

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

**EVENTS AND UPDATES**

**FUNDRAISING WALK FOR KIDS**

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

**IN IT FOR LIFE**

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October 2019





## Greetings

Rail is again the talk of the town.

A \$94.8 million investment in fixing the declining northern railway line has been announced by Winston Peters and Shane Jones.

That's good news, as the Northland line was at risk of shutting within five years because it was becoming unsafe.

But the talk centres on how the official party used a diesel-hauled passenger train to get between Swanson and Helensville station where the official announcement was made.

Many are naturally wondering if that can be done for an official party then why not for a genuine commuter service to Swanson to link with electric trains?

It certainly begs the question!

Kumeu-Huapai Residents and Ratepayers Association member Graeme Hammonds has been seeking answers through the Official Information Act in relation to the Waitakere tunnel.

The tunnel has been touted as a reason why a passenger service cannot be supplied from Swanson to Kumeu or Helensville, safety issues are usually cited.

Diesel freight trains use the tunnel daily, with occasional passenger charters also passing through the 251-metre long tunnel built in the 1880s which has a 40km/h speed restriction.

"The Waitakere tunnel has no special safety requirements," KiwiRail's Dave Allard notes in response to Graeme. "However, the tunnel is subject to the current safety procedures as set out in KiwiRail's Emergency Management Plans.

"It is unknown though if the Waitakere tunnel would be suitable for intensive commuter rail operations should the Auckland Metropolitan Network be extended further north."

While KiwiRail hasn't completed any detailed work on this, Dave says its expectation is the tunnel "would require considerable investment in safety improvements" and that "a number" of subgrade formation issues exist requiring substantial capital investment. In other words – lots of money.

He notes KiwiRail isn't planning to electrify this section of track.

The Northland rail investment plan doesn't specify the Waitakere tunnel among the 13 needing \$7.3 million in repairs either.

No detailed studies have been completed on the Waitakere tunnel, yet surely the time has come for just that and to see about getting a commuter rail service to the northwest.

It beats sitting in State Highway 16 traffic, which must be costing millions in lost time and productivity, and might also avoid the need for an expensive bypass.

Geoff Dobson, editor



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COVER PHOTO: Muriwai head lifeguard Glenn Gowthorpe

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# People & Places

## In it for life

The new surf lifesaving season opens at Labour Weekend (October 26-28) and once again the Muriwai Volunteer Lifeguard Service (MVLS) is gearing up for a busy summer season.

New club president Jo Cooper will be among the many volunteers patrolling the beach and supporting other lifeguards helping keep Muriwai Beach and its community safe.

Jo joined the club as a Nipper in the early 1970s after her father Phil Cooper and other club members formed the Nipper group. Today the Nipper programme encourages nearly 300 juniors aged 3-14 years to join in fun events and activities.

The club continues to support youth coming through from the Junior programme.

This season, for the first time, the club is implementing a sixth patrol comprising 'rookies' and newly qualified 'bronze' members. Support, leadership and mentoring will be available. Also being offered is a youth role on the management team. The role will be supported by the committee and offer an opportunity for elected members to experience governance planning and reporting.

Although Jo moved away from the club, she re-joined a few years ago as an opportunity to donate her time again to a beach, cause and community close to her heart.

Jo took over the chairperson role in the 2018-2019 season and became president with support from chair Mike Ward and vice president Mark



Goodhew.

With the upcoming season looking as busy as ever, new initiatives such as drones and jet skis are being considered.

A drone training programme has been initiated with a plan to implement drone use on every patrol, supported by CJ Matthew.

The drone may be used as another 'pair of eyes' beyond the break with potential to display the camera images on a large screen in the patrol tower. It can also be used as a beacon to direct the IRB rescue crew to a person in distress.

The drone can take off and return automatically, therefore it can be programmed to survey the flagged area and beyond every hour, for instance. Jo says it's also a great tool to watch the rocks and headlands, with special dispensation allowing drone usage in the area.

Muriwai Beach continues to lead lifeguarding statistics across New Zealand in both numbers of rescues and preventative actions taken by its lifeguards.

"Our aim is to ensure that the public can continue to safely enjoy the sun, sand and surf," Jo says.

Lifeguards continually assess conditions and as the tide and swell change will often need to move large numbers of swimmers away from a potentially dangerous area.

In general, people are quick to react to advice and understand the requirement to move down the beach, Jo says.

A variety of training sessions ranging from first-aid courses through to Inflatable Rescue Boat (IRB) engine maintenance courses have been held.

Active volunteer lifeguard numbers remain around 150. However, the number of patrols that each lifeguard has been able to commit to is under pressure, so the club welcomes returning lifeguards and anyone interested in joining and learning.

CONTINUED NEXT PAGE



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# People & Places

## In it for life continued

If you see anyone in trouble outside patrol hours call 111 and ask for police, providing a description and location which will help the Muriwai Emergency Callout Squad.

Those getting into trouble in the water should raise a hand to signal lifeguards and others.

Long serving Muriwai member Neil Reid been involved in surf lifesaving about 60 years, starting in Dunedin in 1958, has held many office positions within the organisation and is a Member of the New Zealand Order of Merit for his services.

He and wife Trish are the only known husband and wife team to be life members of Surf Life Saving New Zealand, also holding that honour at Muriwai.

You'd think that at 74 Neil would be considering retirement from lifeguard service. But not Neil! He's now retraining as an unmanned aerial vehicle (UAV) operator to mind the three drones the Muriwai club plans to use for lifesaving duties this season.

The drones will be used for observation, particularly when the setting sun in the west presents glare issues for lifeguards on lookout duty.

The club did trial balloons with cameras for similar reasons, but the drones avoid the balloons' limitations and can quickly be redirected to areas where needed.

Drones may also be used to drop flotation devices to people in trouble. Neil points to the use of drones in Australia for lifesaving purposes.

Kumeu Rotary – of which Neil is a member – is helping fund the Muriwai drone project, and Neil says a core group visited Australia's Central Coast to learn about their development programmes.

Neil says no national standard exists at this stage for using drones in surf lifesaving, something he may have a hand in establishing.

As well as the drones, Muriwai also plans on using a jetski for lifesaving work this summer.

Muriwai senior lifeguard and water safety specialist Damian Molloy has been using his own jetski at Muriwai Beach in something of a trial.

Now the club is busy fundraising for both the drones and the jetski.

Fundraising is a key part of helping provide the lifeguard service, and the Boost "big air competition" for kite surfers on October 12, from 9.30am, hosted by the University of Auckland Kitesurf Club, will see all proceeds go to Surf Life Saving New Zealand.

Visit [www.muriwaisurf.org.nz](http://www.muriwaisurf.org.nz) or email [chief.instructor@muriwaisurf.org.nz](mailto:chief.instructor@muriwaisurf.org.nz) for more information about the Muriwai club.

## Lions book fair

A Book Fair will be run by Huapai-Kumeu Lions at the Kumeu Community Centre on Saturday October 19 and Sunday October 20, 9am to 2pm.

Riverhead Scouts are helping and will share in the profit.

People wanting to do some book culling or who have unwanted books stored away are invited to donate them to this Lions fund-raising project.

Magazines are not offered at the fair as they do not sell, Lions Book Fair convenor Gary Moss says.

Donated books can be taken directly to the Kumeu Community Centre and put by the Lions' room at the left of the main doors from Monday October 7 - but not at the weekend, he adds.

Kiwispans are not being used as a depot this time.

This will be the 22nd fair the club has run as a fund-raising project for local organisations.

Moss says it continues to be a successful event, offering good quality books of every genre including novels, autobiographies, gardening, travel, history and crafts.

Books are \$1 for soft covers and \$2 for hard covers

A large quantity of children's books will be set out on the stage with a special price for a bundle.

Past fairs have generated considerable interest and become a social occasion for the family while offering bargain books for people of all ages.

## Bike Kumeunity rides into spring

The aptly named Bike Kumeunity plans a spring ride on October 20.

It's from 2pm to 4pm, starting from the Kumeu Arts Centre, with the route to be confirmed on Bike Kumeunity's Facebook page.

More people are welcome to join the local group and participate in events, with other rides planned.

"We've just had a bit of a renaissance - with the formation of a new committee of good people including transport planners and advocates," coordinator Christine Rose says. "Though we're interested in having other keen riders to join us on the committee to add life to riding in Kumeu."

She says the rides help celebrate the joy of cycling and demonstrate how good it is for getting around as the community becomes more urbanised.

Bike Kumeunity is also an advocacy group, adding its voice to projects such as the State Highway 16 safety upgrade that includes a shared path.

Christine says it sometimes seems a case of two steps forward and one



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# People & Places

back on cycling improvements in the area.

For instance, a planned pedestrian crossing with controlled lights at Matua Rd will create a pinch point for cyclists and make things less safe, despite some plans for a cycle path up to that point, she believes.

"Also despite submitters - including me and others - alerting the NZ Transport Agency to their plan to narrow SH16 there will create a challenge with conflicts between bikes and other users.

"Delays in addressing the current choke point at the Station Rd/Tapu Rd area of SH16 endangers cyclists as they have to enter live lanes of heavy traffic to get through the bridge. It's hard to convince people to ride their bikes when the fear is real."

Christine says the gap in the regional cycling network between Westgate and Kumeu is a chasm that's difficult to cross.

"It's surprising how many cycle commuters from Kumeu and surrounds can be encountered on the Northwestern cycleway. I've met many people who have to drive and park to join the cycleway (me included) because the intervening area is too scary - the Brigham Creek roundabout in particular."

While Bike Kumeunity is looking forward to the improvements from Westgate, it's concerned final plans for cycling facilities as part of the \$73 million SH16 upgrade may not include proper dedicated cycle lanes. Visit [www.facebook.com/BikeKumeunity/](http://www.facebook.com/BikeKumeunity/) for more information.

## Fireworks feast on October 18

The Monster Fireworks Display is back for its 34th year on Friday October 18.

A fundraiser for Taupaki School, the family night of fireworks, food stands, entertainment and more at the Kumeu Showgrounds starts at 5pm with the fireworks display starting after dark at around 8.30pm.

It also marks a long running association with the York family of Taupaki through their Bad Boy Fireworks brand.

A not-to-be-missed event, the Monster Fireworks Display features nearly half an hour of synchronized fireworks clearly seen but safely let off by professionals in the show's fenced off main arena.

One lucky person even gets the chance to push the red button starting the display in a competition costing \$2 a ticket (or three for \$5) - having their name called in the process, tickets available until October 17.

Other raffles and auctions also abound.

Carnival rides and entertainment including the Rocking Tug Boat, Cup & Saucer ride and Mini Ferris Wheel feature alongside other entertainment like Smile Amusements' mini hotrods, reverse bungy and Fun as Inflatables before the main event.

More than 14,000 people are expected to attend the display, the year's main fundraiser for Taupaki School.

"As Taupaki School moves into a new era of STEAM (science, technology,

engineering, arts and mathematics) education across the school and working with our community on our inquiry learning it's fantastic to have an event like this to ensure our students have the resources they need to prepare them for the future," Principal Pete Hall says.

Early tickets are available from the Taupaki School office for \$35 a family (two adults and up to four children), or \$40 at the showgrounds gate on the night. Adults are \$15 and seniors or children just \$5.

In the event of rain, the show will be held on Friday November 8, notified on [www.monsterfireworks.co.nz](http://www.monsterfireworks.co.nz) and the Facebook page.

## Fundraising walk for kids

The Waimauku Lions Club is running a fundraising 'Walk for Kids' on Sunday, October 13.

All funds raised will go to the Child Mobility Fund (CMF) which provides Hart Walkers to disabled children in New Zealand.

The Waimauku event is part of the Lions Clubs of New Zealand 'Child Mobility Walktober', providing the Hart Walkers which are orthotic upright hands-free walking frames.

Since 1998, 50 New Zealand children have been fitted with a Hart Walker frame, including Amira in the northwest community.

The October 13 walk starts 11am on the corner of Sarah Todd Lane and finishes at the Lions Adventure Playground in Freshfields Road.

A gold coin donation applies, and food and games will be available at the finish.

No dogs allowed on the walk. Email [lionswaimauku@gmail.com](mailto:lionswaimauku@gmail.com) or visit [www.nzcmf.org](http://www.nzcmf.org) for more information.



## St Martin's Church open day

A public open day at St Martin's Church in Waimauku on Sunday October 20, 9am-3pm, will allow people to learn more about the historic church which some consider under threat.

The open day was sought at a public meeting on August 13 at the Waimauku RSA, attended by

more than 80 people to discuss the church's future following concerns it required maintenance and that there was a risk it might be lost to the



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# People & Places

community.

The church opened in 1921, built by the community as a memorial to those from the district who died in World War One.

Many at the public meeting, which included descendants of early settlers in the area, want the church kept for the community.

Information will be provided at the open day.

Contact Dr Kathy McDonald, email [kathy@waimaukudoctors.co.nz](mailto:kathy@waimaukudoctors.co.nz) or phone 0276 622 364 for more details.

## Kaipara College zoning concerns

Calls for a Kumeu College are gathering momentum.

Helensville MP Chris Penk has written to Education Minister Chris Hipkins urging priority in planning for a new secondary school in the northwest, particularly with the announcement of an enrolment scheme for Kaipara College from January 2020.

The local MP suggests the Ministry of Education postpone the Kaipara College enrolment scheme which includes Waimauku but excludes Kumeu-Huapai, Taupaki and Riverhead – areas which have families involved with Kaipara College.

"It is my view as local MP that the scheme is strongly opposed by the wider community and is already causing a great deal of angst, disruption and upheaval for families who feel a deep connection with Kaipara College as their 'local' college," Chris Penk says in his letter.

He says the enrolment scheme has caused "tension and conflict" within the community.

He adds that while Massey High School and Kaipara College are similar distances from many of those affected, the commute between Massey takes longer because of State Highway 16 peak time congestion and the area has limited public transport options.

Both Massey and Kaipara are expected to be at roll capacity within the next six years, Chris Penk says.

He says for some years the community around Kumeu-Huapai, Taupaki



and Riverhead has been advocating for an additional secondary school in the area in response to the high population growth here.

While the ministry has identified the northwest as a priority for roll growth, with an additional 6229 primary and secondary students expected in the Massey, Hobsonville and Kaipara catchment by 2030, Chris Penk says he understands the ministry may review its timeframe and could even reduce it once the 2018 Census figures become available – expected soon.

Part of the issue is around infrastructure needing to keep up with development – such as the need for another secondary school, transport issues and more, Chris Penk tells the Kumeu Courier.

"Rolls at Kaipara College and Massey High School have been growing, so this does not detract from their ability to attract students.

"I'm supporting community calls to the Ministry of Education suggesting land be allocated for a secondary school as it has not put funding in place, set aside or identified land for that purpose so it can move quickly once a decision is made to get a secondary school."

The first few years will be spent getting land, resource consents and other work completed, he says.

Chris Penk says he's talked to representatives of various schools in the area.

Depending on the ministry's response to his letter, he's happy to convene a public meeting on the matter if necessary.

Meanwhile, a Kumeu College Action Group comprising about 224 members says it has gained more than 950 signatures on a petition calling for urgent action to get a new secondary school in the area.

