

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

RESIDENTIAL READY TO GO IN KUMEU

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

MASK FUNDRAISER FOR RESCUE CHOPPER

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October 2020



Greetings

I'll remember 2020 as a "virtual" year – and a lost one at that.

Events I was keen to attend in person became virtual, online ones instead.

And you never know with the COVID-19 pandemic whether we're completely out of the woods yet.

For many local events the decisions were made to delay, cancel, run an online replacement or find some other way of doing things – like this month's Turning the Tide fundraising walk.

Organisations reliant on fundraising have been forced to become inventive, adaptive, resilient and even patient – as you will see in this issue.

I'm still fearful, however, that Christmas might be cancelled – well, the Santa parades at least.

By the time the end of this year nears I'll definitely need some cheer.

I'm hopeful, though, the Christmas celebrations and other major attractions like the Kumeu Show (yes, the showgrounds have done it tough this year too), Kumeu Hot Rod Festival and more will be back in full swing and uplift our spirits.

In the midst of all this we have the October 17 general election proceeding – at this stage. So we've asked a few pertinent questions of the seven Kaipara Ki Mahurangi (formerly Helensville) electorate candidates.

Their answers in this issue relate to how to fix some issues, such as traffic congestion, rail, the bypass, a new college, which relate to infrastructure largely failing to keep up with this area's development.

Actually, I'm hoping this issue will spark people up, especially with some of the more positive stories to come out of the area during a time of crisis.

OK – so some experts are picking COVID-related disruptions will be around for another year (or two), especially on a global front.

But I prefer to look for the light at the end of tunnel - which even if it's a train coming could be good for this area.

Reminds me of that Monty Python song – Always Look on the Bright Side of Life.

Check it out on YouTube.

Geoff Dobson, editor



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People & Places

Mask fundraiser for rescue chopper

Wondering what to do during Auckland's COVID-19 restrictions, Raelene Arthur of Waimauku put her sewing skills to good use to make quality masks to sell - with proceeds going to the Auckland Rescue Helicopter Trust.

So far, Raelene has raised more than \$1500, making about 250 masks in a variety of colours for people to wear during the pandemic restrictions.

She sells them outside local stores, like New World Kumeu, For Eyes Optometrists in the Kumeu Village, and Fresh Choice in Waimauku, setting up a table of wares including a Westpac Rescue Helicopter teddy bear in appropriate garb and information about the trust.

Priced at \$15, each mask is made of quality cotton, many lined with satin for comfort and some of them reversible, taking Raelene a morning to make about 10.

Judging from the number of people lining up to buy them outside For Eyes, handy to the nearby money machine for cash, Raelene's masks are in hot demand.

Khaki, navy and denim are popular mask colours with the blokes (some in reversible black), while floral prints are preferred by women.

Raelene even has masks for bridal parties - in white, of course, - and party masks in vivid hues which sell quickly.

"As long as they keep selling I'll keep going," says Raelene who aims

to have a mask stall at the upcoming Waimauku Lions Garage Sale on November 7 in the Waimauku Hall from 8am.

She draws on her experience as a fundraiser for the Waimauku Lions Club where she has been involved in many projects over about eight years.

Raelene was instrumental, for instance, in getting the Waimauku Lions Playground at Freshfields to mark a centenary of Lions International in 2017, the story featuring in the Kumeu Courier in February that year.

"I'm supposed to be retired, but I'm busier than ever," she laughs.

About 58 years ago, when she was 19, Raelene made wedding dresses and bridesmaids' and flower girls' frocks and petticoats, doing an occasional one since for friends.

Her first job was a seamstress at a lingerie factory in Victoria Street, now a Mexican-style restaurant.

After working as a seamstress for about five years, Raelene got into veterinary nursing for some 16 years, mainly at the Massey Heights Veterinary Hospital in Don Buck Road.

She used to sew small drapes for the practices so instruments could be wrapped in them for sterilisation.

Raelene also did 16 years in the food and hospitality industry, mainly at River Mill wedding and function centre in Waimauku before it became Kumeu Valley Estate.

In later years she has played a big role in the Waimauku Lions Club and helped out with other community organisations.

"I'd rather keep busy," she adds.

Raelene says she opted to help the Westpac Rescue Helicopter



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People & Places

because it provides a vital service to the area.

It was also to benefit from a now delayed Lions fundraiser.

Like the Lions club, the helicopter trust has had its fundraising activities impacted by the COVID-19 pandemic restrictions too, although it has kept operating as an essential service.

"We are very grateful for Raelene's support of our charity," Auckland Rescue Helicopter Trust (ARHT) Communications Manager Lincoln Davies says.

"A thoughtful and creative way to fundraise during these challenging times.

"As an essential service, we continue to operate 24/7 and our fingers are crossed for the upcoming Waimauku Lions Club event. We hope it is a huge success. Thank you for helping us save lives."

Contact Raelene on 09 411 7714, visit www.rescuehelicopter.org.nz or search for Waimauku Lions Club on Facebook for more information.

'Mulan' made in Kumeu

The US\$200 million Disney movie *Mulan* was largely made through the Kumeu Film Studios (KFS).

Globally released in September, the film based on a legendary Chinese woman warrior, saw Disney build nearly 50 intricate sets - mostly at KFS - and use seven locations around the Auckland region.



The Walt Disney Studios' feature film was the largest ever filmed in the region.

Many of the 1583 crew employed on the project, including some key heads of departments, were from Auckland's western screen heartland, and Disney worked with a wide range of local suppliers - delivering substantial economic benefits for the local economy.

Directed by Auckland-raised and trained Niki Caro, *Mulan* was the first production to use KFS' two new state-of-the-art sound stages which opened in mid-2018.

