hospitals use intravenous NAC to treat paracetamol overdose. The reason they use it in intravenous form is that NAC has a slight, sulphur-like flavour which many people don't like.

You must be careful about your source of NAC, as it only has to meet food standards which are not as high as medicine standards, and it is very susceptible to moisture.

Post script: Supplies of NAC are currently depleted if you were thinking of supplementing with this. We can provide you with alternative suggestions for your health. Talk to the health coaches at Massey Unichem Pharmacy for your prescription for wellness. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

79 free hypnotic healings

I am challenging myself to offer 79 people a free healing hypnosis session. There is a twist as you need to be nominated by someone and be willing to provide either a Google or Facebook review after your session. There must be a commitment to listen to the hypnotic recording for at least 30 days to see effective transformation.

What you get? 40 minute zoom session on an issue of your choosing, Help to find what is causing the issue, Personalised recording to help you, Freedom from an old belief.

What can you see me for? I have done sessions or have bookings



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for tinnitus, headaches, back pain, money blocks, weight loss, self-esteem, sugar addiction, anxiety, alcohol, confidence and even a child with an addiction to Minecraft, I can help you be free of a habit or get what you want.

I am also running a free group workshop on 9 November to talk about the power of the mind, beliefs that block us from being our best selves and doing a guided visualisation to help free people of their blocks.

Lorraine Maguire - Rapid Transformational Therapist, Learn more: www.lorrainemaguire.com/quest79.

DT Denture Clinic is open

We are open for all your denture needs at Level 3 with extra precautions set in place as outlined by the dental council. If you have a broken denture or need a reline or a tooth added to your existing denture, please call through. We can also replace lost dentures and make new dentures. All dentures and repairs are processed onsite. If you have any questions or would like to make an appointment please call 09 416 5072.

Aneia Warner

In the whirlwind of covid 19, its strong currents have swept away both big a small business alike. I speak for all business' when I say, its been a struggle.

A week before covid 19 reached the shores of New Zealand, Aneia had just confirmed and committed to opening her first business, as a luxury hair salon in the ever growing Kumeu. Aneia has been an international hairstylist in leading salons across Australia and in London. Having years of work experience back stage at fashion weeks, Aneia has merged her talent with detail and high street fashion, with attentive nurturing in-salon care. That's exactly how she has grown her team.

The team are sought after intercity stylists she has worked along side of or trained, to grow a team of "Caring One's" for our local community to enjoy. While Aneia was born and raised in New Zealand, her name translates to "the caring one" in Arabic, thus 'hair by the caring ones' follows in both her ethos, and the salon by-line.



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THIS is your salon; when looking for an inner-city experience, executed with some of the most sort after products, from colour, to home hair care.

They use 100% cruelty free products, Kevin.Murphy and Evo, all packaged in recycled plastic, paper, or ocean waste plastic.

While making ethical and sustainable choices in what the team uses, Aneia also considers their footprint and brand values after the fact.

When visiting the salon, the team go to great lengths to sort and package all waste- a snap shot as to how having your hair done at Aneia Warner salon benefits our planet -

Hair- all clippings are made into hair booms, these are dropped into the ocean or used for oil spills on roads. 95% of the absorbed oil is recyclable too! If the hair is long enough, they are sent away for wigs! Nothing is wasted.

Foil waste- bagged, weighed and sold! 100% of the proceeds are donated to Kiwi Harvest To provide meals for the hungry.

Plastic! Okay so they primarily use plastic dredged from the sea or recycled- but now its in circulation its just as important to keep in there and not in landfill. Shampoo bottles and all plastic waste are bagged up and sent away to be melted down and made into other things like reading glasses/ sunnies/ furniture etc.

Chemical waste is at a minimum, given the colour is honey based and nasty free, but the waste created here is collected and made into clean water for manufacturing.

The special humans that collect the salons new 'treasures' are all part of the disability community, feeling empowered to do good things, being paid well and supported!

There are so many reasons and positive impacts one can feel by going to Aneia Warner Salon, but you need to read the reviews to see, that despite the small business world suffering in this climate, some can thrive.

With a love of your craft, and a supportive client base, Aneia and her team can give thanks for being able to contribute and support our clients back.

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Area Columnists

Olki Straws

Let me start by introducing myself, my name is Reagan, founder of Olki Straws.

We are a locally owned, West Auckland based business with a vision for national and international markets. We make paper straws but not just plain boring straws, we have three fun and fresh, fruity designs to appeal to parties and those passionate about the environment.