Its Facebook post says the lack of a high school in this area leads to community erosion with families moving out and others discouraged from moving to the district.

The lack of planning for a Kumeu College is just the sort of thing a proposed 'framework plan' for the area could cover.

Planner Pete Sinton says he's working with the Kumeu-Huapai Residents and Ratepayers Association to get cracking on establishing a framework plan to help guide the area's development rather than risk the present ad hoc approach.

"A framework plan will guide other Government agencies deciding locations over schools and transport options including rail," he says.

"Otherwise the Auckland Council won't start progressing a structure plan for the area for another seven years."

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# Safer Communities



Welcome to spring!

With the warm weather came the Waitakere Kindergarten's gala that the Brigade supported. It started off with a shower of rain but cleared to fine with an enjoyable day held by the community.

The Waitakere Volunteer Fire Brigade celebrated the achievements of its members with family and friends at an honours afternoon/evening. The honours ceremony recognises the service and commitment that the individuals have put into supporting the community.

The honours received ranged from 3 years to 17 years' service. Honouring service starts after a 3-year commitment.

If you have a few spare hours a week and want to volunteer to support your community, we would love to hear from you.

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**

Station Officer  
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# Community News

## Live longer, play golf

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Researchers found that the physical activity of golf is associated with reduced risks of chronic conditions: hip fractures by 36 – 48%, type II diabetes by 30 - 40%, CVD, stroke by 20 – 35%, colon cancer by 30%, anxiety, depression, dementia by 20 – 30% and breast cancer by 20%

Golf has many positive effects; it enhances and retains our cognitive function and helps us relax. Golf connects us with others and promotes positive interpersonal interaction. Golf improves concentration, reduces stress and improves coordination and balance.

Give golf a go, call the Huapai Golf Club on 09 412 8809 - we'll help you get on course for a better, healthier life.



## It's never too early to learn about recycling

It was a rainy day, but at Nature's Explorers a little bit of rain won't dampen our fun. Recently we have been learning a lot about recycling, and how it is important to reuse things and protect our environment. So we decided to hop on a bus and visit the Helensville Recycle Centre. Treena, who is the manager of the Recycle Centre showed us around for the morning, Thank You Treena! She also showed the children some pictures of rubbish tips and how they bury rubbish. The children all agreed that it wasn't a good thing to do for our soil and worms. Even worms don't want to eat plastic. The children each had a turn putting paper and cardboard into a big machine which crushes it. When it is really flat, then the truck can take it away to a place that makes it into egg cartons. This was a great hit with the children!



Everything in the Recycle Centre is reused again. What a wonderful place! It was a great place to learn all about sustainability. The children even got to go through the recycle shop and choose something with

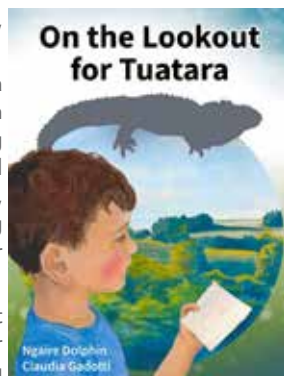
their gold coin donation money, some of which I'm sure parents will be recycling again very soon.

## Tuatara encounters

Sunday 20th October, 10am to 1pm, Kaukapakapa Library.

Forever a story teller, especially as a teacher and librarian, Ngaire Dolphin has always been keen to find interesting stories for children. Inspired by her local surroundings and a desire to help a young, struggling reader, Ngaire began writing her own books, discovering a passion for tuatara and their habitat in the process.

Ngaire's second book "On the Lookout for Tuatara" follows on the heels of her successful book "Be Careful Where You Sit!" Both books are beautifully illustrated by Claudia Gadotti. Find out more about New Zealand's living dinosaur, meet Ngaire, and go in the draw for your own book.



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

## Kumeu Library

Kumeu Library is all ready for the October school holidays, with fun, free activities for school-aged children every day. Our theme for the holidays is "Top Secret" and we will be exploring secrets of all kinds: secret messages, hidden codes, artwork that is really a secret message, a QR scavenger hunt, scratch-off art, pictures that are more than they seem, and a Kahoot! Quiz event. Activities will take place every day at 10.30am, and there are also activities available to enjoy any time you are in the Library, including our ever-popular scavenger hunt (don't forget to enter this to be in to win a great prize). Come in to Kumeu Library and pick up a programme, or keep an eye on our Facebook page for information about which activity is on which day.

An extra-special holiday event takes place at 10.30 on Friday 4 October, when author Dean O'Brien (Deano Yipadee – author of Stink-o-saurus, Nee Naw the Little Fire Engine, and Jingle Bells Rudolph Smells) will be at Kumeu Library, bringing his own special brand of silliness to entertain you. This event is free, and suitable for children aged from 3 to 12 years, but all children are welcome.

We are getting ready for our annual Spring Book Sale. Come in and check out all the fabulous bargains on offer during the month of October. Keep checking the sale table, as stock will be changing every day.

Follow Kumeu Library on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary))

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# Community News

to keep up with all our news and events.

## Kaukapakapa Village Market

Sunday 20 October 8.30am to 1pm. Enjoy a great morning out with the family. You'll find a tempting selection of stalls selling fresh local produce, artisan food and preserves, handmade crafts, gifts and collectibles plus locally grown plants, herbs and vegetable seedlings for your summer planting this Labour weekend. There's also live music from Mike Lea and kid's activities with free face painting and a Halloween craft table. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.



## Teacher thank you gift ideas

As we head into the fourth term of the school year, it's time to start thinking about how you're going to show your appreciation for your child's teacher this year.

Maybe a generic gift like chocolates, pens, candles or a bottle of wine. Gosh, they probably need it after dealing with 20+ kids day in day out all year.

Or, you could organise something more personal for them.

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## Thank you

Motutara-Waimauku Scouts says THANKS to our wonderful community for all their support for our recent Horse Race Night fundraiser held at

the Muriwai Golf Club on 14 September.

Our youth & leaders are looking forward to attending the 10 day Jamboree at Mystery Creek in December, and this will go a long way towards their fundraising efforts.

## Coatesville Ag day

Get your gumboots on folks and come to Coatesville Primary School for our annual Ag Day. Come early (9am) to see the animal judging, or later (from 10.30am) for food, games and market stalls.

We have games and rides galore including a bouncy castle and water-walkers. Stalls include fresh produce, a silent auction, face painting, food stalls, the amazing recycle clothes boutique and second-hand books.

## Branded drink coasters for your bar or restaurant

For restaurants, bars and event venues, printed paper or cardboard coasters are a great opportunity for branding and promotion. Drink coasters are mini billboards that not only look after your table and counter surfaces but can strengthen your company image. When customers have a drink in their hand your message is directly in front of them for an average of 45 minutes – what an opportunity! Hand-eye coordination dictates that people must look down before picking up or setting down their beverage. This creates dozens of micro-impressions where the customer sees your brand. Remind customers about where they are so that your establishment's name stays front of mind or advertise a special



offer. Coasters are a great way to promote your business and create a lasting impression. They are also a practical gift for your staff and customers. Coasters are a great way to promote your business and create a lasting impression. They are also a practical gift for your staff and customers.



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# Community News

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## Just Kidz Huapai

Choosing a preschool for your little one can be a daunting experience. As a parent you want your child to be happy, and feel nurtured and secure when you are away from them. At Just Kidz Huapai, your warm welcome begins the moment you enter. You will be met by our adorable Centre Manager who is never without a smile and whose laughter is infectious. Our team of teachers are all qualified and registered as we only hire qualified, committed educators. Their passion is evident on the walls of the three huge, bright and airy classrooms, where children's photos, artwork and displays clearly show the learning and wonder that the children here experience every day. With a maximum of only 43 children in the whole centre, our ratios are small and this means that the children receive regular one on one attention and are actively involved in small group activities such as art, baking, science experiments, and those



all-important literacy and numeracy experiences to prepare them for 'big' school. The children at Just Kidz Huapai have the perfect blend of learning and fun. Take advantage of our opening special, 50% off for your first two months fees. Pop in for a tour at 335 Main Road, Huapai or contact us on 09 412 2025 or Email: [Huapai@justkidz.co.nz](mailto:Huapai@justkidz.co.nz) for more information.

## Waimauku Vaulting Club

The Waimauku Vaulting Club will soon be celebrating our fifth year anniversary. Equestrian vaulting is a very unique sport that combines gymnastic, acrobatic, and theatrical skills with horses. Starting from just an idea in October 2014 after participating in the Kapiti Vaulting Club clinic at Equidays (Hamilton), our passion for this sport eventually led us to be involved in sending a New Zealand team to compete this year in European and world competitions. One of our local vaulters, Jasmyn Rodriguez, moved to Wellington for a year to join the New Zealand Junior Vaulting team for their debut at the Vaulting World Championships. The eight member team consisting of ages 11 to 18, spent 5 weeks in Europe. They trained at multiple vaulting clubs in Germany while selecting and becoming familiar with a horse to borrow for the World Championships. Two of the team competed as individuals



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# Community News

and the other six as a squad at a CVI in Flyinge, Sweden and again in a regional vaulting competition in Mühlacker, Germany. New Zealand does not yet offer any official competitions in vaulting and therefore these events were a first exposure to a competitive environment for many in the team. Despite this gap in competition experience, the New Zealand team performed exceptionally well at the Junior World Championships and placed 6th overall. The score for the horse comprises twenty five percent of the marks, which was a very important factor to the success of the team. A large part of the team fundraising went into securing enough funds to borrow a well-trained vaulting horse. As it turned out, the team was lucky enough to contract Humphrey Bogart, one of the top horses of the former world championship winners from Team Nordheim, Germany. The European Senior Vaulting Championships was also held in conjunction with the Junior World Championships in the Netherlands. It was a treat to see the best vaulters in the world performing amazing feats of gymnastic and theatrical entertainment in their vaulting routines. We are bringing this new inspiration back in vaulting barrel classes for the Auckland area. Please contact us at [waimauku.vaulting@gmail.com](mailto:waimauku.vaulting@gmail.com) if you are interested in finding out more about this captivating and growing equestrian sport.

## Flippin' Fun gears up for busy holidays and final quarter

Looking for a more stimulating environment for your group function or party? Flippin'Fun's huge mezzanine area is an ideal separate space featuring a large screen TV, ample seating and exclusive toilet facilities makes it perfect for large group functions. We're busy taking bookings for end of school year sessions and Christmas parties so for an event your people will talk about for a long time afterwards, contact us now. Of course the October school holidays are up first and it's sure to be busy with children enjoying fun on the tramps and getting a good dose of energy burning exercise. Make sure you check our booking page for session space availability. It's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4 (kindly note, we suspend classes during the holidays). Flip fit classes – with summer on the way it's time to start thinking about getting back that beach bod! Flip classes – Fly with the best! For age 8 yrs+. Learn new tricks to impress your friends. Junior flippers – a fundamental movements programme for kids aged 5 -7 yrs teaching skills core to many sports. Little flippers – a super fun toddler session for the 5 & unders – no older kids allowed! Need a cool gift idea for your bounce crazy child? We have Christmas Gift 10 entry concession cards available in store for only \$100. For pricing and



times be sure to check [www.flippinfun.co.nz](http://www.flippinfun.co.nz) or call us on 09 833 6880. Also follow our Facebook page for summer specials.

## Raising the bar

At the beginning of 2018 Precious Pippis Childcare Centre took part in the Auckland Council run 8 week trial implementing a modern style reusable cloth nappy, initially in their nursery classroom. The parents were very welcome and supportive of the idea and the staff had a lot of support from Nicola Strawbridge at the Auckland Council and Kate Meads – also known as the 'Nappy Lady'. The teachers could not believe how easy the cloth nappies were, once they had systems in place for washing, drying, and folding ready for the next day it was a breeze really. The parents were really impressed with their financial gains of not having to buy nappies but also just how little waste was getting put into landfill, it went from over 10kg a day to less than 2kg a day with more improvements happening now to reduce this even more.

Once the trial was over Precious Pippis knew there was no way they could go back, they applied for a grant from the Waste Minimisation and Innovation Fund which was "very helpful in us being able to buy our own set of nappies and set ourselves up with all the equipment we need. We are still as passionate as ever at using cloth nappies and we are proud of how far we have come, the children love the cloth nappies, the whanau love the cloth nappies and best of all the environment benefits from the cloth nappies" says the Centre Manager, Sammie O'Neill.

The team at Precious Pippis are very proud of how far they have come so far in their journey and continue to search for ways to be better and do better for the environment. They would love to share their journey with any other ECE centres wanting to get on board as it really is the way forward.



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# In Brief

## SeniorNet Kumeu Inc

SeniorNet Kumeu Inc. is dedicated to helping people who want to keep up with today's technology, who either don't how to use a computer, smartphone, or tablet or simply want to improve their skills. We are a relaxed and informal club with tutors who teach at a pace that suits our members.



Technology is here, not to ruin our lives, nor to make our lives more complicated. In fact, it's the other way around.

Technology can help us become more informed so we can make better, sound decisions.

All seniors should embrace it. Keeping up with tech is fun and easy. Just get started!

Membership is now open to people, who have an interest in meeting like-minded people and want to have fun learning how to get the most from their computers, smartphones, iPads, Samsung (or any other make of pad) etc.

If you would like to join our friendly and informal club, just come along to our next meeting on October 2nd at St Chad's Church Hall Huapai, or contact: Brian Lacey on 022 183 1811 [brian@lacey.nz](mailto:brian@lacey.nz).

## Waimauku School Ag Day

The Waimauku School PTA invites you to head along to the Schools annual Agricultural Day on Saturday 19th October. This is a fun filled day out for the whole family, where students get to showcase their pets including the lambs, goats and chickens they have been raising over the previous three months. Ribbon winners for the lambs and goats sections are eligible to enter the Kaipara Schools' Group Day, where they





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compete with their pets against children from other schools in the region. Classrooms are open and students' arts and crafts, from the traditional sand saucer and flower arrangements through to the more intricate art works and scarecrows, are on display. There will be cake stalls, cookbook stalls, raffles, food vendors and a variety of games and activities for the kids (and parents) to enjoy with over \$1,000 worth of prizes to be won. The day runs from 9.00 – 1.30pm, everyone is welcome.

## The Mobile Car Specialists

Water spotting can wreak havoc on a car's painted surface. Anyone who has tried to remove water spots that have been there a long time, will know that the task can be near to impossible.



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## Bad mobile coverage?

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# In Brief

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Your local friendly IT team is happy to advice and support you with your computing needs.

For more please come to IT@Hand Computer Services on 322 Main Road in Huapai (opposite Mike Pero). Phone 09 412 9227 or Email [huapai@itathand.co.nz](mailto:huapai@itathand.co.nz).

## What is Cub Scouts?

A Cub is a member of the section of the worldwide Scouting movement for young persons. Cubs is for boy and girls aged 8 to 11 years.

The Cub Scouts as an organisation was founded by Robert Baden-Powell in 1916, ten years after the foundation of the Scouts.

This month's photo is from Cub's 100 year celebration at Western Springs in 2016

Each young Cub was taught a much simpler form of Scouting, including basic knotting techniques, basic first aid and tracking.