KFS is operated by a specialist team within the region's economic development agency Auckland Tourism, Events and Economic Development (ATEED), which also supports the local screen industry through a long-term lease of the privately owned studios.

"We are extremely proud that Auckland's world-class screen

industry played a major part in a stunning production brought to life by an incredibly talented director we happily claim as ours," ATEED Economic Development General Manager Pam Ford says.

"*Mulan* provided hundreds of jobs and a huge direct spend into our region for everything from drone and digital production companies to local cafes, carpenters and wood suppliers, and is a great showcase of Auckland's creative talent."

Among the Auckland companies Disney worked with was Mt Albert-based The Rebel Fleet, and Henderson Wood Machinists which supplied tonnes of timber and its in-house machines, while other sets and locations included Jonkers Farm in Waitakere, Muriwai Earth Quarry and Makarau.

KFS was a hive of activity for about six months in the second half of 2018, with the production also shooting in the South Island and China.

Of the NZ\$122 million Disney spent on New Zealand vendors, about \$60m was spent in Auckland, which does not include payments to cast and crew.

Most of the 1100 costumes were also made in the region.

Ford says *Mulan*'s release on the Disney+ platform came as Auckland's screen industry was working within COVID-19 restrictions - with a range of domestic and international productions back underway.

"The screen industry is a crucial contributor to our regional economy, so we've worked hard with industry and government agencies to get it up and running safely under new national screen health and safety workplace guidelines."

Veteran Kiwi producer Tim Coddington, who regularly works in Auckland, was an Executive Producer on *Mulan*.

Executive Producer Barrie Osborne says: "The new studios in Kumeu were a great place to work for us, a good home for this film as well. The team we assembled in New Zealand were able to roll with the punches and tackle a film that is as complex and challenging as *Mulan*. We could not have done this film without a crew of this calibre."

Key Auckland-based heads of department included Oscar winner Grant Major (Production Designer), Denise Kum (Hair, Make-Up and Prosthetics Designer), and Simon Ambridge (Unit Production Manager).

Key Auckland vendors also included Moxion, Ariel Camera, BCD Travel, JC Plumbing, Hirepool, Panavision, Gripping Services NZ, City Life Hotel Auckland, Ashton Hire Crane, and Rich Rigging Project Services.

Muffled all-weather 3D-printed cinema drones were used by Ariel Cameras to avoid frightening horses in the production, the drones able to reach 100km/h and travelling more than 600km.

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People & Places

"It took about a year of research and development to produce the MARTTi drones," Ariel Camera Director Sam Peacocke says.

Ariel Camera collaborated with others involved in America's Cup winning Emirates Team New Zealand.

"We were lucky to have all this brain power from the yachting world, which you can take through to drones," Peacocke adds.

Working with Disney on Mulan has helped Ariel expand its cinema drone systems and allowed it to work on other large screen projects.

Kaipara ki Mahurangi candidates questioned

Kumeu Community Action (KHRRA) and the Kumeu Courier have teamed up to bring you seven Kaipara ki Mahurangi candidates' answers to some pressing local issues ahead of the October 17 general election.

Question 1 - Previous governments' fast tracked development in the area without accompanying infrastructure. That's causing problems now. Meanwhile, there are plans for a Kumeu bypass - but the timing, route and funding are uncertain. Discuss the process needed to remedy this.

Zephyr Brown (Green Party) NZTA is prioritising SH1 with the Warkworth bypass, and after that a Wellsford bypass on the other side of the Kaipara ki Mahurangi electorate. Although a Kumeu bypass for SH16 may be required at some stage, it appears that SH1 with the Warkworth and Wellsford bypasses and expanded sections through Glenfield and Albany, along with moving more freight to rail, will be the preferred route for heavy traffic between the North and Auckland.

Beth Houlbrooke (ACT) ACT will let councils issue targeted rates to pay for infrastructure for new housing developments. ACT believes we should follow international best practice and replace fuel taxes with road pricing such as used in Singapore. It would encourage commuters to find other travel times, routes, and increase use of public transport.

Road pricing is a fair, efficient, and environment-friendly solution to congestion. We could manage demand down to the minute, and see where new roads would be most cost-effective.

Marja Lubeck (Labour) Putting in special housing areas in 2013 against planning advice, with no plan for infrastructure, was detrimental to the area. Infrastructure provisions are needed before more urban development. Focus: catching up; SH16/18 connections project is an important component of the overall transport network plan. Timelines for delivery need to be brought forward. Focus on

safety on our roads should help make the case for investment in Auckland's North-West. Accelerate work at roundabouts Access Road and Station Road/SH16.

Callan Neylon (Social Credit) Social Credit will establish a Local Authority Loans Board to fund capital works and infrastructure projects approved by local communities, with grants, nil-interest and low interest loans from the Reserve Bank. This will also ensure ratepayers are not placed under the additional burden of paying for the failures of previous governments and councils to future plan for the area.

Chris Penk (National) It's unacceptable that directly affected landowners have faced such uncertainty for so long. The finalised route must be published as soon as possible. Negotiations for the purchase of private land must get underway promptly and provide fair compensation. I've lobbied the Housing Minister on all these aspects of the situation. In the meantime, the "study area" should be published in its current draft form, given this should help guide other local community planning decisions.

Richard Reeves (One Party) Road congestion: NZ Transport Agency SH16 Brigham Creek (BC) to Waimauku Safety upgrade is progressing. Work to begin on the BC to Taupaki roundabout four lanes in two directions I understand will begin late 2021 or early 2022. The indicative corridor for the Alternative State Highway (ASH) was approved in mid-2019. Yet, there is no funding for ASH construction this decade. Other roading projects are progressing successfully and utilising funds and equipment. SH1 Puhoi to Warkworth.