You're probably thinking why straws? Well, when was the last time you used a straw? Straws are literally everywhere but are something you may not pay too much attention to and up until recently

plastic straws have been common-place at cafes, restaurants and bars but as we are all aware plastic straws have a detrimental impact on the environment.

I created Olki Straws 4 years ago as I found a niche in the market and wanted to offer a better straw option, as well as creating value through a drop product that people would love and enjoy. I want Olki Straws to be the number 1 Straw brand in NZ and one day the world.

We started off selling wholesale but we have refocused into more of a consumer-based brand. In following this, we created our 50 pack varieties, What A Melon, Really? Cherry and Fuzzy Apple. The feedback has been amazing as well as the reach. The entire process was an invaluable learning experience which has been amazing for pushing the brand forward.

If you've seen our straws, you would've noticed that they have a unique packaging design which differentiates us from other straw brands in the market and provides unique USP's. Our green and fruity packaging is hard to miss! Our brand is stocked in numerous stores across Auckland and even in the Coromandel.



We currently supply Altura Coffee in Albany, in 2020 we had a booth at Armageddon across the three day event, we bought out another straw company, were stocked at Nido and have even been nominated for a Westpac Business award so the brand has been busy.

Later in the year we will be releasing an 8 pack of straws with a focus on convenience. Great for parties, summer barbeques or if you would just like to try out our straws. Looking to the future, we plan to release limited edition designs that will maintain demand. Our plan is to release designs reflecting holidays and events throughout the year such as Christmas, Valentines Day and Halloween.

If you are reading this, and you own a dairy or convenience store, please send me a message on our Instagram @olki.straws or on Facebook if you would like to stock the 8 pack product. Also, if you do see the 8 pack in store, please consider picking up a pack and let me know what you think as I would love your feedback!

The lowdown on protein powders


We all know how important protein is and I have written about this before.

To recap, we need protein for the structure of our body for the growth, maintenance and repair of all our tissues and to transport our nutrients to our cells. It is a fundamental part of our immune system - making antibodies and other substances that fight infections. It helps to ensure the fluids in our body stay balanced so we don't swell up. It is also a building block of some hormones such as insulin and glucagon (both needed for blood sugar balance) and also leptin and ghrelin (needed for appetite and satiety control). It is required for the production of many neurotransmitters such as serotonin (happy), dopamine (pleasure), acetylcholine (focus) and it also gives us energy. If that's not enough, protein also helps with weight loss.


We get protein from meat, eggs, dairy, soy, legumes, grains, nuts and seeds and a small amount from some veggies. Please read my blog 'The Importance of Protein Part 2' to find out how much to eat and what that looks like in real life: <https://sarahbrenchleynaturopathy.com/2020/10/31/the-importance-of-protein-part-2/>

One of the ways we can get protein is through protein powders.







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Authorised by Marja Lubeck, Parliament Buildings, Wellington

Area Columnists

These are powdered forms of protein from various sources (soy, milk, peas, beans, rice are the most common).

They are a quick and easy way to add some protein to your diet (although food is always best). There are so many on the market and not all of them are good - with lots of ingredients such as sugar, artificial sweeteners, flavourings and thickeners and some have a high amount of sodium too.

I am constantly asked for my recommendations so I have spent the last few months analysing the ingredients and nutrients in the top protein powders in NZ (as requested by my members) alongside sustainability and taste. This has now been turned into a free ebook and I will be doing a video on the results too. If this is something you would like to find out about then please sign up here: <https://sarahbrenchleynaturopathy.com/links/> or email me on sarahb@sarahbrenchleynaturopathy.com.

Vaccinations and our safety

It's been a tough few weeks, and I want to thank everyone for your efforts at Alert Level 3.

After the big Super Saturday Vaccination Drive we must continue getting as many people as possible vaccinated. However, to ensure our communities are safe and to make sure we can get back to doing the things we love, we need as many people as possible to get their two shots.

The Super Saturday event saw vaccination centres, GPs and

pharmacies open later hours so that everyone could head along and get their vaccine. It was heartening to see the enthusiastic response to the event with queues at the Vaccination centres across the region.

If you haven't got around to getting your first shot yet, I'd really encourage you to get out and get it done, so that you're fully vaccinated in time for summer.

Even if you didn't make it along to Super Saturday, getting vaccinated is really easy to do: you can book online at bookmyvaccine.nz or by calling the COVID-19 Vaccination Healthline on 0800 28 29 26.