Cub Scouts are organised into Packs.

Like Scouts, Cub Scouts are assigned to small teams within the Pack. The teams are known as Sixes, referring to the six members of the team.

Cubs is based on a programme of fun, where the Cub gets satisfaction



from meeting challenges, having friends, feeling good about themselves, and feeling they are important to other people. Cubs learn new things, discover and master new skills, gain self-confidence, and develop strong friendships.

Cubs take part in a wide range of activities including camping, crafts, cycling, swimming, sailing, cooking over fires and a whole lot more.

Do you want to know more? Then email me: [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz) or visit [www.scouts.org.nz](http://www.scouts.org.nz). Craig Paltridge - Waitoru Zone Leader.

## Cross-country clinic

Donna and Elise take pride in producing horse and rider combinations from beginner through to the highest level and for the first time this fabulous duo are available for cross-country lessons for ONE DAY in the Northwest Auckland area. When: Sunday 22nd December. Where: Huapai Pony Club. What: Group XC lessons catering for riders beginner/50cm-105 level.



"I love seeing people finish a lesson really proud of themselves and what they've achieved, so creeping the heights up slowly as they get more confident is usually the trick. You aren't alone when not feeling confident, it's ok and it's normal, so I just try and hope to help riders feel better about themselves, then generally their horses jump better." Cost: \$90 per lesson + \$15 GF. Spaces are limited. For enquiries and bookings please contact Darryll: [darryll.cole44@gmail.com](mailto:darryll.cole44@gmail.com).



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# Property

## Property market report

Let's be sure to understand that the market has reset, and the time to buy at discounted prices is all but over. What I mean by this is that over July and August we saw a lot of property pulled off the market. We also saw a lot of property sold through the last two months. This has balanced the books, so to speak, and we are entering a phase of careful buyers meeting considered sellers. Many sellers are appreciating the market has stabilised and pricing needs to be conservative. Many buyers do not have the wide ranging choice that was on offer in the first six months of 2019. In addition many speculators have rented out their homes and curbed the supply of new homes in order to protect capital gain. Banks continue to be over opinionated and fussy about homes and land titles but without a great deal of reasoning to justify that. It also begs the question how are Banks going to cope with shared ownership under the new kiwibuild debacle. Answer – best of luck with that, another impending fail for kiwibuild awaits. The sooner Government and Council understands that they need to reduce the cost of red-tape, compliance costs and GST on developers and builders to achieve affordability housing the better.

Recent sales for the month:

Coatesville Lifestyle	\$2,185,000
Helensville Residential	\$470,000 to \$670,000
Helensville Lifestyle	\$1,140,000 to \$2,400,000
Huapai Residential	\$886,000 to \$950,000
Kumeu Residential	\$582,000 to \$1,190,000
Kumeu Lifestyle	\$1,500,000 to \$2,610,000
Muriwai Residential	\$1,400,000
Parakai Residential	\$621,000
Paremoremo Lifestyle	\$1,370,000
Riverhead Residential	\$950,000 to \$990,000
Swanson Residential	\$635,000 to \$1,090,000
Taupaki Lifestyle	\$1,300,000
Waitakere Residential	\$590,000
Whenuapai Residential	\$785,000 to \$1,341,000
Whenuapai Lifestyle	\$5,600,000

To ensure you get the very best return on your property sale. Ensure you have the best relationship possible with your chosen agent, agree on a focused marketing plan and an audience profile coupled with a process that will deliver competition and commitment. Failure to understand that this is a very careful and considered market is a failure to complete a sale. I would recommend that you and I get together and have a chat about the advantages that a Mike Pero solution delivers in services and support to ensure the very best price is achieved in the very least amount of time. Call me today on 0800 900 700, text me on 0276 320 421 or email me at [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com). See more at [www.grahammcintyre.com](http://www.grahammcintyre.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Buying property? Always get a solicitor's approval condition

Lawyers, like many other industries including real estate agents, have a regulating body and legislated rules to ensure that professionals act in a competent and ethical manner. For lawyers, the regulating body is the New Zealand Law Society and the rules are the Lawyers and Conveyancers Act 2006 and the Lawyers Conduct & Client Care Rules 2008. In particular, when providing legal services, lawyers must act competently, in accordance with client instructions, protect and promote clients' best interests and act free from compromising influences or loyalties. In short, lawyers must act independently and in your best interests. Lawyers are not permitted to be influenced by other factors, such as obtaining a personal and/or financial advantage.



The upshot is that your lawyer is acting for you, and you alone, in your best interests and no-one else's. In the property sector, we often see conflicting and competing interests arising. And it's for this reason we encourage property buyers to ensure a lawyer looks over their property agreement prior to signing it. Often conditions are left out or are very vague and which can have severe consequences resulting in stress and costs. At Gina Jansen Lawyers we want our purchasing clients to be fully informed prior to signing an agreement, and to be able to cancel an agreement if the property doesn't work for our client after they have signed. Despite the common misperception, the standard conditions of finance, LIM, builders report and title are not necessarily going to allow a purchaser to escape a lemon property after they have signed up. We provide our clients with lawyer drafted conditions and advise our clients to ensure these are inserted prior to signing a contract. Given the huge price tag, no one wants to buy a lemon – so why rely on the "advice" of non-legal professionals, who are not obliged by law and professional ethical standards to look after only your best interests?

Contact Gina Jansen Lawyers on 09 869 5820 or email us at [gina@ginajansen.co.nz](mailto:gina@ginajansen.co.nz) if you want us to review your agreements before signing them.

## Insurance

This winter has seen more compliance changes for landlords than any time in history with the implementation of Minimum Standards for Insulation and the release of the Healthy Homes Bill which really comes into effect for landlords in July 2021. The other changes which have had a bit less media exposure is the RTA amendments bill #2 which lays out



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# Property

better clarification on 3 issues that have been troublesome for landlords in recent years, tenants liability for damage, unlawful residential premises and methamphetamine

One immediate impact for landlords is the tenants liability section because landlords are now required to provide details for their insurance cover on a rental property at time of offering and new tenancy agreement, the details required are the insurance company, policy number, expiry date, if it covers tenancy damage and what the various excesses are for the policy, some have 3 different excesses for differing events.

Landlords are not legally required to have insurance for tenancy related damages, the law simply states that the tenants will be liable for the owners excess - if applicable, or up to the amount of the bond (typically 3 or 4 weeks rent) if they have incurred damage the rental property. Insurance information must be provided at the start of the tenancy, so tenants understand the terms upon signing. Existing tenants must also be provided insurance details if they request it.

One area that has always been a concern regarding landlord insurance is that different areas of property damage that are proven to be caused by one tenancy are treated as separate claims and therefore an excess is applied on each, this often makes it not worthwhile to claim, we hope tenancy tribunal will rule accordingly in these situations if the claim is proven to have incurred numerous excesses.

Many landlords will be reading this and asking why their insurance should be used for accidents and damage incurred by tenants but this is an improvement on what we have had for the last few years due to the precedent set in high court case Hollier vs Osaki which meant landlords could not claim the excess on insurance claims were tenants had unintentionally caused the damage, the new law has provided some clarity and improved this situation for landlords.

I will write more about the other changes in future columns but if anyone has any queries regarding this information, I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, [brendon@quinovic-wa.co.nz](mailto:brendon@quinovic-wa.co.nz), 09 837 6000, 027 490 7777.

## The truth about asbestos

Environmental Scientist and Asbestos Assessor Stephanie Brookes answers some of your asbestos-related questions:

Q: If I have asbestos in my house, do I have to remove it?

A: No. Asbestos is perfectly safe if it's in good condition, sealed and poses no risk to tenants or workers. You may have to remove asbestos if it's in poor condition (can't be fixed) and if it poses a health and safety risk of fibre inhalation.



Q: I'm planning to renovate my house. By law, do I need to have a survey done before I start?

A: Yes. If your house was built between mid 1940-2000 and you're engaging contractors to work on your house, then you must have an Asbestos Survey completed before they start work.

Q: How do I ensure the asbestos in my house is safe?

A: It must be kept in good condition, no cracks or raw edges, be well painted or sealed and have no visible fibres exposed. Keep a photo-diary and photograph the asbestos material every 6-12 months to determine if it's deteriorating.

Q: Can I remove asbestos myself?

A: Yes. If you're the homeowner and the total amount is less than 10m2. If you have more than 10m2 of asbestos to remove, you'll have to call in the professionals.

Q: I have a 'popcorn' 70s style ceiling. Does it contain asbestos?

A: Visually you can't tell if asbestos is present or not as the fibres are microscopic. However, it was very common to use asbestos within textured ceilings from the 60s to the 80s, so the probability of it containing asbestos is very high!

[Methwise.co.nz](http://Methwise.co.nz) | 022 134 1621 | [info@methwsie.co.nz](mailto:info@methwsie.co.nz).

## Why do I need Enduring Powers of Attorney (EPA's)?

There are two types of EPA's – one for Property (to deal with bank accounts, real estate, investments etc) and the other for Personal Care & Welfare (to deal with decision about your health, medical and care etc). An EPA can appoint someone to act on your behalf if you lose capacity.



I think having EPA's is a bit like insurance, you don't always know if you are going to need them but you want them to already be in place when you do. An EPA will allow a person of your choice to make decisions on your behalf – they are your attorney. Without one it can be a stressful and costly exercise of applying to the Court for someone to be granted with the authority.

Your attorney can be anyone you trust to understand and respect your wishes and feelings. Usually they are a family member, a friend or perhaps a colleague.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist putting a EPA's in place for you. Phone 09 973 5102 to make an appointment.



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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 \$
COATESVILLE	2,900,000	1.07HA	350M2	410,000	MURIWAI	1,700,000	4.79HA	250M2	1,400,000
	1,925,000	2.15HA	270M2	2,185,000	PARAKAI	560,000	750M2	103M2	621,000
HELENSVILLE	730,000	929M2	116M2	470,000	PAREMOREMO	1,300,000	4692M2	126M2	1,370,000
	670,000	1909M2	130M2	670,000	RIVERHEAD	495,000	601M2	210M2	960,000
	880,000	9960M2	100M2	1,140,000		1,125,000	808M2	194M2	990,000
	3,600,000	23.09HA	289M2	2,400,000		1,000,000	829M2	190M2	950,000
HUAPAI	1,050,000	603M2	207M2	950,000	SWANSON	825,000	630M2	160M2	770,000
	1,050,000	603M2	204M2	886,000		1,525,000	7.06HA	217M2	1,130,000
KUMEU	530,000	82M2	135M2	582,000		1,025,000	434M2	269M2	1,090,000
	1,200,000	896M2	269M2	1,190,000		880,000	1201M2	163M2	905,000
	1,170,000	602M2	198M2	1,015,000		680,000	568M2	90M2	660,000
	960,000	400M2	195M2	900,000		650,000	540M2	124M2	635,000
	1,100,000	600M2	206M2	960,000		890,000	546M2	200M2	860,000
	530,000	135M2	82M2	582,000		750,000	450M2	158M2	810,000
	1,225,000	367M2	286M2	1,005,000	TAUPAKI	1,250,000	1.57HA	128M2	1,300,000
	860,000	363M2	180M2	880,000	WAITAKERE	1,325,000	4HA	181M2	1,280,000
	980,000	602M2	176M2	900,000		795,000	2378M2	110M2	590,000
	1,800,000	4.06HA	180M2	1,500,000	WHENUAPAI	895,000	274M2	167M2	882,000
	2,200,000	6292M2	250M2	2,610,000		810,000	141M2	146M2	785,000

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

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

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**THE COMPLETE LIFESTYLE PACKAGE** 4 1 1 **By Negotiation**

**7 Kaipara Lake Road, South Head**

By Negotiation

Set high overlooking the exclusive Tupare Estate is this fully renovated four bedroom home. Open plan living with great indoor outdoor flow to a huge deck make this home an entertainers delight. The commanding view of the Kaipara Harbour is panoramic. The harbour can be accessed from the Tupare Estate's private boat ramp. This 16,699 sqm or 4.12 acre property is divided into four paddocks.

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



**Lyndsay Kerr**  
027 554 4240



**HARBOUR VIEWS** 3 1 1 **\$690,000**

**69 Garfield Road, Helensville**

Asking Price \$690,000

This fully renovated home offers commanding views of the surrounding countryside, Kaipara River and the Kaipara Harbour overlooking the Kawau Parua Inlet. Spacious three bedroom home features a large light filled open plan kitchen and living area with a conservatory, three large bedrooms. There is internal access from the garage which is accessed by a remotely operated door.

[www.mikepero.com/RX1861152](http://www.mikepero.com/RX1861152)



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**THE PERFECT LIFESTYLE PROPERTY** 4 2 2 **By Negotiation**

**535 Peak Road, Kaukapakapa**

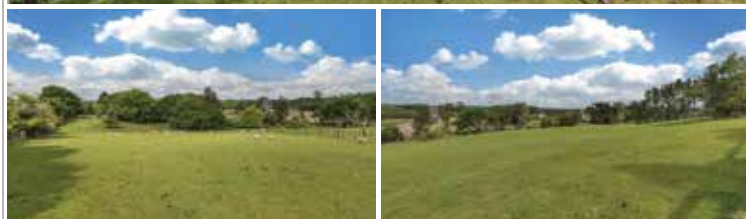
By Negotiation

Nestled on the side of the hill this property enjoys north facing panoramic views of the surrounding countryside. A spacious four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. There is plenty of grazing on this 3.1 ha property (7.66 acres).

[www.mikepero.com/RX1803721](http://www.mikepero.com/RX1803721)



**Lyndsay Kerr**  
027 554 4240



**NO COVENANTS 2 ACRES** **\$699,000**

**294 Taupaki Road, Taupaki**

Asking Price \$690,000

Well presented, North facing, elevated lifestyle section with boundary to a riparian strip. The land has an established access way off Taupaki Road. Gentle sloping with House site options that can make the most of the valley views and the sunshine. A short distance from Kumeu (city side) and North West Mall/ Westgate, the property is a short drive from the North Western Motorway.

[www.mikepero.com/RX1732517](http://www.mikepero.com/RX1732517)



**Graham McIntyre**  
027 632 0421





**FULLY REFURBISHED 4 ROOMS** 3 1 1 **Asking Price \$685,000**

**72 Gallony Avenue, Massey**  
\$685,000

This fully refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking.

[www.mikepero.com/RX1825742](http://www.mikepero.com/RX1825742)



**Graham McIntyre**  
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**FAMILY AND ENTERTAINERS HOME** 4 2 2 **By Negotiation**

**8 Archer Rayner Place, Greenhithe**  
By Negotiation

Excellent design meets five star construction, this home offers the best of modern living with modern materials. Set on a North facing aspect, the home has a front to back split giving the open plan living environment almost a regal introduction from the entrance way. With study or guest room to the left and the balance of bedrooms and bathroom off a central hallway to the right.