Brenda Steele (NZ First) There are two options: NZTA could have this funded by the Provincial Growth Fund just like the Northern Railway Line investment which covers the entire corridor all the way into Auckland. Or place a local members bill on the floor in parliament as your Local MP, stating the issues and expressing total frustration requiring action.

Question 2 - The area's growth, and the rezoning of Kaipara College means people are questioning the area's suitability for families, due to the lack of access to a local secondary school. How you would go about correcting this situation?

Zephyr Brown (Green Party) The Green Party believes in schools as the Heart of the Community. Although we do not have a policy



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People & Places

position on MoE zoning, the main issue with Kaipara College limiting numbers is funding. We'll support and resource the development of schools as community hubs, including resourcing school staff, integrating community services - such as health/welfare and cultural services, within the school environment, providing incentives - including significant additional funding to schools, early childhood centres and kura.

Beth Houlbrooke (ACT) ACT would provide every child with a lifetime Student Education Account. Parents would be able to use it at any registered educational institution, public or private. We'd increase choice in education by allowing any state school to apply to become a Partnership School. This would put the power back into parents' and schools' hands, allowing a school like Kaipara College to enrol any student they want, and for new schools to be established in the area based on demand.

Marja Lubeck (Labour) Kaipara College redevelopment project has a mid-2022 completion. Consider expansion options to accommodate forecast demand. Several new primary and ECE in the Northwest. Forecasted significant future growth needs to include a plan for a Northwest secondary school. Assessment for profile of school network capacity against population/demographic demand. Review timing of developments, plan changes for future urban-zoned areas, plan for rapid population growth, review the current 2030 timeline. Acquire and designate land asap. Reinforce the importance of a sense of community.

Callan Neylon (Social Credit) Education is essential to a democratic society and a vital investment in the future. While Social Credit has no specific policy on this particular issue, if zoning changes have resulted in a lack of access to local secondary school education then that is something that needs to be remedied quickly so future generations in the area are not disadvantaged.

Chris Penk (National) Kaipara College is a great school that we're fortunate to have. As it is projected to reach capacity in the next few years, however, I've been advocating for an extra secondary school in the northwest. My advocacy has included running a public meeting, supporting a local parents' petition and gaining publicity for the issue in national media. I have obtained a pledge from the National Party to allocate land in the area for exactly this purpose.

Richard Reeves - (One Party) The National Education Growth Plan 2030 states that rezoning is one of four options under the Plan's "Common Solution Framework". By the framework's own definition rezoning is not an option as both Kaipara and Massey High Schools are at capacity and not under-utilised. I would propose to enlarge Kaipara College: The New Zealand economy is not healthy. It helps to relieve the congestion problem. This is an attainable solution.

Brenda Steele (NZ First) As an ex-student of both Kaipara College and Massey High School, being our local secondary schools depending on where you live? Is a third school being called for? I will not be correcting this situation until I have some facts on the table

and a clear understanding from families of the issues or concerns.

Question 3 - There have long been plans for an Urban Development Authority - and there are proposed amendments to the RMA to make it easier to develop high density subdivision without community involvement. Explain your position?

Zephyr Brown (Green Party) The Ministry of Housing and Urban Development (HUD) was established in October 2018 and the National Policy Statement on Urban Development (NPS-UD) was only released in July 2020 (taking effect in late August). It's a bit early to see how well the implementation will be handled by Auckland Council. However, the objectives of the NPS-UD and HUD broadly meet the Green's policy of building sustainable cities, by strengthening the role of the government in facilitation.

Beth Houlbrooke (ACT) For decades, councils have tied new housing developments up in red tape and underinvested in infrastructure. ACT believes councils should be encouraged to invest in infrastructure, if we are to solve the housing crisis and achieve housing affordability. ACT will replace the Resource Management Act with a law that lets people build without restrictive zoning such as the Metropolitan Urban Limit, and let councils issue targeted rates to pay for infrastructure for new housing developments.

Marja Lubeck (Labour) Learn from the past mistakes of not involving the community and overriding council planning (see question 1). Forcing development through without infrastructure investment to support the growth has resulted in the mess of the Northwest. Building houses is only one part, we need to also consider road upgrades and community facilities. Among other changes, the RMA also restored public participation opportunities in plan making, restoring appeal rights and allowing for public notification and greater local input into decision-making.

Callan Neylon (Social Credit) Full community consultation is an essential part of new developments. While I do think there is a need for more high-density development, bypassing community involvement to build it is not the way to go.

Chris Penk (National) No major decisions should be made without community involvement, especially where housing is concerned. Consultation is important but so too is the voice of a local elected representative. I've been clear in my three years as Helensville MP that there should be no more development without the infrastructure needed to support it - transport, schools, water etc. We should amend the RMA, however, to reduce costs and delays faced by ordinary Kiwis completing small scale projects.

Richard Reeves (One Party) The Kumeu Huapai Centre Plan September 2017 creates a clear vision for controlled urban development in a green field area. It is a thorough document with clear objectives. The participation of both Te Kawerau a Maki and Ngati Whatua O Kaipara iwis in the mentioned plan are a protection against illegal development. I disagree with the new Urban

Chris Penk MP for Helensville

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Development Bill passed 06/08/2020. It gives the Crown entity Kainga Ora too much authority in the acquisition of land and the ability to override both local and central government jurisdiction in its pursuit of housing.