Some vaccination centres don't even require a booking - you can simply turn up and get your shot when it suits you. Check out covid19.govt.nz to find somewhere close to you.

If it's been more than three weeks since your first dose, you take advantage of the chance to get fully vaccinated - there's no need to wait the full six weeks until your original appointment. Just make sure that if you do get your second dose before your scheduled appointment you cancel your booking so someone else can take the spot.

More than two million New Zealanders are now fully vaccinated, and if you're one of them, there are still ways you can support our vaccination rollout. You chat with family members about getting your vaccine and encourage them to get theirs, or offer to book an appointment for someone who is having trouble doing it on their own. Every extra person who gets vaccinated is another layer of protection for our communities, so your actions will make a difference.



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Area Columnists

Finally, I know some people might still be a little unsure about getting the vaccine. If you do have questions or want more information before making up your mind, you can find reliable, accurate information, along with advice from medical experts, at [covid19.govt.nz](https://www.covid19.govt.nz). You might also like to check in with your GP or health provider with any specific questions you have.

Thanks again for everything you've done to help keep your community safe. Let's continue the solid effort and take the opportunity to boost our vaccination rates.

Marja Lubeck MP.

Phelan's Local Board update

The announcement that both Labour and National have agreed to enable three-storied housing to be built bypassing Auckland Council's Unitary Plan is yet another blow to efforts to address the yawning gap in infrastructure across Auckland.

While Local Board's aren't responsible for transport infrastructure, we're already way behind the level of investment needed for community infrastructure such as improvements to our towns, parks, and sports facilities. There is little to indicate where the money we need is going to come from, we are entering another year with very limited capital spending and all we're really doing is trying to keep our existing assets maintained.

National's Special Housing Areas (SHA) kicked off the current situation. It didn't do a thing to address housing affordability and simply created a mess by overriding the structure plans for Kumeu & Helensville and used legislation to force Auckland Council to accept more housing despite it there being no funding to provide the infrastructure this new housing would need.

That was 2013, here we are heading into 2022, nine years later, and none of the roading agreed to at the time with the government has been built. The traffic and associated issues have grown worse, little to none of the funding needed has been spent and

the government's latest bi-partisan solution is to put in yet more housing while ignoring the infrastructure funding issue.

Auckland Council's Unitary Plan provides a clear blueprint for growth, within the plan, there is provision for hundreds of thousands of new homes across Auckland. The plan allows for growth in appropriate areas where the infrastructure can be provided within the limits of Auckland Council (and ratepayers) ability to fund it. Places to build houses, including much-needed high-density houses around planned transport corridors, isn't the problem, funding the public transport, roads, water, sewerage, and community infrastructure are.

It now appears this is all being thrown to one side. That would possibly not be a bad thing were the government to have come up with a realistic infrastructure funding plan. Unfortunately, the \$3.8b funding package announced earlier in the year is for the whole of the country, not just Auckland, and we need three times that amount just to catch up with current needs.

Sadly, successive governments led by both major parties have gone for the easy announcements such as the latest one and avoided making the tough calls about addressing the billions of dollars required to provide a liveable city.

What does this mean locally?

Based on our experience to date it means more traffic misery, insufficient public transport, local parks and facilities not coping with the demand, and more frustration and anger directed at a council that has been removed from the ability to influence the outcomes for the community's benefit. It certainly isn't making for a liveable city.

Phelan Pirrie. Rodney Local Board Chair. phelan.pirrie@aucklandcouncil.govt.nz.

Fa-bula-lous Fiji is open for 2022

The Fiji Government has announced that it is opening its borders to vaccinated travellers, and together with Fiji Airways & the Fijian Government there are some incredible, never to be seen again specials that have been released as package holiday options.

I can't wait - I've already booked my family for the July school holidays. Fiji is my happy place, I have holidayed there in excess of 20 times, and I have honestly lost count.

We have fabulous specials on some very popular resorts, many that have given unique all-inclusive options where all your activities, meals & drinks are all included in the upfront price, that makes it so easy on your budget, and then you can get down to the serious business of just relaxing when you are on holiday.

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Area Columnists

Mamanuca islands, I have a huge selection of resorts with special opening deals, the below link is just a taste.

Family resorts are of special interest to me, and I will happily talk through all the pros and cons of the varying resort options for you to compare, with my first-hand experience.

All the popular resorts are listed on this flyer and it is highly likely that I have either stayed there, or visited it.