[www.mikepero.com/RX2017773](http://www.mikepero.com/RX2017773)



**Graham McIntyre**  
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**STYLISH AND AFFORDABLE** 2 1 1 **By Negotiation**

**24 Rangihina Road, Hobsonville Point**  
By Negotiation

A quality G.J. Gardner build at only two years young with the balance of a 10 year master build guarantee. This home offers immaculate and modern designer living, packed with additional custom features and a seamless flow out to the lush back garden to relax and entertain. A wonderful feeling of light and space, with two generous bedrooms and the large main bathroom.

[www.mikepero.com/RX1998175](http://www.mikepero.com/RX1998175)



**Cherry Kingsley-Smith**  
021 888 824



**ENTERTAINERS HOME** 3 1 **By Negotiation**

**1014 Coatesville-Riverhead Highway, Riverhead**  
By Negotiation

Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level.

[www.mikepero.com/RX1814073](http://www.mikepero.com/RX1814073)



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# Home & Garden

## Solar energy – the tera-what?

Solar-snippets that keep us in awe of solar energy...

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A tera-what? The terawatt (TW) is equal to one trillion (10<sup>12</sup>) watts. A terawatt-hour is a unit of energy equal to outputting one trillion watts for one hour. Your monthly power bill works in kilowatt-hours. To give you even more of a scope on the extreme power of our Sun? 20 x TW-hours = 20000000000 x kW-hours.

Solarcraft love working out the best ways for our customers to tap into this astounding resource. ANY Solar questions? Contact us anytime! PH: 0508 272389 W: [www.solarcraft.co.nz](http://www.solarcraft.co.nz).



## Hydrovac

At Hydrovac, we are experts in wastewater and septic tanks. In fact, we're the largest privately owned wastewater treatment system service provider in New Zealand... and we're local. We love helping our community so we want to share four good tips on how to get the best from your wastewater system by keeping it healthy and happy.



1. Do not use bleaches or chlorine (like Napisan or Janola).

These products kill bugs which means they also kill off the good bacteria in your tank, causing it to smell unpleasant and block up the filters. Use these products in a bucket if you need to but DO NOT tip the bucket down your drains!

2. No fats or oils should go down drains.

These block the filters and kill the good bacteria in the tank.

3. Don't wash tea leaves or coffee grounds down drains.

These block the tank filters. Instead, put them in the bin or drop your coffee grinds under your rose bushes – they love it!

4. Don't wash your paint brushes or dispose of paint down drains.

These products will not only kill the bacteria in the tank, but the residue is very difficult and costly to remove.

If you do have any issues with your wastewater system or septic tank, we're happy to help. Call us on 09 973 4866 or check out our website: [www.hydrovac.co.nz](http://www.hydrovac.co.nz).

## Mulching - are you smothering or feeding the weeds?

It's that time of year when everything in the garden bolts, including the weeds.

One of the best and easiest ways to get on top of the weeds is to place a thick layer of mulch on top of them while they are still small. This smothers them so they can't grow. You will also not disturb the ground surface exposing other weed seeds.



The problem is...many people do not put the mulch on thickly enough, they only put on a thin layer. The weeds love this, it's more food for them. Weeds will not grow without sunlight, so it's important to layer it on thickly. Unwanted bulbs may need to be dealt with a bit differently.

Well-rotted down mulch is great food for your garden.

Best practice is to put a layer of at least 100mm mulch on. We recommend 150mm and if you want to get really good results, 200mm. This thick layer of mulch will help to retain moisture enabling your plants to grow better over the summer months which reduces the need for extra watering. If you would like mulch, call Dave on 027 1962 19.

## Waimauku Garden Club

'Magic in Mangawhai' all you need for a club visit to Mangawhai. So... that's what we did. An early start saw us on our way, arriving at the Museum to see the tables set up ready with china plates, cups and saucers, jam, cream and warm scones plus the endless tea and coffee. Our hostesses set the tone for a very special day. Before our lunch at The Mangawhai Tavern we strolled through the creative and informative displays that introduced us to the history of the place and a chance to meet the early families. A true reflection of bygone days. Memories were of many of our childhoods too.

After being fed well at the Tavern, we headed along the road to Bennett's of Mangawhai where we watched a short video, sampled some chocolates, bought some to take home before visiting the Smashed Pipi

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# Home & Garden

Gallery and heading home again.

Up and coming trips: Oct 17 Coatesville and Waimauku.

Nov 21: Red Boat Trip/picnic lunch to "the bottom end" of Waiheke. Dec 19: Christmas Lunch at the Muriwai Golf Club.

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

## Spring gardening and standard iceberg roses

With spring under way, it is so nice to see the deciduous trees leafing up, along with the ever popular Standard Iceberg Roses. Awa Nursery currently has a good stock of these stunning Iceberg Roses. These classics are looking great and are currently pruned into shape with their new spring leaves increasing every day! Plant in a location that enjoys full sun. Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthy flowers. Regular dead heading will encourage more flower buds to develop.



If you are developing your orchard, these is still time to plant fruit trees, feijoas, citrus and berries and any other plants for that matter. It is a great time of the year to be planting, and your plants will be getting established before the dry summer months. Spray your stone fruit trees with copper to protect from leaf curl disease, and prune back your citrus after picking the fruit, to open up the plant for more light to get to the centre. It is also a good time to fertilise your plants and mulch your gardens to aid moisture retention over summer.

## Laser Plumbing and Roofing

Laser Plumbing & Roofing is your local plumbing company based in Whenuapai. We are committed to servicing our local community families and businesses with great service at reasonable rates.

Meet our fantastic maintenance plumber Dave. No job is too big or too small for Dave. Whether you have a dripping tap or a blocked toilet, our experienced



and friendly maintenance plumber, Dave will be there when you need him. With over 20 years' experience, Dave is very thorough and meticulous, and never leaves any mess behind. You can rely on Dave and all our Laser Plumbing staff to offer complete plumbing solutions.

Here is what some of our customers have to say about Dave:

"Dave is always professional, knowledgeable and very likeable. I don't think I could find a better plumber/gas fitter".

"Good communication; always helpful and a very competent plumber (Dave)". "Friendly and professional service from Dave - very happy!"

We are looking for someone to join Dave in our Maintenance Team. If you are an experienced Maintenance Plumber and would like to join Dave and our team at Laser, then get in touch today. Phone 09 417 0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz)

Laser Plumbing & Roofing Whenuapai are your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations and all drainage solutions. We offer a state of the art 24 hour drain un-blocking service and 24 hour plumbing service. And you will always receive our 'Totally Dependable' service, guaranteed.

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

## Lawnmower and weed eater servicing

Believe it or not, spring is all but here. That means the grass is growing and so are the weeds. This becomes a very busy time for our lawnmower service and repair workshop, causing some unwanted delays for repairs when machines are most needed. So to help, at Grasslands we are encouraging our customers to have their lawnmowers, ride-on lawnmowers and grass & scrub cutters serviced now, to avoid any delays. This means the machines are ready to go when you need them. We offer

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# Home & Garden

a pick-up & delivery service, so give us a call on 09 412 7880 or book online at [www.grasslands.co.nz](http://www.grasslands.co.nz), or you can just bring your equipment to our Kumeu store at 20 Shamrock Drive Kumeu at your convenience Monday to Friday 8:00 to 5:00, or Saturday 8:30 to 3:00. Grasslands are your local Outdoor Power Equipment Specialists.

## Livestock Report

Saturday's cattle market at Pukekohe saw a yarding of mainly forward older cattle, as opposed to prime, and lots of small numbers of off-bred younger cattle which traditionally are very hard to market. However, thanks to an enthusiastic bench of buyers, all cattle offered sold well and vendors in the main, were very pleased, or should have been! Quality cattle be they prime or store, yearling or weaners, are most sought after and astute buyers are more than willing to pay a premium to procure them.

Cattle	Lowest Price	Highest Price
Best prime steers	\$1,680	\$2,420
Good forward x-bred steers	\$1,270	\$1,520
Other steers	\$1,090	\$1,240
Medium yearling steers	\$745	\$1,020
Very light x-bred steers	\$500	\$740
Best prime heifers	\$1,320	\$1,790
Other heifers	\$1,050	\$1,180
Medium 15-month x-bred heifers	\$820	\$890
Small x-bred rising 1-year heifers	\$490	\$750
Small x-bred weaner heifers	\$400	
Boner cows	\$700	\$790
Fat lambs	\$159	
Store lambs	\$126	\$130
Ram	\$146	
Ewes	\$141	\$156
Ewes with lambs	\$111	
Weaners	\$100	
Store	\$135	\$140

## Tank water

With summer only a few months away, it is time to give a little thought to your water tank system. Now is the best time to have your tank cleaned if it has been over 2 years since it was last done. Cleaning a full tank involves vacuuming the sludge from the base of the tank. The advantage of this method means you don't need a water delivery. This method of cleaning typically uses 30-40cm of water. Having a clean, full tank of water is ideal

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[www.healthywatersolutions.co.nz](http://www.healthywatersolutions.co.nz)

coming into the summer months. In the height of summer, tank cleaning companies and water delivery companies are flat out. Trying to organise a tank clean and fill, in one day is not always possible. There are potential health and plumbing issues present when a tank is low on water with a sludge buildup. If you do happen to run out of water this summer, and you don't have enough time to get the tank cleaned, let the water stand for at least 2 hours before you turn the pump on. This will reduce the risk of plumbing blockage. I can assist with water tank repairs, tank cleaning, pumps and filtration. More information can be found on the website, [www.healthywatersolutions.co.nz](http://www.healthywatersolutions.co.nz). Healthy Water Solutions (est. 2005) is run by myself, Joe Hall, as the sole owner/operator.

## Palmers Westgate

October is one of the most exciting gardening months on the calendar. Labour Weekend marks the traditional time to plant tomatoes, however you'll find all of your favourites already in store, plus everything you need for growing a successful crop. Have a chat to our friendly team for our top tips and tricks.



While you're in store, why not check out our new additions – the Palmers Westgate Dinosaur and the Palmers Westgate Tree. Located in a leafy haven by the doors out to the garden centre, the Palmers dinosaur and friend, the Palmers Tree wait to greet friendly faces with a roar and a wave. Palmers Westgate: Corner of Maki Street and North side Drive, Westgate. Phone 09 810 8385. Open 7 days from 8:30am. [www.palmers.co.nz](http://www.palmers.co.nz).

## Floral and garden circle

With the Club still in recess perhaps now would be a good time to encourage any prospective members to come along and check us out. We meet at 1 p.m. for a couple of hours at the Village Hall, Waimarie Road on the second Thursday of most months, well make that February through May and September through November. No need to phone ahead, just turn up on the day and you will be welcomed. A small entry fee and reasonable annual subscription will not break your bank and you can enjoy the fellowship of likeminded keen gardeners, also learn from the other members and guest speakers and purchase bargains at the trading table, plants and seedlings and often times over abundance from others' gardens. There is a raffle run at each meeting also best bloom and produce displays for friendly competition. For further information please phone Pat Hooper 09 416 8403. Any queries phone Pat as above, or Mary Anne Clark 09 416 7819.

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# Rural News

## Construction and trade supplies specialists

Whether you have a weekend project underway, building and maintaining farm fencing/sheds or constructing your dream home, no job is too big or too small for the team at Western ITM in Kumeu. Visit [westernitm.co.nz](http://westernitm.co.nz) today for a free online quotation. Western ITM Kumeu | 154 Main Road Kumeu | Phone 09 412 8148 | OPEN Monday – Friday 6:30am – 5pm and Saturdays 8am – 4pm.



## Mud fever and rain scald

Mud fever (greasy heel) and rain scald also known as dermatophilosis are all too common in horses in New Zealand. Both are skin infections caused by the bacterium *Dermatophilus congolensis*. This bacterium is a normal inhabitant of the skin of horses but it can cause infections when there is persistent wetting or damage to the skin.

Mud fever affects the lower limbs. There are crusts, scabs and cracks in the skin. The lower legs (where all the rain and sweat gravitate) are the sites most often affected. Sometimes there is swelling particularly of the pastern, and the horse may be lame. Non-pigmented skin (white socks) is susceptible to mud fever because it lacks the pigment that helps to protect against the damaging effect of the sun. Rain scald lesions are distributed over the body, neck and head. In typical cases there is a rash of small scabs over the skin surface. It's common under covers that are not waterproof so that the skin underneath is persistently damp. The crusts or scabs stick to clumps of hair so that the matted hairs come with them when the scabs are removed, almost like paint brush tufts.

Horses usually resent the scabs being removed as the skin below is sore and inflamed.

**Treatment:** Fortunately *Dermatophilus* bacteria are susceptible to most of the commonly used antibacterial solutions like iodine and chlorhexidine because the bacteria live under the scabs it helps to remove the scabs gently before treatment. They can first be softened with warm soap and water. Then antibacterial solution can be applied and left on for 5 to 10 minutes. A small soft nail brush is ideal for this. The area should be rinsed and dried thoroughly with a clean towel, then an antibacterial ointment applied along with a moisture-repellent cream such as zinc oxide. In very severe cases, antibiotic treatment by your vet may be needed.

**Note:** I have found that mild cases respond well to simple application of lubricating oil, which softens the scabs so that they can readily be removed with minimum discomfort to the horse and then the oil provides waterproof protection to the area while it heals.

**Prevention:** If you know your horse is susceptible to mud fever, keep it off wet and muddy ground as much as possible. Ensure there is always a clean dry area for it to graze and stand on. You may need to fence off the very wet sections of the paddock, and feed your horse out of the mud. During long spells of wet weather apply an oil based barrier cream to repel mud and moisture. Avoid hosing the horse's legs whenever you can, but if the skin gets wet dry the legs off gently and thoroughly with

a towel. Regularly check the skin of your horse's lower legs and under its cover, and at the first sign of any scabs, treat immediately.

Mud fever and rain scald are persistent conditions and it can take time to treat them effectively. Once the bacteria have been destroyed, the skin needs to be protected from contact with wet and muddy conditions to allow healthy skin to grow back and heal properly.

This article was written by Dr Marjorie Orr and first published on the Lifestyle Block website, I recommend all lifestyle block owners to bookmark the [www.lifestyleblock.co.nz](http://www.lifestyleblock.co.nz) site as it is a mine of useful information.

If you would like to discuss any lifestyle block issues or you would like an up to date appraisal of your property please call Lyndsay Kerr your local Mike Pero Lifestyle specialist on 027 554 4240.