Brenda Steele (NZ First) The Urban Development Authority has already been passed in Legislation under Kainga Ora. Under this present legislation I do support the limited community involvement. As high-density development was proposed in urban Auckland under the Unitary Plan but due to public submissions opposing the identified areas for high density we now have urban sprawl. NZ First worked hard to ensure when and if required identified community engagement will be gained and is reflective in the legislation.

Question 4 - The North Auckland rail line has been upgraded but there are still no "Trains to Huapai". There is also talk of an inland port in the area. There are plans for bus lanes down the NW motorway, but they don't extend to Kumeu and light rail is off the table. What are the steps in your plan to remedy the extreme congestion on and around SH16 after Brigham Creek Road? Do you support using the existing railway line for passenger trains?

Zephyr Brown (Green Party) Building roads encourages traffic and we need to get people out of cars. The Green Party is the strongest voice for public transport in NZ. A Greener government would increase the supply of reliable and affordable public passenger transport (buses, trains and ferries), repair and upgrade our national rail network, increase maintenance to improve the quality and safety of existing roads. Another view might be not to complain about traffic when you are the traffic.

Beth Houlbrooke (ACT) ACT would remove infrastructure decision-making powers from ministers and vest them in an independent New Zealand Infrastructure Corporation. This corporation would cooperate with private infrastructure funders to significantly increase the capacity of our roads and rail networks. They would decide where to build new road and rail lines not based on votes at stake, but on congestion levels and safety considerations. They would be judged based on transparent performance indicators like the average speed reached on major arterial routes.

Marja Lubeck (Labour) AT has looked into extending the train services to Huapai. Its view is that extending the north-west rapid transit corridor would best serve the area. Earlier this year, we announced funding for the Northwestern Bus Improvements which includes new bus interchanges at Te Atatu Rd, Lincoln Rd and Westgate, local bus stop improvements, bus priority at motorway interchanges and along motorway shoulders. In the longer term, we'd like to extend this further west to help ease congestion.

Callan Neylon (Social Credit) I absolutely support using the existing rail line for passenger trains. The tracks and platforms are already in place and \$100 million has already been spent to upgrade the northern line. Any further maintenance needed to restore passenger services to Huapai and Helensville should be funded by debt-free

loans from the Reserve Bank. This would be the best first step to ease SH16 congestion.

Chris Penk (National) Congestion is a massive problem. Using our existing railway line must be part of the solution. I've advocated for this consistently and it's now National Party policy to provide a diesel shuttle from Kumeu/Huapai to Swanson. Other works have long been planned (eg adding lanes to SH16) and now just need political will from government to happen. More fanciful ideas such as light rail are less likely to provide much needed relief any time soon.

Richard Reeves (One Party) Re: Answer Question 1. It appears that the railway option was debated back in the 2017 election amongst the then Helensville candidates. Yes, I support the use of the existing railway line for passenger service to help relieve congestion. However, its viability would be scrutinised by KiwiRail and I suspect would not eventuate until the line is upgraded to meet the needs of the new port at Marsden Point.

Brenda Steele (NZ First) NZ First is committed to modernising the existing railway line with the long-term vision of double tracking for both passenger and freight which KiwiRail is completing its business case for, including costing when ready for that stage. NZTA needs to get its act together as my answer to the first question could address the ongoing congestion issues we face daily as locals.

Residential ready to go in Kumeu

Construction of 174 new terraced houses at Kumeu Central is on schedule to begin early next year as leading home building company Golden Homes establishes a permanent base on Huapai's Main Road to support future growth and residential development.



"There's tremendous growth potential around Kumeu and Huapai with diverse product ranges from high-density to stand alone residential and, of course, sought-after lifestyle living," explains Golden Homes Sales Consultant Paul Houchen.

"Golden Homes is currently celebrating its 30 year anniversary, it has come a long way from its beginnings in Rotorua - now it is a market leading national brand that caters for everyone; from affordable single-level dwellings to high-end architecturally designed builds. It

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People & Places

makes sense for us to have a permanent base in the area and we're excited to join the local community and help future residents to build their dream homes."

Golden Homes will oversee residential construction for the landmark Kumeu Central project. Resource consent for 174 two-storeyed terraced houses is currently being sought and Paul expects to start breaking ground in mid-2021.

"These homes will start from \$649,000," he says.

"There's not a lot in Auckland that will be in that price range so we're expecting strong demand. There's a mix of two and three-bedroom homes on offer and titles will be ready to purchase soon."

Kumeu Central is a turn-key development - all that is required to secure one of these exciting new homes is a small deposit, nothing else is paid until the homes are complete.

Consumers are after turn-key options for the financial freedom that it offers and it provides an opportunity for young Kiwis to own their own home.

Kumeu Central is designed to develop and enhance the existing Kumeu village community. A mix of retail and commercial spaces suitable for shops, cafes, bars and healthcare services will also be built to complement the residential homes.

"At the moment there's a little bit of retail and a few shops in Kumeu and Huapai," Paul adds. But the reality is there's not a heck of a lot. Most people currently travel to the Northwest shopping centre, so it will be fantastic to get some new cafes, bars and retail in Kumeu itself."

Paul believes people will be surprised by what Golden Homes offers, as its expertise spans the full breadth of the new build market.

"We build everything from first homes to multi-million-dollar dream homes," he says. "Every Golden Home is built with ZOG steel framing which is safer and stronger than timber. Plus, you get a high-grade engineered foundation, double glazing, all the latest technology and a full warranty."

Golden Homes is based around family values of looking after people and making sure they're taken care of.

"We really want to offer the wider community those values and enhance their building experience," Paul says.

Anyone thinking of building a new home is welcome to call into Golden Homes' new office at 321 Main Rd, Huapai, and have an obligation-free chat - plus a great coffee - with the sales team.