Amazing "Border Buster" deals starting from as low as \$1189 per person x 2 adults, or a family share option of \$709 per person x 4 (that's \$2836.00 for a family of 2 adults & 2 children aged 11 & under) including return airfares on Fiji Airways, return transfers, 5 nights at the DoubleTree Resort By Hilton Fiji - Sonaisali Island (20 mins south of Denarau) in a Beachfront hotel room with 2 x queen beds to share, Daily buffet breakfasts, 1 course lunches, 2 course dinners, Sunset cocktails, and your choice of one beer, wine, or a soft drink to accompany your lunches & dinners. Free kids club, water sports, activities & and free limited wifi. Wow!

Or head out to the famous Plantation Island Resort, with a 7 night package of \$1469 per person x 2 adults, or a family share option of just \$829 per person x 4 (that's just \$3316.00 for a family 2 adults & 2 children aged 11 & under for 7 nights) including return airfares on Fiji Airways, return coach & ferry transfers, 1 night at Nadi Gateway Hotel either side & 5 nights on Plantation Island in a Poolside room with a queen & 2 single beds, Daily buffet breakfasts, lunches & dinners. Free Kids club (4 to 12) & Teen Club (13 to 16) free kayaks, hobie cats, basketball, handball, tennis, table tennis, volleyball and an awesome inflatable waterpark. Free Cooking lessons, basket weaving, and native medicine tours and more whilst at Plantation resort. You can upgrade to all-inclusive at \$2229 per adult x 2, or a Family share \$ 1215 x 4 is \$4860 to include local beers, local sprits, mixers selected wines, (sparkling red & white), selected cocktails & mocktails, fruit juices & soft drinks whilst the bar is open, and you are staying at Plantation Island Resort.

Blue Lagoon Cruises have an amazing 30% off their rates for their 3, 4 & 7 night cruises ex Denarau up to the gorgeous Yasawa Islands, plus a free cabin upgrade (subject to availability), plus a FJD\$100 per cabin Spa/Bar credit.

I was lucky enough to do a 4 night cruise in November 2019 as a reward for top sales achieving the Top 10 of The Travel Brokers that year, so feel free to ask me all about this wonderful truly Fijian experience.

Please check out this flyer for more deals: www.thetravelbrokers.co.nz/.../fijis-open-ex-auckland...

Bookings can be made for travel anytime up to 30 November 2022, sales are generously allowed through to 10 Jan 2022 (Subject to availability, if not sold out prior).

I personally cannot wait to get back to beautiful Fiji, and hear the friendly 'Bula' greetings again, walk the white sand beaches, swim & snorkel in the clear azure waters, feel that gorgeous warm sunshine in the middle our winter, enjoy the fabulous facilities of staying at

their awesome resorts, eat my all-time favourite Fijian dish Kokoda, drink some yummy cocktails poolside, shop at Denarau, perhaps visit a spa or two, and support their tourism again.

Please contact me for more details, The Travel Brokers - Waimauku. Tanya Franklin, email tanya@ttb.co.nz or phone 021 254 9169.

Craigweil House

Craigweil House would like to thank locals and the community for their sympathy and goodwill over lockdown.

The kind folks at River Valley Baptist Church in Parakai put together a special hamper for all the essential workers of Craigweil House Home and Hospital. The card read, "To the Staff at Craigweil, This gift is to thank you for your hard work during lockdown caring to the residents at Craigweil. May God bless you all."

Northwest Business in collaboration with Mitre 10 Westgate generously donated to Craigweil House three tarps and two bottles of outdoor cleaner.

Lastly, locals Avon and Martyn Aspden donated four trays of eggs to the residents at Craigweil. They haven't been able to sell their eggs due to current circumstances. But their hens have been busy!

From all our staff and residents at Craigweil house, thank you all for thinking of our residents and staff - it means a lot. Stay Safe.



Chris Penk MP

We live in an age dominated by numbers. Over the last couple of months, as a nation we have been obsessively watching the number of COVID-19 cases, the number of ICU beds available, the number of vaccinations and so on.

Impacts of some numbers are very clear but others are much less so, requiring extra analysis or even soul-searching.

In the case of statistics relating to the economy, it's all too easy for our eyes to glaze over when figures get thrown about. But while interest rates may not seem like a great source of interest (pun intended), of course their effect on local families and work places can be huge.

It is probably more helpful to think about sets of numbers such as inflation and interest rates as indicating how good our quality of life can get.

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Authorised by Chris Penk, 365 Main Road, Huapai.