## Muriwai Tide Chart

Date	High	Low	High	Low	High
Tue 1 Oct	-	05:36	11:38	17:56	23:56
Wed 2 Oct	-	06:19	12:20	18:40	-
Thu 3 Oct	00:38	07:03	13:02	19:25	-
Fri 4 Oct	01:21	07:47	13:47	20:12	-
Sat 5 Oct	02:08	08:34	14:37	21:07	-
Sun 6 Oct	-	03:03	09:29	15:40	22:13
Mon 7 Oct	04:16	10:37	16:56	23:27	-
Tue 8 Oct	05:34	11:51	18:08	-	-
Wed 9 Oct	-	00:34	06:41	12:58	19:07
Thu 10 Oct	-	01:31	07:37	13:53	19:57
Fri 11 Oct	-	02:18	08:24	14:38	20:39
Sat 12 Oct	-	03:00	09:04	15:18	21:16
Sun 13 Oct	-	03:37	09:40	15:54	21:50
Mon 14 Oct	-	04:12	10:13	16:28	22:22
Tue 15 Oct	-	04:46	10:45	17:03	22:55
Wed 16 Oct	-	05:20	11:18	17:37	23:29
Thu 17 Oct	-	05:55	11:52	18:14	-
Fri 18 Oct	00:05	06:32	12:28	18:53	-
Sat 19 Oct	00:44	07:12	13:08	19:36	-
Sun 20 Oct	01:28	07:56	13:55	20:27	-
Mon 21 Oct	02:20	08:49	14:53	21:29	-
Tue 22 Oct	03:25	09:53	16:04	22:43	-
Wed 23 Oct	04:42	11:09	17:22	23:56	-
Thu 24 Oct	05:59	12:23	18:33	-	-
Fri 25 Oct	-	01:02	07:08	13:28	19:35
Sat 26 Oct	-	02:01	08:07	14:26	20:30
Sun 27 Oct	-	02:54	09:00	15:18	21:20
Mon 28 Oct	-	03:43	09:48	16:06	22:06
Tue 29 Oct	-	04:29	10:33	16:51	22:50
Wed 30 Oct	-	05:13	11:15	17:35	23:32
Thu 31 Oct	-	05:56	11:56	18:18	-

Source: LINZ.

# Central's Tips

## October 2019



Spring is well and truly here and it's time to feed the garden with a fertiliser and get stakes ready for climbing plants.

Control pests like aphids and protect apples and pears from codling moths.



### Feed the lawn

Get lawns looking their best for summer by re-sowing bald patches and spreading fertiliser.

Our Prolawn spreader is great for evenly applying fertiliser or spreading grass seed.

### In the Veggie Patch

- **Apply liquid fertiliser** around all edible plants and over the foliage. Make sure you put in frames or stakes for fast growing crops that you intend to train up. This includes tomatoes, beans and corn
- **Plant pumpkin seeds** in a spacious area that has had plenty of compost dug through it.
- **Apple and pear trees:** once you see small fruit forming after blossom, protect from Codling Moth by hanging sticky traps in the branches. An effective alternative control is to spray every two or three weeks with Yates Success Ultra. (Maximum of four sprays per season).
- **Get the yummy summer herbs going:** French tarragon, chervil, sage etc. (Leave basil until November when it's usually warmer)
- **Aphid control on edibles:** Where there are just a few, squashing them with your fingers can interrupt the growth of colonies. If the plants are seriously under attack, Aquaticus Bugtrol is an excellent organic remedy.

### The rest of the Garden

- **Fertilise established lawns with Turfmaster Gold:** ProLawn's handy spreader is excellent for applying the correct amount evenly.
- **Watering becomes important** in a windy, dry spring, especially where trees, shrubs and perennials are newly planted. Deep watering every few days for bigger plants is better, but smaller seedlings and perennials may need daily irrigation.
- **Planting Clematis:** both NZ varieties and the large flowered types introduced here – can be notoriously tricky to plant: make sure you dig through plenty of Living Earth organic Compost. Dig a hole and position the rootball a couple of centimetres below the ground surface. Mulch well or place large river stones on top to maintain cool roots. If it wilts, leave it in the ground as it will probably re-shoot in a few months.
- **Other great climbing plants for walls or fences:** Flowering: bougainvillea, rambling roses (Alberic Barbier is excellent), mandevilla. Evergreens: climbing hydrangea, NZ tecomanthe and the star jasmine.

## Project for October

Planting trees, climbers and shrubs in our Nutra-Soil is the best way to go.

Nutra-Soil, which has a heavier texture than Garden Mix, aids root establishment for larger plants. Watch our Topsoil or Garden Mix video on our Youtube channel: <https://centrallandscapes.co.nz/pages/topsoil-or-garden-mix-video/>

And visit our website <https://centrallandscapes.co.nz/products/nutra-soil>







# We dig holidays!

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# Build New

## Reaching great heights

When it comes to reaching the highest levels of dedication, skill and professionalism, Shaun Cross is your man. Shaun is currently working for GrantBuild on a 3 level highly complicated build in Remuera. He is precisely the right man for the detail involved, and is using all of his skills to get the build completed to a very high standard, making a very difficult job a lot easier as a result. Shaun's approach to his work and dealings with both Maddren and the client is the reason why he is the Tradie of the Month. Thanks for all your commitment and hard work Shaun, enjoy your voucher from our proud sponsor Western ITM.



golf course. Take a step north of Sylvan Estate and you will find more world class activities including Woodhill Mountain Bike Park and Tree Adventures. Following the experience of nature's wonderland indulge in the local renowned wine and culinary experiences. Day to day living at Sylvan Estate is easy, offering local amenities an easy stroll away; including kindergarten, decile 10 primary school, supermarket, doctor surgery, cafes, restaurant, hair stylist and more. With an easy commute down the North Western Motorway to enjoy inner city life. Sylvan Estate offers 64 sites boasting 800sqm, organised around a link road featuring a gorgeous wetland planted with a diverse range of native species. Furthermore stunning Sylvan Estate is bordered by New Zealand's beautiful countryside. Rare as hen's teeth, Sylvan features large blocks awaiting grand homes, a smaller build with a landscaped paradise, swimming pool or home and income. The generous sites enable all opportunities to be explored. Here at Signature homes North West Auckland we pride ourselves on being all you need to fulfil your dreams. We have a range of house and land packages, prepared and priced awaiting your final colour choices. We can create a bespoke design with our in-house architectural designers, we offer a range of pre designed plans and can also price a set of plans of your own. Our team includes a sales team who guide and support your journey, quantity surveyors who price your design preferences to create a fixed price, draughting coordinator, who works with the Auckland Council, project managers who assist our contractors to create your home ensuring Signature quality is maintained, interior designers who advise colour and textile choices. We have all your bases covered. Come in and discuss your options today. We would love to give you a glimpse of our passion and service driven team through a no obligation, free consultation. Call our team at Signature Homes North West to discuss your options; obligation free 0800 020 600. [www.signature.co.nz](http://www.signature.co.nz).

## Signature Homes

We proudly announce our involvement in this stunning boutique subdivision, positioned beautifully at Natures doorway to the North West's most magnificent natural wonders. Explore the splendour of Muriwai black sand and rugged coastline, enjoy the wilderness via nature walks, horse trekking, or perhaps a round of golf at Muriwai Links



## Suburban living with a rural vibe

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### Sylvan Estate Sanctuary

Lot 62 Sylvan Estate, Waimauku

Home: 181m<sup>2</sup> | Section: 803m<sup>2</sup>



### Clean Modern Lines on Sylvan

Lot 22 Sylvan Estate, Waimauku

Home: 170m<sup>2</sup> | Section: 801m<sup>2</sup>



### Perfect Proportion in Sylvan

Lot 22 Sylvan Estate, Waimauku

Home: 226m<sup>2</sup> | Section: 801m<sup>2</sup>



### Sylvan Ticks all your boxes!

Lot 3 Sylvan Estate, Waimauku

Home: 250m<sup>2</sup> | Section: 968m<sup>2</sup>

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



Contact Dean Pritchard for more information

P: 027 471 1886 | 0800 020 600

E: [deanpritchard@signature.co.nz](mailto:deanpritchard@signature.co.nz)

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# Build New

## Check out the cool kid on the block at 186 Wainui Road

Maddren Homes will be raising eyebrows this week with the opening of a striking, new show home in Millwater that pushes the limits in design. Officially opening this Saturday, October 5th, this edgy, mono-contrasted urban home is easily the cool kid on the block with the wow-factor both inside and out. Established building company, Maddren Homes have never been content with following the crowd. While they are passionate about using traditional craftsmanship, they are innovators in design and embrace new technologies that are proven to be the best. "Building premium, contemporary homes is what we do, but helping people realise the vision for their lifestyle is who we are", says General Manager, Rodger Scott. Contrast is king and plays a huge role in the visual impact of this house. "We wanted to create an experience for all the senses and we're pretty chuffed with the end result", he continues. The four-bedroom, two living show home has uber street appeal with its black pitched pavilions offset by ivory weatherboard pods. Stylish cedar eyebrows frame the exterior and draw you into the vast central living space with high raked ceilings. There's a warmth throughout, from the elegant privacy wall panel of the living area, to the precise 36 degree angled pergola that provides optimal midday shade yet lets in the afternoon rays. Maddren worked closely with designers, One Space Architecture in creating a family home that pushed the limits on structural expertise and design excellence. Even on a compact suburban site, there's no shortage of space. The clever layout has two wings that separate the private from public areas and a concealed second lounge shares a tranquil rear deck

with the master, perfect for enjoying your morning eggs bene. Hidden details, native landscaping and perfect finishes, Wainui Cove has it all and more.

## What matters to you?

"Scott is able to take complex and intricate building details and make them easy to understand. He was always quick to answer any questions we had with relevant information that mattered to us. Not just irrelevant statistics and technical jargon. And we were relieved with the level of transparency Scott provided with regards to the pricing, specification and the overall process. Scott methodically documented all of our specific requirements and incorporated them into the specifications and pricing for the build. Thank you!" This new customer experience captures the way I love to operate. Whether it be at work or play. Adding real value to an experience is what matters to me. Focusing on the stuff that can make someone's day. Transforming what could have been difficult into easy. That's what my motor runs on. The systems and the people that make up Optimal Homes operate in exactly the same way. From the initial home planning phase right through to building completion. What matters to you when it comes to building new? I would love to see how I can help. Send me a message at [scott@optimalhomes.co.nz](mailto:scott@optimalhomes.co.nz) or give me a call on 027 406 3684.



# Exciting New Showhome



**If you're thinking of building and looking for ideas and inspiration then make this your first step.**

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**G.J. Gardner.** HOMES

# Pets

## Why do cats wrap their tails around their paws?

Your cat's tail is a major means of communication. It can tell you when they're feeling angry, playful, or scared.

The placement of their tail over their paws isn't accidental. Here's what it could mean.



**Cold** - Cats use their tails to help conserve heat. Cats that are cold crouch close to the ground, folding their ears against their heads, covering noses, and be as small as possible. If they're sitting upright, they're most likely not cold.

**Avoidance** - Ruling out cold weather, a tail over their paws could be a passive display of evasion. It's their way of saying they'd prefer to be left alone. Certain cats value alone time.

**Nerves** - Sometimes, the tail over the paws is a combination of passive evasion and nerves. There's a good chance an alert cat sitting upright with their tail wrapped around their body is watching something they're not comfortable with.

Consider the tail over the paws to be similar to a person crossing their arms. Crossed arms are a classic defensive manoeuvre. Wrapping their tail around their body is a way of saying they're not going to get aggressive, but they're also not completely happy.

The full article can be found on our Facebook page. Phone 09 411 5326, email [info@kanikapark.nz](mailto:info@kanikapark.nz).

## Spring into Vets North

Can you have such a thing as "too much of a good thing"? Well probably yes. Alpaca are great paddock pets. They are friendly, will interact with you, talk to you and are generally pretty easy to take care of. However, with too many come problems and ill health.

Most of the problems we see with alpaca have a root in too many animals for the area of pasture. The grass is always very short so the animals end up thin or you have to buy in hard feed which increases the risks of digestive upsets & stomach ulcers. Constantly grazing close to the ground significantly increases the risks of the two major alpaca disease, facial eczema & haemonchosis & both of these are regularly fatal for alpaca.



If you have, or intend to have, alpaca on your "lifestyle" block register for our evening talk on the care, management & diseases of alpaca. We will discuss pasture growth & management as feeding is so important to animal health.

With knowledge you can avoid many problems and recognise early when things are not right. You can do the regular health maintenance jobs such as nail trimming & also put in place preventions to stop disease before it starts. Knowledge will enable you to have a better lifestyle and to enjoy your alpaca fully.

## Cat lovers urgently needed

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



## Dog and Co

Hello! I'm Kirsty, a professional photographer who specialises in pets, and involving pets in family, couples and special occasion photo shoots. Utilising the beautiful outdoor locations that Auckland has to offer, I am passionate about using natural light to create vibrant & striking portraits. I love highlighting the personality of your pets in gorgeous moments as well as capturing the bond between pets and their families. My sessions can take place at any location in Auckland, whether it's your favourite beach, a park, a forest, or in the comfort of your own home. Muriwai Beach is one of my favourites...especially when the sun is setting!



One of the biggest challenges which photographers face these days is finding ways to set them apart, and make it worthwhile for clients to invest in professional photos. In an age where everyone has the capability of taking their own photos thanks to the cameras in our phones, I make it my mission to take and edit images in a way which I call photographic art. They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall at home. I love being able to create art which families are able to treasure forever.



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# Pets

Have a look at the gallery on my website to check out some of my favourite past photo shoots, and don't hesitate to get in touch to discuss booking your own pet photography experience. I also do gift vouchers if you are looking for something special for a loved one. Website: [www.dogandco.nz](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz).

## Education around canine body language

What it means for us and reducing the number of dog bites in NZ.

Over the past 10 years Accident Compensation Corporation (ACC) have recorded over 125,000 dog bites costing almost NZ\$40 million. We have seen an increase from 10,764 reported bites in 2008 to 14,694 in 2017, which is an increase of over a 25%. What makes these statistics even more alarming is that, studies completed in the Netherlands have shown that under 40% of dog bites are actually reported. In NZ, bites can go unreported for a multitude of reasons; the person may know the dog and not want to cause ill feelings between themselves and the owner, the bite may not have required medical attention, or in a workplace it may be that the bite is reported through the insurance company so the figures are not shown in ACC statistics.



Dogs are a very popular pet and with the increase of dogs in society, we are unfortunately seeing an increase in dog bites. It is popular belief that many of these bites would have been avoidable, if the person had a basic knowledge of how to read dogs and their body language. Education is the key to reducing dog bites.

In 2014 The Animal & Society Institute (MI USA) stated – 'Varied kinds of studies strongly suggest that the most effective way to reduce dog aggression in general may be simply to educate people'.

In 2014, we started investigating where these numbers were increasing the most and what education was currently available and what was missing. We noticed that there was a lot that we could do to help educate people, with the goal being to reduce dog bites both in NZ and internationally.

We met with and started working with companies whose workers come into contact with dogs and are therefore at risk of being bitten. We worked with organisations throughout Europe and the USA and looked at situations where people were being bitten, what was potentially causing the bites and what was currently being offered to help. We found that the general consensus was that there was a lack of understanding from the large majority of people, regarding what dogs were telling them, plus some misconceptions about what certain behaviours meant.

As a result we developed a Canine Body Language course. The course is designed to help people who own a dog, are looking at getting a dog, work with dogs, are scared of dogs, plus families and communities as a whole.

The course covers a variety of information with the purpose being for the learner to understand a dog's body language. To begin with some background information is given on dogs in general and a few myths about dog behaviour are discussed. Then the course dives deeper into more specific behaviours that dogs will use to communicate with humans. This is all done through text, pictures and videos. The learner is then asked to complete a quiz to show that they have learnt and understood the information in the course.

A more specific course has also been developed for companies that have workers who enter properties where dogs may be present. This course deals more specifically with how workers can read the body language of dogs to allow them to recognise when the dog's body language changes. This allows them to respond appropriately and the course also teaches them how to remove themselves off the property in the safest way possible in an attempt to prevent them getting bitten.