"If people are thinking about building, our team are more than happy to sit down and have a conversation about how the process works, the pros and cons of it and whether it's right for them," Paul explains.

"It's really about providing information to people so that they can then make the best decision for them and their family."

At level 2.5 and below, Golden Homes' Kumeu office is business as usual. Sign-in is via QR code while separate offices and meeting areas make social distancing easy.

Change of plans for Turning the Tide

If there's one thing event organisers have had to learn this year it's adaptability and resilience.

And that's certainly the case for the team behind the annual Turning The Tide fundraising event.

It was postponed in May due to the first COVID lockdown and was rescheduled to Sunday, October 11.

But given the uncertainty around crowd numbers and social distancing restrictions, the event will be run virtually instead.

More than 200 participants have previously joined in, walking 17km down Muriwai Beach to raise funds for the Kia Tīmata Anō Women's Refuge.

This year people are invited to register online but pick their own distance and location for a walk or run.

"The wellbeing of our community has always been at the forefront of Turning The Tide, and as much as we'd love to meet everyone for a mass walk down the beach it's simply not the right thing to do this year if we want to keep everyone safe and ensure we're playing our part in the collective fight against COVID," organiser Rochelle Gillespie says.

Instead, organisers are encouraging people to do the walk alone, or as a small (socially-distanced) team. There will be photo challenges and other fun activities for people to take part in on the day so they feel part of a collective team doing its best to Turn The Tide on family violence.

"We may not be able to gather in person but we can still join together in spirit and recognise that there are many people doing it tough, particularly this year with COVID," says Rochelle.

She acknowledges the many local businesses who have made donations, particularly Event Partners, Generation Homes and Waimauku Lions for their ongoing support.

Visit www.turningthetide2020.eventbrite.co.nz to register for the virtual walk.

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Safer Communities



The Waitakere Volunteer Fire Brigade has been to two house fires in the last month that were both started by wood burning fireplaces.

One house burnt to the ground. The owners were outside and by the time they realised their house was on fire it was too late to extinguish it as the fire had taken hold.

Working smoke alarms alerted the owners of the second house. They called 111 and evacuated the house. We were able to get to the house and extinguish it before the fire took hold with damage to the lounge

area only.

Wood burning fireplaces are a great asset to any house, but you do need to follow some simple maintenance of the chimney and fire box and have working smoke alarms in your house.

- Clean chimneys, flues and have the fire box inspected for damage before you light the first fire of the season
- Always use a fireguard or spark-guard when using an open fire
- Never throw rubbish into the fireplace - particularly batteries and aerosol cans
- Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to 5 days to cool
- Keep matches, lighters, and anything else that can create fire out of reach of children

If there is a fire in your house, you will only have around 3 minutes to get out before the fire becomes unsurvivable.

Go to the Fire and Emergency NZ link below as it only takes 3 minutes to create your household escape plan.

www.escapemyhouse.co.nz/

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Community News

Kaukapakapa Village Market

Sunday 18 October 8.30am to 1pm. Well known for the relaxed atmosphere and friendly people this market is an excellent choice for a Sunday morning excursion. You'll find a tempting selection of stalls selling fresh local produce, artisan food and preserves, handmade crafts, soaps, jewellery, gifts, second hand and collectibles and much more. Get ready for Labour Weekend planting with locally grown plants, herbs, vegetable seedlings and potted colour. There's also live music from Ralph of rock project This Flight Tonight and free face painting and activities for the kids. For more information contact Sarah 0274 831542 or email sarah1@maxnet.co.nz.



Horse Race Night

Tickets are just \$20 each, and a table of 8 is discounted to \$140. We include a casual finger food dinner of pizza, and other hot & cold items, tea/coffee & home baking.

The bar will be open, and if you wish, we can provide a local shuttle transfer home (at additional cost).

The horses are raced on a wooden track, the Scouts roll giant dice, the race caller calls the races; the TV screens will show the races & the odds for the bets. We will have raffles, auctions & games in between the races, so it is a really fun night, and sells out quickly.

We have all 8 races sponsored by these fantastic businesses, a huge thanks to: Central Landscape Supplies, Greenlight

Mortgages - Vanessa Belton, Water to Waste Plumbing, Waimauku Lions, Harcourts North West - Steve Cotter, Alpha Electrical, NJC Equipment Hire, N D Engineering, And to our wonderful supporters (more to come): Craig Walker Building Removals, Corey Burnett - Burnetts Transport & Earthmoving, Muriwai Golf Club, Hallertau, Tanya Franklin - The Travel Broker, Lucie's Little Bus (van transfers), New World Kumeu.

The Horse Race Night is always heaps of fun and very popular, and all those who attend have a community focused 'support local' attitude.

Feel free to contact Tanya on 021 254 9169 with any questions or for ticket sales, or email waimauku.scouts.committee@gmail.com.

Thank you so much for supporting our youth, and the new hall project of moving our new Scout Den home to the back of Pollard lane; this is a huge project that has been years in the planning and we are so excited that it is finally happening this summer.

Waimauku Scouts would like to say a huge thank you to Craig Walker Building Removals. A fantastic team of professionals, we really appreciate your incredible support, and are so happy & appreciative that our den is now safely at its half way home, to be moved to our new site when the ground is dry in summer.

Healthy eating at Nature's Explorers

This month the children collected their own vegetables from our vegetable patch and brought some vegetables from home in order to create their own healthy wraps, here at kindy. The children learnt how to pick their own lettuce and wash it, peel carrots, grate cheese and many other basic self-help skills. The children strengthened their social skills as they listened to one another, shared, took turns and followed instructions. Overall this activity has supported the children's overall wellbeing, by allowing them to make healthy food choices, learn basic food preparation skills, fostering their development in basic self-help skills and nurturing their understanding of different social strategies needed to make strong friendships with children around them. The children just loved this activity and eating it too - "I'm making a wrap and it was yummy!" - Sybil.