Area Columnists

In the case of inflation, it was disheartening to see news recently that the annual figure for the last 12 months is now 4.9%. The expectation is that interest rates will rise as a result, which is obviously a bad news for those owing mortgage-secured loans. And of course inflation itself can have a corrosive effect on wages.

For our people here in northern and west Auckland, and across the country for that matter, the greatest danger is of course "stagflation".

It's been years since we faced such a combination of stagnant economic conditions (perhaps inevitable following a global pandemic) and inflation (unavoidable when extra printed cash is swirling around).

If we think about the things that lie within our control, as individuals, families and communities, the answer surely lies in sticking together as best we can.

A year ago, the phrase "support local" was a catchcry to rally our region around organisations –especially local businesses – that had been hit hard. In the dying weeks of 2021 it will be at least as important a sentiment, if not more so.

While it's currently necessary to purchase so many goods online – and the whole world is at our fingertips – we can still consciously choose the local, independent little guy or girl. It's our best hope of outrunning inflation. Improving the incomes of our friends, family and neighbours must be a priority. In an age of numbers, these ones really do matter.

Good luck out there team.

Where is your business going?

If you were to visualise your business in 10 years' time what would it look like? How much revenue will it generate? How many staff will you have? How much profit will it be making?

Unfortunately, many business owners don't have a clear picture in mind of what they're aiming for – and if you're aiming for nothing, that's what you are likely to hit. Every business, big and small, needs direction and goals: that's the key to success.

To help our clients set goals for their businesses, we begin with visualisation. We analyse current financial performance and show our client how much profit and cash their business is currently making. Then we explore how much profit and cash they would like

to make in the future. From there we build a clear plan of how we are going to get there. And yes, that is "we", because as accountants we are there with our clients each step of the way, keeping them on track and helping to successfully navigate the unexpected.

If you'd like to know more about setting direction for your business and helping it to succeed, contact the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

Flood reflections – the aftermath

Kumeu Community Action (aka Kumeu-Huapai Residents and Ratepayers Association) chair Guy Wishart reflects on the weeks since the Kumeu and surrounding districts flooding.

It has been two months since the devastating flooding in the Northwest and West of Auckland.

Few people seemed to be unaffected. My dentist mentioned flooding issues at his Henderson home, the flooring company giving quotes telling me they still had their showroom walls cut open. Our electrician told me his mother's Housing NZ home in Ranui was condemned and her valuables left in the rooms were stolen after she was moved to emergency housing.

Most of us affected were likely insured, some were not insured enough or some not at all. We all found out that flooding was not considered a natural disaster by some insurance companies.

The railway line and signaling into Kumeu were damaged along with millions of dollars in damaged property, stock and household items. It turns out that if you have never been involved in a large event like a flood, earthquake or fire, you have no idea just how difficult the process of getting your life and property back together is.

How does the process work? Who will be assessing the damage? Who is drying your property out? Who pays for the skips that contain the sodden and damaged remains of what were your walls, carpets,



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Area Columnists

beds, fried electrical gear, and more?

I must admit that when we moved to Kumeu eight years ago, with two hectares, a barn, big garage and more space around you, the temptation to keep "useful" stuff for use at a later date appealed to a not so sensible part of me.

Family and friends who realised you had more storage than them started dropping "useful" stuff off that they had no use for or space to keep it in. This meant that on the morning of August 31, most of this "useful" stuff like Gib board, fridges and general garage and barn stuff was lost in the dirty brown water that surged its way through our property.

We were told that we had a "replacement" insurance policy, but we learnt that this didn't apply to everything and that the "present day value" of some of your prized "personal effects" like my favourite Doc Marten boots was not that great when depreciation and their age was added in, making them difficult, if not impossible, to replace.

Cars and tractors that are insured for third party, fire and theft are not covered by "natural disasters" such as floods as presumably these are too common.

The ABS, brake and airbag lights on the dashboard of flooded vehicles stayed on for two cars, meaning you can't get a warrant and registration. You are forced to sell them for parts. Those that are fully insured need to be assessed, but at level 4 that wasn't possible.

At level 3 the garages opened and then came the news that most of your vehicles' wiring and computers will probably stop working soon as they are corroding away with quiet menace.

The car/4x4 must be replaced - don't consider that it is working now or that this is a car that is hard to replace as later this year it probably won't be working anymore. By this time there could have been other factors that contributed to its demise.