The course is online which allows people to view photographs and videos, showing behaviours of dogs, as many times as they need to assist with their understanding. The course allows them to recognise how a dog is showing them when they are scared, apprehensive or do not want to interact. The course also requires that the participant pass a quiz. This ensures they understand the information that they are receiving. They can return to the course as many times as they require to complete it.

Mark Benson – The Operations Manager of Wells Instrument & Electrical said that "They have had a dramatic decrease in dog bites since they started using our services".

Education is a key component in reducing dog bites. We are very proud to be able to offer these courses to help educate people both working and living in the community.

Joanna Clough - Director and Founder, The Dog Safe Workplace and Kids Safe With Dogs Charitable Trust. [Jo@dogsafeworkplace.com](mailto:Jo@dogsafeworkplace.com).

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\*Late night by appointment only, no walk ins.

**Spring in for October Specials**  
**Free Dog or Cat Wellness Consult**  
 Full body health check, including eyes, ears & teeth.  
\*Consult does not include any medications or additional tests. Available at VN Huapai Only.

**October Behaviour Seminars**  
**Free - Spaces Limited - Book Now**  
 8th Oct. 6.30pm: Why Does My Dog Bark?  
 22nd Oct. 6.30pm: Environmental Enrichment for Cats



09 412 7577  
 Emergency 027 495 7986  
 344 Main Road, Huapai



# Food & Beverage

## Westbrook

Westbrook is your local friendly winery, just a hop skip and a jump up the road at 215 Ararimu Valley Road, Waimauku. You are welcome to visit us and try some of our delicious wines. Westbrook produces wonderful wines including our famous Crackling Rosé, Pinot Gris and Chardonnay, Pinot Noir, Malbec and more. The Cellar Door always has six current release wines open for tasting.



You can also purchase a glass or bottle of wine (or a Hallertau beer or Phoenix juice) to enjoy along with a tasty wine-matched platter to suit red, white or aromatic wine. Platters include Grinning Gecko cheeses, Eurodell cured meats, various antipasto options and crackers or artisan bread. Fresh bread is available on the weekends or you can ask us to order some in call 09 411 9924. Our Cellar Door is open 11am – 5pm daily for wine-tasting, sales and platters. Please drop in and say hello!

## The Herbalist Craft Beer

No one can resist the delicious aroma of hot bread coming out of the oven. This easy-to-make Beer Soda Bread recipe from the book "Cooking With Beer" by Mark Dredge makes great open cheese and pickle sandwiches or toast, and is delicious with soup and stew meals served with your favourite beer.



Ingredients: 2 cups wholemeal flour, 1 teaspoon salt, 1 teaspoon baking soda, 1 tablespoon honey, 2/3 cup of your favourite beer, 1/3 cup natural yoghurt, 3/4 cup grated cheese plus your choice of fresh herbs, onion slices or caraway/fennel/dill seeds which can be added into the bread and used as a decoration for the top of the loaf.

Method: Pre-heat the oven to 200C. Mix all of the dry ingredients together in one bowl and all of the wet ingredients together in a separate bowl, reserving a third of the grated cheese to decorate the top of the loaf. Pour the wet ingredients into the dry ingredients and mix well. Using a little extra flour, shape the dough into a ball with your hands. Place the loaf onto an oven tray lined with parchment paper. Decorate the top with the grated cheese, a few finely sliced red onion rings and some finely chopped herbs or seeds. Bake for approximately 45 minutes. To check if the loaf is ready, turn it over and tap the base. If it sounds hollow, it is ready.

The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh

Choice Waimauku, Boric Food Market, Riverhead Fine Wines, select West Liquor stores, Farro Fresh stores and The Fine Wine Delivery Company.

## Soljans

Our Fusion Sparkling range has a fresh new look, and Fusion Sparkling Moscato has a couple of friends to keep everyone happy. Fusion Sparkling Rosé, raspberries and strawberries and a lovely floral nose, perfect paired with sunshine and coming into summer the timing couldn't be better. Our Fusion Sparkling Sauvignon Blanc is full of fresh passionfruit and lemongrass, sharp and refreshing. Fusion Sparkling Moscato is of course still a favourite for many with sweet



Muscat notes and a lovely perfumed nose, a wine that can be enjoyed anytime. Come along and check out the new labels, try the range in our café and cellar door, there's something for everyone.

Café open 11am-3pm weekdays and 9am-3pm weekends.

Cellar Door open 9am-5pm 7 days a week.

Check us out online [www.soljans.co.nz](http://www.soljans.co.nz) or via phone 09 412 5858.

## The Fireplace, Bar and Restaurant

We have been located in the heart of Kumeu wine country since 2006, with one owner Mike who prides himself in his restaurant and his connection with the local community. We supply locally sourced wine from Westbrook winery and all vegetables and poultry are from local suppliers.



We offer lunch, snacks, dinner, desserts, drinks, shared platters, Happy Hour, weekly specials as well as a function room that can be booked for events.

There are some exciting new things coming up so please "LIKE" us on Facebook to stay in the loop [www.facebook.com/TheFireplaceBarandRestaurant/](http://www.facebook.com/TheFireplaceBarandRestaurant/)

If you would like to book a table or chat about using our function room then please call Mike on, 09 412 6447.

You can also view our menu, here [www.thefireplace.net.nz/menu#](http://www.thefireplace.net.nz/menu#)

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# Food & Beverage

Our hours are from 12-10pm, 7 days a week! And located at 64 Main Road, Kumeu. This is Tyler and Keeva they are two of our friendly employees!

## NoShortcuts

NoShortcuts is celebrating a year of achievements, in particular their award winning trio...



In October last year NoShortcuts' Feijoa Kasundi took out the NZ Food Awards Countdown Grocery category for innovation, followed by a Silver Medal in 2019's Outstanding Food Producers Awards. There is no doubt this Kasundi packs a complex culinary punch. It's an Indian style chutney, made with fresh feijoas, garlic, ginger, turmeric, and spices - and is Vegan, Gluten Free, low in salt and sugar, with no preservatives or chemicals.

The Feijoa & Ginger Jam is a previous Food Awards finalist, and was presented to the Queen as part of a Kiwiana artisan hamper.

Also a finalist in the last NZ Artisan Awards, Mustard Pickle is aromatic, versatile and perfectly matched with strong cheeses and salty meats.

For more info and to find stockists, go to [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz) or follow Noshortcutsnz on Facebook/noshortcutschutneys on Instagram.

## Allely Estate

Did you know that as well as weddings, Allely Estate also does awesome events? We love hosting milestone birthdays, engagements, reunions and epic corporate parties, like our Freaky Friday theme... We developed this for those businesses who are sick of the same old work parties - instead, we create a



really memorable GHOSTS & GHOULS evening! Imagine this: your team dresses up in theme, we decorate our gardens and marquees with glow-in-the-dark creepy-crawlies, hanging skeletons and things that go "Boo!", we serve scary snacks (along with our usual delicious dinner fare), we can book a DJ or speaker if you want to get your freak on, and your team has a frightfully good time. Amp it up with some team-building beforehand or just book in for the evening - either way, it's creepy how much fun you'll have. If you'd love to scare your team - in a totally good way - talk to our events manager Athina: [athina@allelyestate.co.nz](mailto:athina@allelyestate.co.nz) or 09 412 7206. This theme best suits companies with 100+ people, due to set-up. [www.allelyestate.co.nz](http://www.allelyestate.co.nz).

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## Café Botannix

Café Botannix is renowned for their cabinet food, with all pastries, cakes, slices and savoury treats being made in-house by the patisserie chef and owner. For those with a sweet tooth, the Mushroom in the Garden; cherry filling, chocolate soil, topped with a white chocolate éclair, is an absolute must!



If you're looking for something savoury, why not try one of Chef Pete's pies? With a hearty-homemade filling of chicken and vegetables and fresh, fluffy pastry Pete's chicken and vegetable pie made the top ten in the Baker's Pie competition 2018.

Open 7 days from 8:30am. Enjoy no surcharge on public holidays.

Phone 09 810 8385 | [www.palmers.co.nz/cafe-botannix/](http://www.palmers.co.nz/cafe-botannix/)

## Hallertau

Hallertau is taking full advantage of the bounty of fruit available from their neighbours' orchards with two fruited beers being released this month. Tangelo Witbier 5.5% is a Belgian-style wheat beer spiced with tangelos. Crazy fruity esters of banana courtesy of the yeast and aroma of delicious tangelos, light soft body with a tart finish. Also the annual release of the I Like Your Speakers 7.4% Grapefruit Edition IPA. A large aromatic and hoppy IPA in the West Coast style, with dank, tropical and citrus notes. Come fill your flagons at Hallertau this spring.

## Peko Peko

Are you looking for a new lunch place? We have all our Rice Bowls and Bento sets as well as some light meals on our new menu, like bao buns and homemade dumplings. We are located 102C Hobsonville Road, open lunch for Monday to Friday 11-2pm. Please check our menu on our Facebook page and you are welcome to place an order by phone on 09 416 1197.



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# Health & Beauty

## Do you suffer from clenching and grinding your teeth?

You no longer need to suffer. Next time you visit your dentist, ask how they can help you by using muscle relaxants such as Botox and Dysport to primarily treat muscle pain resulting from grinding or clenching teeth.



Dysport is an approved safe, non-invasive and efficient muscle relaxant that a trained dentist can use to reduce or eliminate involuntary grinding that can be the cause of headaches or jaw soreness. You will be able to chew normally and make facial expressions.

Dysport can also be used to treat gummy smiles or to soften skin creases.

We at Kumeu Dental can provide comprehensive care not only for healthy and beautiful teeth and gums but also for facial muscles and skin because a healthy smile is a full face event.

Call Kumeu Dental on 09 412 9507 and ask to see Dr Nash for your FREE Dento-Facial Health Consultation.

## Your amazing eyes



Eyes are one of the most fascinating and complex parts of the body. Eye health facts from Molly and Matthew about your amazing eyes...

1. During an eye examination, health conditions including diabetes and high blood pressure can be detected.
2. Diabetes is the leading cause of blindness in under-50 year-olds in NZ. (Macular degeneration is the leading cause of vision loss in seniors).
3. Research has found that a tie tied too tightly can increase the risk of glaucoma in men
4. The cornea is the only tissue in the human body that doesn't contain blood vessels.
5. Eyes heal quickly. With proper care, it takes only about 48 hours to repair a minor corneal scratch.
6. We have all have unseen, harmless microscopic creatures living in our eyelashes.

Look after your eyes with a comprehensive examination at For Eyes in the

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

Kumeu Village, phone 09 412 8172.

## Do you have green fingers?

Spring is here and your garden will have started to come alive.

Do painful thumbs stop you from pruning, planting and preparing beds?

At the Hand Institute we provide a comprehensive service for people who experience arthritis to help you get back to doing these activities you love.

We can help you with advice for managing the symptoms of arthritis, protecting your joints, splint provision, advice about adapted gardening equipment and other aids

Call us at the Hand Institute and make an appointment today...we have clinics in two convenient locations in Rosedale and Huapai 09 412 8558 Huapai or 09 479 8438 Rosedale.



## A great time for new beginnings

You may like to consider joining a yoga studio. A regular yoga practice will improve your physical movement and stability, it will provide you with space to de-clutter your thoughts, and you'll be surrounding yourself with awesome members for the local community.



Kanuka Yoga Space offers a variety of classes to suit all levels of ability. If you're new to yoga, then a Restore class is highly recommended. The Restore sessions help you relax and release any tension and stress. No strength or flexibility required.

If you'd like to learn more about the basics of yoga then enroll in the next Foundations of Flow series; an introduction to 20 core postures. Move through each pose slowly, hear about the cues that will provide best alignment, and feel supported as you build more strength. This series will help you get moving in Kanuka Yoga's other regular daily classes: slow flow, and power flow.

Gently stretch, flex, and improve your body's balance on the yoga mat and you might find your mindset also doing the same. Yoga means

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Ph 09 412 9507 [www.kumeudental.co.nz](http://www.kumeudental.co.nz)



# Health & Beauty

'union' - start practicing yoga and find your own moments of peace to connect breath and movement.

Visit [kanukayoga.co.nz](http://kanukayoga.co.nz) to learn more about their classes.

## Pinc and Steel Cancer Rehab

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

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

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

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



## Sleep, insomnia and chiropractic

If you are having trouble sleeping at night, you are not alone. Many report they occasionally don't get enough sleep, while nearly 10% admit to experiencing chronic insomnia.

For some, lack of sleep could be the symptom of another problem like neurological conditions, emotional disorders like depression, anxiety or post-traumatic stress syndrome. Other possible causes include arthritis, asthma, headaches, hyperthyroidism, gastrointestinal disorders or menopause.

For some people, lack of sleep is self-induced. Working long hours, taking care of the kids and increased stress-loads can lead to a restless night. Abuse of recreational drugs or alcohol, or too much caffeine may lead to less time spent in deep sleep at night.

Sleep deprivation is responsible for slower reactivity times and poor memory. All-nighters can decrease our body's ability to fight off colds and flu and sleep deprivation has also been linked to obesity.

Chiropractic can improve your sleep

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If you do not want to have to take pills to improve your sleep, make your next step an appointment with us to see if a Chiropractic adjustment could help you. The vast majority of our patients notice more restful sound sleep after their adjustments Why suffer from sleepless nights - call now for a complementary consultation.

Pain, both acute and chronic, is another primary reason why people experience disturbed sleep. Whether it's back pain, neck pain or headaches, chiropractic treatments have a long history of being able to help. Hobsonville Chiropractic Centre - 295 Hobsonville Road, Phone 09 416 7589, [info@hobbycc.co.nz](mailto:info@hobbycc.co.nz).

## Are you well?

Put Yourself to the Test. If you answered "no", then hopefully you are doing something to change that. Maybe eating better, getting more rest, going for walks on the beach, reading some inspirational material, or taking a course of medicines or supplements.

If you answered, "yes I am well", how do you know that you are experiencing optimal wellness? What if, what you thought was good health was actually only average health? I suspect there are a lot of people in this category. That is, you don't have a disease, but you aren't really experiencing radiant wellness.

Have you got Radiant Wellness?

This happened to me a few years ago. I went to a seminar on nitric oxide, which is an important molecule that your body should make to ensure energy, vitality and healthy blood vessels. We all did a test of our nitric oxide levels. I expected to get top marks for my levels, since I was feeling well, ate lots of green leafy veges and beetroot, and got lots of exercise. But my test showed I was depleted. That surprised me. I decided to boost my levels of nitric oxide with a supplement and couldn't believe how much more energy and vitality I had. I didn't realise just how far from radiant wellness I was.

My goal is to ensure that everyone experiences radiant wellness. To help you, I have put together a 15-minute Radiant Wellness Check,

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which includes testing for nitric oxide and about 12 other markers of wellness for just \$25. You can get that check done at Massey Unichem Pharmacy. You will receive a written report of your health status, plus recommendations on what you can do to experience great health.