To enquire about joining our Natures Explorers Family please call

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Community News

Nerys Byford on 09 412 8800 or email office.kindergarten@gmail.com.

SeniorNet Kumeu

SeniorNet Kumeu remains "virtually active" while Auckland stays in "Level 2.5"

Members keep in touch with each other via Zoom "chat sessions" every Monday, and Friday ("Zoom" is the very popular web-based video conferencing software)



The chat sessions are appreciated by those living alone as they can keep in touch and catch up on all the gossip, as well as learning how to use Zoom and set up their own family and friends' groups.

Most Wednesdays we also provide "Zoom" training sessions or Zoom "quizzes" for our members.

SeniorNet Kumeu continues to be 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.

You are welcome to join our friendly and informal, club even during

lockdown, just contact: Brian Lacey on 022 183 1811 or email brian@lacey.nz.

The Mobile Car Specialists

Sadly, it's only a matter of time before a dent (or two) takes up residence on one of your car's panels. At this point you may wish to drop a few expletives into the air around you. Unfortunately, that won't fix the problem.



On a positive note however, we can safely remove 90% of dents without using bog or fillers, while maintaining the integrity of the steel and paint.

This dent removal process typically costs around \$120 to \$250 depending on the complexity of the damage, which is far more cost effective than taking it to the panel beaters.

Our services include: Dent removal - small to large, high quality paint correction / cut and polish, contaminant removal (metal grindings, paint overspray etc on the paint work), ceramic coating paint protection, yellow / foggy headlight restoration, signwriting removal.



CONGRATULATIONS TO ALL THE FINALISTS IN THE 2020 NORTH WEST BUSINESS AWARDS

Manufacturing and Trade Services

Aqua Plumbing Ltd
Helensville Drainage Ltd
NJC Equipment Hire
ProBlast & Coatings Ltd
Waimauku Automotive

Not for Profit

Art Centre Helensville
The Kai Collective
Sunny Days Community Preschool Inc

Business or Professional Services

Creative Matters
Marbles Business Solutions
The Secret Garden Huapai

Health & Beauty

Aneia Warner salon
Craigweil House
Physio Flex
The Body Clinic Kumeu

Hospitality - Contemporary Dining & Bistro

Good from Scratch
The Beekeepers Wife
The Hunting Lodge Winery Restaurant
The Riverhead

Hospitality - Family, Informal Dining and Takeaways

Fire n Slice
Hallertau Brewery
The Beer Spot - Huapai
The Real Bread Project
The Vietnamese
Westbrook Winery
Zac's Pizzeria

Recreation

KC Fit Ltd
Skydive Auckland
Studio 16 Pilates Ltd
Tree Adventures

Retail

Eleventh Hour Gifts
Gas Helensville
Helensville Paper Plus Select
Kaipara Coast Plant Centre
Kaukapakapa Store
New World Kumeu
Stihl Shop Kumeu
The Shoppe - Artist and Crafters Collective

Rural Services

Country Meat Processors
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Helensville
River Valley Meats

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Community News

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

Just Kidz Huapai

Choosing a home away from home for your child is one of the most challenging and often emotional decisions you will need to make. We understand that you want the best for your child and the assurance that they will be safe and well nurtured, loved, provided for and given the best start in their education journey. We fully embrace this and strive to be the best early childhood provider in our community. Quality is our aim at every turn and we are deeply passionate about providing the best experiences for children to help them embrace learning, become confident and develop strong, moral and social skills. We only employ qualified teachers or teachers in training to maintain our high quality standards and offer superior care by maintaining better than government child to adult ratios to ensure your child has the best level of care and quality interactions.

With our home away from home, deep bonds are formed on both sides and families return to us time and again with siblings and friends, or even just to return to say hi after their child has left for primary school. Parents and families are always welcome.

As a team, we feel deeply privileged to work with the many families and children in Huapai and thrive in the knowledge that what we do and how we do it, makes a positive difference in so many lives.

However, don't just take our word for it, come and visit with us and see the wonderful environment, meet with the passionate staff



and feel the warm, welcoming and nurturing atmosphere that we are known for. We look forward to seeing you soon at 335 Main Road, Huapai or contact us on 09 412 2025 or 027 269 8558 Email: Huapai@justkidz.co.nz.

Wanted: Quality childcare

At A Child's Place we pride ourselves on our low ratios. Research shows that children who are cared for in ECE settings with lower child-staff ratios receive more stimulating and responsive care.

Relationship is key to our philosophy it is a matter of life to a child. Our settling in processes are such that all our families are amazed at how quickly their children are happy to leave them in the mornings.

If you are looking for that special 'home away from home' then look no further. We offer authentic teaching practices with large play areas, uninterrupted play, partnership in learning and a range of sessions for your infant, toddler or preschooler.

You will find us at 1A Tapu Road, Huapai, contact us for more info on 09 412 8117 or visit us at www.achildsplace.co.nz. We would love to hear your aspirations and hopes for your child.



The vintage shop offers wide range of items

The Vintage Shop located next to the Kumeu Community Centre in the historical Pomona Hall stocks a range of interesting items for the discerning customer. Glassware, crystal, crockery sets, vases, silverware, small furniture items, linen, tableware, mantel-piece ornaments, jigsaws and historical books are amongst the stock all tastefully displayed at marked prices. All profit from sales goes back to the local community through Lions' projects and the club members appreciate the support of the volunteers ladies who work on a rostered basis at the shop which is open Tuesday to Friday 10.30 - 3.30 and on Saturday morning. Anyone interested in helping at the shop can call in and talk to one of the volunteers about what is involved.