There is a shortage of builders and tradies out there, so not many flood affected properties or houses have started having their insulation, Gib, plastering, painting, flooring, plumbing and electrical reconnections done as yet.

Shortages also exist in the supply of flooring and other imported and local building supplies. We are told there will be a delay of months to get matching flooring for our place, meaning sometime next year things may be back to where they were on the night of August 30.

The anxiety around rainfall has induced a type of extended trauma in some of us. We now look at the rain radar and weather warnings with a greater level of concern.

On the evening of September 23, another larger slow moving low pressure positioned itself over the upper North Island. My neighbour and I found ourselves outside at 3am checking water levels and I drove to Taupaki to see how far below the bridge the water was at 4am.

We are waiting for an early flood warning system that we desperately

need so our low-lying areas don't have to imagine what is happening in the depths of the night.

We also need increased budgets for the unclogging and widening of the waterway and streams that carry the bulk of the flood waters.

If the recent flooding of the Northwest and West of Auckland is not enough to prioritise Auckland Council budgets to deal with this huge issue, it is hard to imagine what would.

Albion+Co

With Christmas fast approaching it's time to start thinking about gifts for your friends and family. Normally the chore of Christmas shopping means hours of shopping, and finding a car park? Impossible! That's why this is the year for online shopping, and why not support small local businesses while you're at it.



Albion+Co is a small local business that takes the hassle out of gifting by providing unique and personalised gifts without breaking the bank. Established in 2020 we began with small personalised gifts and have now expanded to include gifts to suit all your gifting needs. From baby items and personalised sleepwear to custom gift boxes and glassware, we have something for everyone.

Another big part of our business consists of wedding items to add a personal touch to your special day. This includes gifts for your bridesmaid and groomsman, as well as personalised favour and signage. Weddings aren't all about the gifts, they're about the love shared. But it's always nice to thank the people that will be standing by your side through one of the most important days of life.

Not sure or already have something in mind and just need it personalised? Albion+Co also offers DIY Decals that you can apply to just about any surface and create your own personalised gifts.

ALBION+CO - visit www.albionandco.com, email albionandco.nz@gmail.com.

Sayers Says It

By Greg Sayers, Rodney Ward Councillor

Mayor Phil Goff has been enjoying my full support around his decision to give the thumbs down to the government's Three Waters Reform programme.



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Area Columnists

The government wants to take control of all of Auckland's water assets. Working collaboratively, we also both agreed the reform should not be allowed to be made mandatory. This was eventually supported unanimously by all of the councillors.

I also worked closely with the Mayor to gain a greatly increased budget for upgrading the unsealed roading network from \$1 million per year following the "Emergency Budget" to \$12 million per year. This being critically important for health, safety and environmental reasons.

Abruptly, however, the government has redirected its share of Auckland Transport's funding from new roading projects into cycleways, walkways and public transport.

This has scuttled the \$12 million a year budget, with only \$4 million per year able to be salvaged, funded from the regional fuel taxes and rates.

Although the Mayor expects me to consistently hold the flame to his feet about employee costs, getting back to core council business, and stopping wastage and overspending, there is a healthy professional relationship between us which is overall important for Rodney.

The Mayor also knows my stance about him either wanting to increase rates above 3.5% next year, or alternatively sneaking in yet another targeted rate. My concern is substantiated by the persistent trend, year upon year, of the council reaching ever deeper into ratepayers' pockets. Few elected members have proven they are prepared to hold the Mayor to account.

The Rodney Local Board has been delivering strongly on its

objectives. This is good news for our communities.

Although the Rodney Local Board transport targeted rate remains controversial there are positive urban based projects being completed, primarily supported from the budgets allocated to them in partnership from the Mayor and councillors.

I do have concerns about a growing inequity gap between our urban and rural communities. Our rural families pay their rates, the council's targeted rates, the regional fuel tax and the Rodney Local Board transport targeted rate, along with other council charges.

However, the majority of the rural money collected is not spent back in the rural areas, but rather is used to support the growth in our urban centres.

This is why I am working hard to get the road sealing and unsealed roading maintenance budgets up. I take great encouragement from the citizens of our townships who agree and who are appalled at the state of the rural roads.

Rodney people have always stuck together and we must continue to do so.

New Zealand is still going through difficult and unprecedented times with the outbreak of the Delta variant. I know many of our people in Rodney may be feeling overwhelmed at this time.

If you are at all feeling overcome or you need help, advice, or reassurance, please do not hesitate to contact me directly on my mobile number 021 285 9900.

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