You deserve to be waking up with enthusiasm for your day, having enough vitality and mental clarity to perform your daily tasks, and then having enough energy left over to cook a delicious dinner and spend quality time with your loved ones. Think about what your perfect day would look like. Do you think you are well enough to live that perfect day regularly?

Prioritise your health. Pop in to see the team of health coaches at the pharmacy for your Radiant Wellness Check.

Martin Harris - Nutrition Medicine Pharmacist, Massey Unichem Pharmacy. 396 Don Buck Road, Massey. Phone 09 833 7239 or martin@masseyunichem.co.nz.

## Vaccinations

Vaccinations get discussed a lot in our house. Not only because I work within the medical field; or because we have a toddler; but because my husband and I have together collaborated on some research measuring people's attitudes towards vaccination.

In the recent weeks, there is rarely a day that goes by when we do not read about the measles outbreak in New Zealand. According to the Auckland Region Public Health Service, as of 2nd September, there were 804 confirmed cases of measles in Auckland this year. Frightening.

What is measles? Measles is a highly infectious virus which would have been eradicated if everyone within the population were vaccinated. Measles can have some serious complications such as pneumonia, or encephalitis (inflammation of the brain). This is serious stuff. Measles encephalitis can cause the nerve cells within the brain to die. This can lead to serious mental disability and sometimes death. Measles encephalitis is not something seen very often these days, because of the introduction of the Measles Mumps and Rubella (MMR) Vaccine.

I think we can sometimes forget how serious and frightening these diseases can be. Vaccination works so well that we do not often see these diseases, and thankfully do not live with the horror of watching our children suffer from them.

However, because many people have decided not to vaccinate their children, and there has been an outbreak of measles, we are now seeing this serious disease resurface. I was lucky enough to speak to a nurse



colleague who used to work in a care home which housed many patients who suffered from measles encephalitis. She believes that if there was more knowledge about the seriousness of this condition, vaccination rates would increase. She reported most of these patients needed round the clock care and monitoring, and were unable to function within society.

There are still thousands of parents who are too scared to vaccinate their children. In 2013/2014, 5.5% of New Zealanders were strongly opposed to vaccinations. This statistic of 5.5% is from a paper we published using data from the New Zealand Attitudes and Values Study.

Common parental concerns are around the components of vaccines and the belief that they cause harm. In my 11 years of working as a doctor and treating sick children and their families, the worst side effect I have seen a patient suffer from after a vaccine was a fever and a mild rash.

In order to eradicate measles, and protect ourselves and our children from measles and other illnesses such as whooping cough, cervical cancer and rubella, more people need to be vaccinated.

Please be wary of the information you read online, (and yes, I am aware of the irony if you are reading this online right now). There is a plethora of inaccurate information which claims to be from reliable sources but is not. Please talk to a qualified health professional. After all, just as you do, we have your family's best interests in mind.

Having seen these illnesses first-hand, I had absolutely no hesitation in vaccinating my toddler.

If you would like to discuss vaccines further, please make an appointment with your GP or practice nurse. They will be able to give you all the relevant information. In addition, the Immunisation Advisory Centre Website also has reliable information. The address is [www.immune.org.nz](http://www.immune.org.nz) and they have a hotline if you have further questions.

Dr Isabelle Duck is a General Practitioner and Urgent Care Doctor who works at Silverdale Medical Centre. Her husband, Professor Chris Sibley is a researcher at the University of Auckland and leads the New Zealand Attitudes and Values Study. They live in Hobsonville with Lauren, their happily vaccinated toddler.

## Thinking of buying a new pair of sneakers?

Here are five top tips to help you out. Wear the same socks to the store that you wear while you are walking or running. Check if the shoe is appropriate for the type of surface you will be walking/running on. Try on at least three different pairs of shoes, make sure you put both shoes on and lace them up. Always check if the length and the width of the shoe is comfortable. Try on new sneakers after you have been for a walk (your feet tend to swell throughout the day). We always find the team at Shoe Clinic very helpful!

If you need further guidance, head to [www.hobsonvillepodiatry.co.nz](http://www.hobsonvillepodiatry.co.nz)

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# Health & Beauty

and book an appointment with one of our podiatrists.

## Welcome to spring

We are delighted to introduce Quirky Clay Artists - a local mother and daughter team- featuring their delightful, colourful clay creations in our spring window and inside Hobsonville Optometrists - Glasses and Gifts, 413 Hobsonville Road.

From wall art to worms, from toadstools to tea light terraces - every piece has been hand crafted with love and to a beautiful finish.

We have taken delivery of quite a lot of new treasures too - notably our spring scarves - gorgeous!

Our range for men has expanded and we are thrilled with the leather goods we have received.

We welcome you to browse among our spring display from Monday to Friday 9am to 5.30pm and Saturdays till 3pm or later.



## New sleep positions to help breathing - research

Aucklanders' expanding waistlines and higher BMIs are forcing us to adopt new sleep positions to help them breathe - according to new research.

Around half (47%) of adult Aucklanders sleep on their side - a position which researchers say increases in preference as we age and our Body Mass Index (BMI) rises.

The new research from mattress retailer Ecosa also found that as we age, we tend to move away from sleeping in other positions such as on our back, stomach and 'freestyle' (a variation in sleep position).

The sleep position preference study which collected data from more than 325 Aucklanders around the region found that around a sixth (18%) of us prefer to sleep on our backs, a tenth (9%) sleep on our stomachs and a further quarter (26%) are freestyle sleepers.

Ecosa CEO Ringo Chan says the Auckland data is consistent with European research which found similar proportions of sleep position preference among adults.

"The New Zealand study results are in line with international data which showed one in every two adults prefer to sleep on their side.

"In addition to showing a correlation between an increase in age, the

researchers also noted that preference for this position also increases with weight and BMI," he says.

Chan says understanding your sleep position is important as it can be associated with a wide range of health concerns ranging from respiratory issues through to premature wrinkles.

He says while the reasons for our preferences in sleep position are not fully understood by scientists, a number of theories have been put forward.

"Researchers have suggested that the reason the side position preference increases with age is due to loss of flexibility of the spine and/or the extra effort required for breathing in the front position.

"Side sleeping also helps to open our airways to allow for steady airflow to the lungs.

"Lying on your back and assuming a neutral body position typically results in the least amount of strain on your head, neck and spine however studies show links between this position and snoring," says Chan.

He says sleeping on your stomach may make breathing regularly a challenge because airway passages could be compromised, and others may experience neck pain or tingling in joints and muscles due to poor circulation.

Chan says research has also found a link between this position and the development of facial wrinkles.

## Do you suffer from headaches?

Headaches are quite common these days and they are not something that you should just "put up with". A lot of headaches can be linked to some sort of neck dysfunction or postural problem. That is why chiropractic could be an effective way of helping to ease the discomfort associated with headaches.

I have recently written several blog posts looking at the most common types of headaches, made a video showing 5 of my favorite neck stretches to help with headaches, as well as what warning signs to look for when it comes to headaches (some headaches may be signs of a more significant

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# Health & Beauty

problem).

If you want to find out more, read these blog posts and watch the video, head over to the blog on our website, [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz), there is lots more information there. Elevate Chiropractic, Shop 1, 10 Greenhithe Road // Phone 09 413 5312.

## Shoe Talk's tips on how to store your winter boots

Spring is here, with all its pretty flowers and the days are warmer and the sun is shining and it is no longer snowing or hovering in the low temperatures in the late afternoon, it can be time to put your winter boots away and start displaying your lily white legs in your sandals.



So top tips to keep your boots in top condition are: Are there any small repairs required? Have you worn your heels down, lost an eyelet or have a shoe lace that you have tied a knot in? Take your boots into your local shoe repairer and get these things done while you don't actually need to wear them.

Once they are repaired check them out for stains, if you have a suede pair you can buy the cleaners to use on any marks. If they are normal leather wipe any dust and dirt off them. Let the boots dry and then moisturise them you can either use a beeswax if they are a harder leather or use a leather balm. Please note don't use either of these products on suede or nubuck. This will keep the leather in top condition and stop them drying out over the warmer season. You can also freshen the inside of the boots up as well.

Now that the boots are all sparkly you can pop them away, if they are calf boots then invest in a pair of boot trees like this to stop them slouching

and creasing while you are not wearing them and to keep them looking in top condition for next season.

## A clearer future for kiwi kids

It's all smiles for Colwill School Massey principal Rob Taylor and Westgate Optometrists' director/optometrist Ricky Lee as he hands over just over two hundred vouchers for free eye examinations and glasses for his students thanks to the Essilor Vision Foundation.



The Essilor Vision Foundation is bringing awareness and accessibility to eye care services to local school children in the lower deciles. New Zealand is just one of a number of other countries that have introduced eye screening to help identify vision problems when children first start school. Yet despite these and state subsidies to finance appropriate vision correction, too many students Year 1-6 find themselves struggling to learn at school due to unidentified eye conditions like myopia. With the help of local optometrists, the goal is to improve school performance nation-wide and create a brighter and clearer future for New-Zealand's children.

## What is an immediate denture?

Your smile is a part of your identity, a part of who you are. Having a youthful, deceivingly natural smile gives a boost in self-confidence and can dramatically increase the quality of life. When you have teeth extracted you have two options: to go 'gummy' for up to 6 months until the sockets have healed, or, to have denture made so that you have those teeth replaced "immediately".

An immediate denture is where prior to having your teeth extracted, we take impressions of your mouth and make a denture that restores your teeth as they were, yet at the same time enhancing or if you choose, completely rebuilding your smile; all of which is a process you have complete control over. An immediate denture is a common procedure that is met with anxiety and stress when the treatment process is not explained properly to you. We offer a free consultation where we can cover all aspects, questions and concerns that you may have. The most common feedback we get with our immediate dentures is "had I known it was going to be this easy and simple, I would have done it sooner. I wish I did this years ago."

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# Area Columnists

## Muriwai open studios update

October is Artweek Auckland Month and the Muriwai is joining in. As part of Artweek Auckland, the Muriwai Arts Open Studios are delighted to be holding a series of local events:



Muriwai art degustation – Join us to eat, drink, chat and see Art.

Sat 12th October- High Tea and Sundowners: This is a delicious new concept in how to enjoy and 'digest' art. Each experience includes a tour of six local Muriwai studios. There will be an exclusive artist talk at each studio, art for purchase and on display, along with accompanying food and drink. All the senses satisfied. An intimate group, with tours limited to 13 people. Your chance to interact with the artists within their studio environments and enjoy the breathtaking surrounds at Muriwai, one of Auckland's most iconic west coast beaches. Transport around the studios is included (guests will be collected from the Muriwai tennis courts). High Tea: 10.45-2.30pm (\$50) Sundowner: 4.45pm - 8.30pm (\$80) To book email: [muriwaiopenstudios@gmail.com](mailto:muriwaiopenstudios@gmail.com)

Art trail – Our studio doors are open. Follow the blue flags and visit artists in their studios on Sun 13th October, Sat 19th and Sunday 20th October.

Your chance to visit an incredible group of artists in their own creative setting. Painters, potters, photographers, sculptors, poets, jewellery, textile and embroidery artists – new work will showcase the diverse ideas and talents of this diverse and truly dedicated group.

Interactive sand art with Lesley Wilson. Bring a bucket or rake. Sat 12th Oct Maukatia (Maori) Bay 2pm and Sun 13th Oct Muriwai Beach 3pm

Sand artist and member of the Muriwai Art Open Studio collective is delighted to have this chance to share her skills, building large-scale sandcastles, sculptures and creating sand art drawings. Having just returned from San Diego, where she was competing in the Masters section of the Imperial Beach Sun and Sea Festival, Lesley will be running two interactive sand art sessions suitable for all ages (children please

bring an adult). Carefully timed to fit in with the tides, these will be fun, creative and inspiring sessions. Meet at the Muriwai Open Studio blue and black flags. Bring a bucket and/or rake.

## Thinking about travelling to Canada and Alaska

With my recent personal holiday - I will be able to help to plan the best holiday experience for you, there is nothing like first hand experience.



We spent 4 weeks in June/ July, and loved the gorgeous scenery & the friendly people, such a beautiful place to explore! We started in Vancouver, then 3 nights up in Whistler to absorb the amazing atmosphere up there - Mountain bikers galore as it was their summer, but still a few skiers & snow boarders heading up to the highest slopes, the peak to peak gondola was a jaw dropping experience and we were lucky enough to see a black bear foraging in the bushes below from the ski lifts. A full day tour out to Victoria to see the stunningly beautiful Butchart gardens, and we saw that the palace was getting ready for Canada Day celebrations on 01 July, which we celebrated on board the ship whilst still in Canadian waters, and then Independence Day celebrations in Alaska a few days later on 04 July - we couldn't have timed it better if we had tried!

Our 7 night cruise on NCL Jewel was fantastic, I love this ship - midsize and really easy to navigate around with lots of restaurants & bars to choose from. She will be based in Sydney for our summer travelling out to the South Pacific Islands & up & down the coast of Australia & over to NZ. We cruised one way with her from Vancouver to Anchorage through the Inside Passage, with full day port stops in at Juneau, Skagway & Ketchikan. The shore excursions we chose allowed us to meet the huskies who operate sled teams, pan for gold, take the White Pass rail up into the Yukon, and watch the Great Alaskan Lumberjack show for a bit of entertainment. We cruised through the national park area of Glacier bay - up close to Hubbard Glacier - hearing the booming & cracking of the ice breaking - with icebergs the size of large SUVs/minivans floating past us - it was a 'pinch me' surreal experience. Definity a bucket list tick We took the Great Alaskan Railway from Seward to Anchorage, then a flight from there to Calgary to experience the Calgary Stampede, so much fun, we went to the day time rodeo, as well as the evening show which was just sensational.

From Calgary we picked up an 8 day tour with Rocky Mountaineer, with their coach travelling to Banff, and then onto Lake Louise with 2 nights in each to give us time to get a good look around, and experiences along the way like walking on the Columbia Glacier icefield, we were lucky enough to see a Brown bear - from the road, as it was berry season -



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# Area Columnists

they graze the berry bushes roadside. We saw a Moose from the Grand Alaskan Railway, so many bald eagles, and other wildlife. We loved walking through the towns & just soaking up the atmosphere that these gorgeous alpine retreat towns offer. We had high tea at the Fairmont Chateau Lake Louise - another bucket list tick for me, and then onboard the Rocky Mountaineer railway itself for the last two days via Kamloops winding alongside several rivers, so many waterfalls, bridges, ravines, the famous spiral, the grandeur of the Rockies themselves, this sort of scenery just cannot be seen from the highway. The Silver service that we chose was faultless, the food onboard was delicious & impeccable, our hosts were very entertaining and certainly didn't allow us to get thirsty! Then we were back into Vancouver for a quick overnight before our flight home, the direct services on Air NZ really are wonderful, and make the travel to & from Canada so easy .

I have had another busy & successful year Brokering, awarded a Top 10 High Achiever for 2019 at The Travel Brokers conference in Port Douglas in August with a reward of a trip to Tahiti in October, plus a Fiji Tourism Award for high sales, with a reward of a trip to the Six Senses Resort & Spa Fiji in January.