Almost all the items on display have been donated, some by people down-sizing or disposing of long-held 'treasures' and the shop has

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Community News

on occasions been the recipient of items from a deceased estate. Such thoughtfulness and generosity is appreciated and is the basis of this successful community fund-raising initiative. Lately there has been customer interest in dinner ware and crockery sets and the once popular Crown Lynn pottery has now become quite limited.

The Vintage Shop in Access Road is worth a visit - if only to see the range of items and experience the memories they can bring.

Sculpture gardens half price for "arts in the ville"

Saturday 24th to Monday 26th October (Labour Weekend). This annual event celebrates the endeavours of local artists. To support this we are offering Helensville "Arts in the Ville" attendees the opportunity to have a final viewing of the 2020 iconic Kaipara Sculpture Gardens at half price before we replace it with the 2021 exhibition in November.

The gardens are located in an idyllic situation overlooking the Kaipara harbour with 1.2 km of easy walking trails showcasing 40 pieces created by both local and international artists.

There is also a great play area for the kids plus our cute little coffee shop and of course the garden centre for you to browse around.

We are offering half price admittance to all holders of Arts in the Ville concessionary passes for the holiday weekend.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions. * Trail is not suitable for wheelchairs or walking frames.

Covid19 - This is a wholly outdoors event so maintaining appropriate social distancing is relatively easy and all appropriate safety requirements will be in place.

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. \$15 per person or \$35 per family (2A + 2C) - less 50%. To Book: info@kaiparacoast.co.nz or 09 420 5655.

New date for local book fair in November

Huapai-Kumeu Lions are planning to run their previously cancelled Book Fair on Saturday 7th and Sunday 8th of November from 9am to 2pm in the Kumeu Community Centre. There will be the usual range of good-quality books of all genres including fiction novels, biographies, sports, gardening, cooking, historical non-fiction, travel books and plenty of children's books. All books sell at \$2 except children's books which are sold in bundles at special prices.

Lions are grateful to people down-sizing or wanting to reduce their shelved books who donate them for sale at the fair. Books can be dropped off at the Kumeu Community Centre in the 2 week period before the fair from Monday 26th October. Club members will be



ARTS in the VILLE 2020

Helensville - 10am to 4pm , 24th to 26th October

Helensville will be alive with more than the vibrant works of over 75 artists in 26 venues during Labour Weekend, 24th to 26th October, from 10am to 4pm. This year there will be a local version of the Antiques Road Show plus a treasure hunt with a prize from world-renowned local sculptor Jeff Thomson.

Don't miss this exciting opportunity to view and purchase work created by some of the finest artists from the North West in their own creative environment. This is a free, family-friendly event.

For Artist information, a trail map and details visit: artsintheville.weebly.com

In Brief

Scout fun facts

Last month we listed some famous Scouts, this month we will go over some fun facts.

Scouts was started in 1908 by Lord Baden Powell, 2 years later Baden Powell and his sister Agnes formed Girl Guides.

Scouts are in all countries except, Andorra, Cuba, Laos, North Korea, and Vatican City.

Indonesia has the largest membership with approx. 17 million Scouts.

Scouts started in New Zealand in 1908.

New Zealand introduced the youngest age unit (Keas) in 1979, The UK started their youngest section (Beavers) in 1986, and Australia started their youngest section (Joeys) in 1990.

In the movie UP, Russell's merit badges had hidden meanings, including a badge that had a burger with a candle on it, as well as a badge for 2D animation.

Eleven out of the 12 men who have stood on the moon have been Scouts.

In the 1970's the FBI recruited Scouts as informants.

Changes to the New Zealand Scout uniform have to be approved by the Government.

David Bowie's first concert was at a Scout camp.

President Trump is an honorary president of the Boy Scouts of America Association, a position held by all US presidents since 1910.

The 1st St Marylebone Scout Group is run at Buckingham Palace and has had many of Royal family as members.

And to end on a bit of fun, a few Scout books that will never be written; A century of Scouting, by Annie Versary, Long Distance



hiking, by Kip Goin, How to Get Wet, by Tip D. Canoe.

We have 7 Scout Group in North-West Auckland, to find out more about joining or being an Adult Volunteer or Leader, then visit Scouts.nz, or email me: zl.waitoru@zone.scouts.nz Craig Paltridge, Waitoru Zone Leader.

Love Tennis weekend

The nationwide free community event Love Tennis is on again this year, after a successful campaign last year and Tennis Waimauku is hosting this event on the weekend of Saturday the 10th and Sunday the 11th of October between 1pm and 4pm both days. The whole family is invited, something for everyone. Everybody welcome



whether you're new to tennis or a rusty player wanting to get fit again. Come meet our new Club President Tony Marinovich, our Club Captain Carol Griffin, and of course our wonderful coach Eden Sela who is great with the kids. We will be putting on a BBQ, there will be prizes and giveaways including Hell Pizza vouchers on offer. Tennis Waimauku is situated opposite the Caltex service station on the main highway. Come join the fun.

Muriwai Open Studios update

Art is alive and kicking during October in Muriwai. As part of Artweek Auckland we have 4 events happening over two weekends the 10/11th October and 17/18th October. We look forward to locals taking advantage of the artistic talent right on their doorstep.