Europe Earlybirds are out now for travel to Europe for our winter / their summer 2020. There are amazing deals on offer for "fly free" or huge discounts, with selected river cruises or coach tours, the benefits are certainly worth it for booking & depositing early to lock in your holiday now.

Please feel free to phone or email me, or make an appointment to meet me in my office in Waimauku.

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See: [www.thetravelbrokers.co.nz/tanyafranklin/aboutme](http://www.thetravelbrokers.co.nz/tanyafranklin/aboutme).

## The importance of caring for our earth

Country Bears continue to take small steps in teaching our children about sustainability and the importance of looking after our environment and earth (papatuanuku).

Most of us are aware of the effects that waste has and what that does to our earth. It has been great to see some changes happening across the country to help, i.e., using recyclable shopping bags. We as teachers are doing everything we can to help the children to understand the importance of keeping our environment clean and beautiful by providing repeated learning experiences for the children.

For the second year in a row, Country Bears organised a "Clean Up" of our local park behind the Kumeu Library. This was a part of the "GJ Gardner Keep New Zealand Beautiful Week". This event is the largest national clean-up in New Zealand.



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# Area Columnists

Country Bears invited other local Centres and Kindy's to join in with this event, this year we teamed up with Kereru Kindy. It was very reassuring that the amount of rubbish we collected this year was about a quarter of what we collected this same time last year – well done Kumeu! We often get comments from parents throughout the year saying that their child reminds them to put their rubbish in the bins, and we hope that this repeated experience will be another reminder to use bins when one is available or to take their rubbish home with them.

It was nice to make a connection with some locals who were also outside enjoying the beautiful spring weather. They stopped and talked to the children and commented on how they thought it was such a lovely thing to do "to teach them when they're young". Country Bears would like to thank all the hard work they put in to help keep our community the beautiful place it is.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc). Country Bears Nature Childcare, 79 Oraha Road, Kumeu 09 412 8055.

## Interesting data

With anything, illness, accidents, incidents always happen to someone else, in the workplace down the road not in your one.

In the job of a Health and Safety Consultant you see and hear about many incidents many of which should be reportable to Worksafe and

which are not.

Then there are the incidents that happen that are not even reported or recorded in our own workplace accident and incident register. Recently the writer visited a client and was told that their fork hoist had fallen a month earlier. The incident was not reported to Worksafe, but should have been. While the driver of the fork hoist was only bruised Worksafe want to know about such incidents, because of what could have happened to the fork hoist driver.

Over the past year there have been plenty of incidents that have been reported.

In manufacturing between July 2018 and June 2019 there have been 8 fatalities. Construction had 15 deaths over the same period, agriculture 13. The figures do not sound alarming, and compared with our road toll the total is insignificant, thankfully. However, any death is sad for the families who have lost a loved one, for the businesses who have lost a work colleague and friend.

The figure that really jumps out is the number of injuries resulting in more than a week away from work. Between January 2018 and December 2018 across all industries there were 29742 people off work. That is 29000 plus families and individuals who may now be living on a reduced income, suddenly cannot make ends meet and may find that they will never be able to the job they once loved, will need to find another job on a reduced income or see out the rest of their working days on a reduced income.

From an accident and incident investigation, by recording the incident it may be that you can learn how to prevent a future injury. It is possible training can be rolled out to help others from suffering an injury for






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# Area Columnists

example manual handling. The most common factor involved in injuries resulting in more than a week away from work was muscular stress while lifting, carrying or putting down objects.

For further information on Health and Safety contact John Riddell by emailing [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out the website [www.securo.co.nz](http://www.securo.co.nz).

## Why children need to experience risky play

Early childhood is a time of exploration, joy and wonder about the world around us. Young children love to be outdoors exploring nature, whether it is their own backyard, local beach, forest or farmland. With this comes an element of risk, and it can be difficult to allow children to engage in play where they can potentially hurt themselves.



But research confirms there are well substantiated benefits to allowing pre-school children to take risks. Children need to explore and experiment with a range of natural materials to feed their curiosity, their physical and their academic growth, and to develop the skill of critical thinking.

Early childhood researcher, Ellen Sandseter, describes the six elements of risky play to be: Great heights, rapid speeds, dangerous tools, dangerous elements, rough and tumble and disappearing/getting lost.

Here at Kereru Kindy, we support children to become critical thinkers by providing opportunities for children to experience risky play in a safe, well supervised environment.

Debbie Pitout, Acting Manager, Kereru Kndy, 10 Oraha Road, Huapai [huapai@kererukindy.co.nz](mailto:huapai@kererukindy.co.nz).

## The square metre rate for home offices

The square metre rate is a useful option for calculating the proportion of a building's expenditure used for business purposes, such as a home office. Rather than calculating how much of each home utility expense should be attributed to the business, the IRD sets an annual rate for the cost of utilities per square metre of housing. For 2019 the square metre



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Buying online is a great way to get some great deals and also knock off your Christmas shopping without the crowds in the malls.

There are a few things to consider to make online shopping a little safer

Shipping is expensive especially when you live in a rural location – not only that but it is slower

What is common practice is that the rural postie signs for your parcel from the main courier and then drops it at your place on their behalf.

If you're not home they will just leave the parcel on the deck / front door with no signature needed.

### MAIL BOXES HAVE BEEN RAIDED IN THE AREA RECENTLY

Thieves operate in our area all the time but in the next few months they scale up their activity

They drive round in what can pass as a courier van and follow the rural postie, watching where they deliver parcels and a short while later they steal your online purchase. You won't know for a few days until you try and track it and as far as the courier company is concerned it has been delivered.

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We will also arrange out of hours collection in special circumstances.

This saves rural courier fees and delivery time and more importantly your purchase will be safe. For more details call 09 412 7018

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# Area Columnists

rate is \$41.70. Note that it does not include mortgage interest, rates or rent so a portion of these should also be claimed based on the floor area designated for business.

This is intended as a general guide. Please contact Mark Foster and the friendly UHY Haines Norton accounting team to discuss your specific circumstances on 09 412 9853 or email kumeu@uhyhn.co.nz.

## Amazon LOTR at Kumeu

Amazon Studios' television project based on The Lord of the Rings is expected to provide a massive boost for Auckland's economy and unprecedented opportunities to grow jobs and careers.

Filming for the series set prior to The Fellowship of the Rings and reported to focus on a young Aragorn is due to start in 2020 at several Auckland sites, including the Kumeu Film Studios and other northwest locations.

Pre-production is already underway and the series is likely to premiere in 2021.

A team of screen attraction and investment specialists at Auckland Tourism, Events and Economic Development (ATEED) played a lead role, alongside the New Zealand Film Commission and regional film offices, in bringing the series to Auckland and New Zealand.

"This is a really exciting opportunity for Auckland," Auckland Mayor Phil Goff says.

"This production will support Auckland's world-class screen businesses



to grow, create jobs and provide an immense boost to our regional and national economy. We already have a billion-dollar screen industry and being the main production base for Amazon's new TV series will take it to a new level."

The Amazon Studios series' name, budget details, crew size, and production plans are still in development, but the production's likely scale is unprecedented for New Zealand, the council says.

Auckland's screen and creative sector has grown an average of 6.2% per annum in the past five years.

Flow on from the Amazon series is forecast to be significant, including for catering, security, cafes near studios, and equipment rentals, Phil says.

ATEED will also investigate long-term tourism opportunities.

Scotland was expected to be a front-runner for filming the Amazon series but reports suggest Brexit uncertainty may have counted against it.

While confirming Auckland as the main production base, Amazon Studios has not announced any detail of the locations or studios where it plans to film, saying production details are still in development.

And ATEED says strict confidentiality agreements prevent it commenting on any potential involvement of Kumeu Film Studios.

Amazon does say that the executive producers and showrunners for the series are J.D. Payne and Patrick McKay.

J.A. Bayona (The Orphanage, Jurassic Park: Fallen Kingdom) will direct the first two episodes and also serve as executive producer, alongside his partner Belén Atienza.

Executive producers are Lindsey Weber (10 Cloverfield Lane), Bruce Richmond (Game of Thrones), Gene Kelly (Boardwalk Empire), Sharon Tal Yguado, Gennifer Hutchison (Breaking Bad), Jason Cahill (The Sopranos), and Justin Doble (Stranger Things).

Meanwhile, James Cameron's Avatar sequels which reportedly include some West Auckland filming may be released within the next few years,



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# Area Columnists

Avatar 2 possibly in December 2021.

## helloworld group in Greece

In August Carolyn escorted a small group tour to the Greek Islands cruising around the idyllic and seldom visited small ports. We were on Azamara Pursuit which is a 700 passenger vessel and therefore is able to get to ports that the large ships are unable to. On arrival in Athens we stayed at a fabulous hotel in the centre of Athens overlooking the Temple of Zeus and the rooftop bar/restaurant that had views to die for of the Acropolis.



Our first port of call was Mykonos where the ship was in Port all night so we were able to dine at one of the fabulous restaurants around the port and wander back to the ship at leisure. Next we were in Thessaloniki and then Kavala which are both seldom visited by cruise ships and we were able to experience a meal at a local's home and wander the small villages around the area. What a fabulous experience and the food, although simple, was very tasty and we loved it.

Then on to Patmos, famous for its monastery and this was a small island town and very authentic with few crowds. On to Turkey and in Kusadasi we again ate at a local's home visiting the small village of Sirence and we found it is where the local Turks go on their day off, lots of arts and crafts

and homemade jams and oils and loads of other items. On our return to Kusadasi we were treated to the art of carpet making and we were all tempted to purchase one to bring home.

That evening was our Azamazing evening (one on every cruise) where we were treated to a string orchestra under the stars in a 2000 year old amphitheatre, amazing acoustics and what an experience. One of the highlights was upon our return to the ship we were greeted with a glass of champagne and our guest opera singer out on deck welcoming us back to the ship and that was spine tingling.

On to Rhodes which was my favourite, gorgeous beaches and the husband wants to retire there. Of course Santorini is the highlight of any Greek Island cruise and she didn't disappoint with iconic views and we had a fabulous lunch at a local restaurant with jaw dropping views.

Sadly our return to Athens meant the end of our time together as a group, Carolyn continued on to Croatia, (and you can read about this in the next issue) but this cruise will be remembered and we are busy planning our next escorted tours. Contact us at [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz) if you want join our mailing list and keep up to date with what events we are having and tours we are planning or phone 09 416 1799, or follow us on facebook [helloworldhobsonville](https://www.facebook.com/helloworldhobsonville). We also have a solo traveller club so let us know if you want to join that, it's free to join.

## Don't forget to vote!

By the time you read this you will have received your voting papers for Council elections in the mail. Many of you will possibly have voted. If you're one of the 60% of people who didn't vote last elections or just

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# Area Columnists

haven't got round to it yet, read on...

You will possibly be a bit confused by your ballot paper this election. Our Councillor was unopposed so there is no vote taking place for that position. This leaves the Mayor and Rodney Local Board.

You may be wondering why it's worth bothering voting for the Local Board, you may even be unsure what they do.

Local Boards are not something we had with the old Rodney District Council. They are a level of local governance that is primarily focused on parks and recreational facilities. Local Board members should not be confused with Councillors, who have the responsibility for budgets for things like transport, setting rates, and regulatory and regional decisions that affect all Aucklanders.

The Rodney Local Board begins each term by consulting with the community in developing a three-year plan that sets the strategic direction for decisions around investing a \$20 million annual budget. The majority of this spending goes on managing the 300 plus parks across Rodney and the associated community facilities, halls, sports fields, public toilets, libraries etc.

Competent management of these budgets and the facilities is essential. Making sure they meet the needs of a growing population and building new playgrounds, buying parks space and developing facilities in those areas that have none is equally something that requires a Board focused on delivering value on its core responsibilities.

The Local Board also has a role to identify and communicate the views of local people on regional strategies, policies, plans and bylaws to the governing body, and provide input to Councillors and the Mayor on any regional decision that impacts Rodney. This is best termed as 'advocacy', and over the last three years the Board chair and members have spent

more time in front of Councillors and the Mayor arguing our case on a range of issues affecting our community.

This may sound a bit disconnected with your daily life however if our facilities aren't up to scratch and playing fields and courts, halls, libraries and town centres aren't maintained and upgraded, and missing footpaths built then we soon hear about it from the community. Likewise if your views are not communicated with Councillors and the Mayor the many issues we face will never be resolved.

The Local Board's grass roots democracy and engagement with Council, that spends billions of dollars a year on your behalf, is something that is often taken for granted, but is important.

Taking a few minutes to learn about the Local Board candidates and what they would do as your representatives and how they would treat our locals parks and facilities our prepare our town centres for the future is something worth doing over the next few weeks. Then exercising your right to vote and getting your voting papers in the mail means you're fulfilling an essential part of our local democracy.

## Special Labour Weekend

Saturday 26th to Monday 28th October. There's a lot happening this coming Labour Weekend at the Plant Centre and Sculpture Gardens. In support of the opening of our new "veggie" section our resident specialist David Bayly will be available to answer any questions you may have concerning all aspects of planning, planting and maintaining a successful vegetable garden. David will be available in the new vegetable plant area between 9:30am and 10:30am on Saturday 26th October and

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# Area Columnists

access to his words of wisdom will be free of charge (other staff will be available over the weekend too). On Labour weekend we are also part of the Helensville "Arts in the Ville" event. Consequently we are offering a half price admission charge to our beautiful Sculpture Gardens. The 2020 Sculpture Garden exhibition opens in December 2019, so make use of this final opportunity to have a look at the 2019 exhibition. "Arts in the Ville" is a celebration of local artists from around the Helensville area. This event is spread across a number of venues and will give you the opportunity to not only view various works of art but also meet the artists responsible for them. For more information please go to: [ouraukland.aucklandcouncil.govt.nz/articles/events/2019/10/arts-in-the-ville](http://ouraukland.aucklandcouncil.govt.nz/articles/events/2019/10/arts-in-the-ville). The Kaipara Coast Sculpture Gardens 2019 Exhibition consists of over 40 marvellous sculptures created by both local and International artists and is spread along a superb 1km nature trail which meanders through the idyllic Kaipara countryside.\* There is also a kid's play area as well as our cute little coffee shop on site plus of course the Plant Centre for you to browse through. Our knowledgeable and friendly staff will also be on hand to help with any garden related questions. \* Trail not suitable for wheelchairs or walking frames. 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. \$7.50 per person or \$17.50 per family. To Book: [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz) or 09 420 5655.

## Getting up off the sofa

Keeping our brains and bodies sharp can become harder as we age. Health and mobility issues can make keeping ourselves active a real challenge. But we all know how important this is, so looking for fun ways to go about it is a good idea.

A physically active game such as a round of backyard (or even indoor) mini golf or a fun afternoon of board games or jigsaws are great ways of keeping active and uplifted during these winter months.

Games and puzzles that encourage movement, laughter and even friendly competition are a great way to keep us feeling young. Mindjig stocks a variety of games that cater to all people including those with different levels of physical and mental abilities.

Visit [www.mindjig.co.nz](http://www.mindjig.co.nz) to see our resources for anyone who wants to keep themselves feeling young, including those with dementia. Or contact us email: [info@mindjig.co.nz](mailto:info@mindjig.co.nz) Phone: 09 600 3251.

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