Muriwai Art Degustations:

eat, drink, talk, see art. Limited to twelve people per tour, this is a wonderful opportunity to interact with the artists. Transport will take you to seven studios with eight artists giving exclusive artist talks or demonstrations at each studio with food and drink appropriate for high tea (\$55pp for the tour) or sundowners (\$85pp for the tour) Should Covid interfere with the event a 100% refund will be given to people who have booked. To book email muriwaiartsopenstudios@gmail.com

Art Trail: Free event - come on a self-guided tour and visit 11 artists

WAIMAUKU BOWLING CLUB



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

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

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

Cnr. State Highway 16 and Muriwai Road



Grant Castle



P (09) 412 8239
M 027 299 7054

106 Main Road, Kumeu
E castlepanelbeating@orcon.net.nz

In Brief

in their studios and gallery, from 10am-5pm on Sunday 11am October, Saturday 17 October and Sunday 18 October. Pick up an arts trail map and look out for the Muriwai Open Studio blue and black flags. Maps are available at the Kumeu Art Centre, Muriwai Sand Dunz Cafe and Ocean View Art Gallery - Muriwai or download a PDF from www.muriwaiartsopenstudios.com

Art at Good From Scratch: Muriwai Arts Open Studios Collective and Good From Scratch are partnering to provide a unique art and food experience at Good From Scratch Cookery School, 376 Taipa Rd, Muriwai. Sculptor Jeff Thomson and local artists Marlon Hart, Toni Tanner, Karuna Douglas and John Mayne will be on site and you will have a variety of artworks available for purchase. Owners of Good From Scratch Cookery School, Mike and Belinda Van de Elzen will offer food for purchase, along with a selection of local wines, craft beers and homemade sodas. Open 10am-7pm on Sunday 11am October, Saturday 17 October and Sunday 18 October.

Muriwai Sand Art: Hands-On Experience: Lesley Dixon, will be running two free interactive sand art sessions suitable for all ages on Muriwai beaches: Sat 17th October at 2pm Muriwai beach. Sun 18th October 3pm at Maori Bay. Please bring a bucket and/or rake for a fun, and creative experience. Children please bring an adult. Meet at the Muriwai Open Studio blue flags.

Kumeu Library

School holidays are here in October, and in normal times that means daily activities at Kumeu Library. Well, these are not normal times, and with all the uncertainty around when we will get back down to Level 1, Kumeu Library is adapting to meet the current situation. So we are planning for two scenarios: If we are at Level 1, our free, fun activities will take place in the Library every week day at 10.30am. If we are at Level 2, our activities will be available in a form you can take home and complete in your own bubble! The theme is "Real or Not?", and we have a big collaborative art project planned. Titled "Helping Hands are Real Heroes", it will be a giant display of colourful hands representing ways in which we can help each other. All you have to do is trace around your hand, colour and decorate it (there is no such thing as over-decorated!) and write on it either something nice you have done for someone else, or an idea of something people can do for others. Bring your creation in to Kumeu Library, and we will add it to an ever-growing display of kindness! Adults are welcome to contribute to this project too.

Life has changed in so many ways for all of us during this pandemic, but one thing that doesn't change is Kumeu Library's dedication to connecting customers and books. We are offering a special homebound service for people who are staying home because they are at a higher risk of contracting Covid-19. Higher risk people include those with medical conditions (chronic lung, heart, or kidney disease, etc), those with compromised immunity, older people

(particularly those over age 70), and people in aged care facilities. If you, or someone you know, is a higher risk person, please contact the Library Connect team on 377-0209 for further information about this free service. This new service is in addition to our regular housebound service, where Library staff select books for those stuck at home - we can deliver or a family member or friend can pick them up for you.

To keep up with all the news and events and Kumeu Library, follow us on Facebook (www.facebook.com/kumeulibrary).

Lollipops Kumeu

At Lollipops Kumeu we enjoy bike riding every week.

We have a huge dirt and concrete space to practise our balance, speed and road safety. We also have vests to wear for visibility and helmets are essential.

Come and join us today.

Lollipops Kumeu - 7 Wookey Lane, Kumeu. Phone 09 412 8081 or email cm.kumeu@ledu.co.nz.



Kaipara Memorial RSA Quiz Night

The Kaipara Memorial RSA's events calendar has been badly affected by the COVID-19 lockdowns and future events like the Melbourne Cup afternoon and even Santa in the RSA Grotto will both need a re-jig.

One event that is not affected is the quiz every Wednesday at 7pm. Twenty easy questions from a different quizmaster each week, no entry fee or minimum or maximum team numbers and you could win big time. Enjoy a meal from 6pm, non-members welcome, but you need to sign in at the bar. (No hats worn inside the clubrooms, otherwise casual dress).

There is a meat raffle and the \$2 board is drawn when full. A "Snowball" cash prize is drawn on your membership number every Wednesday at 7pm. If you are not there the cash prize, sponsored by Burmester Realty, snowballs by \$10 each week until struck, after which it starts again at \$100.

The club is open Wednesday, Friday and Saturdays for meals, darts and pool on Thursdays. The RSA is at 49 Commercial Road, Helensville, beside the War Memorial Hall.

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Property

Property market report

The housing market's recovery post level 3 lockdown has been astonishing and has certainly surpassed many predictions. Prices are being driven by low interest rates, the removal of loan-to-value restrictions, a lack of listings, catch-up after lockdown, a desire from buyers for more space and first-time buyers keen to get into the market.

Unless we see more listing supply come to the market, we may start to see additional pressure on house prices and affordability in Auckland. 7652 houses sold in August, up 24.8 per cent from the same time a year ago and the largest number of homes sold in an August month for five years. The number sold in Auckland lifted 44 per cent. The Real Estate Institute House Price Index increased 10 per cent year-on-year to a new record.

In August, the median number of days to sell a property nationally decreased five days from 39 to 34 when compared to August 2019, the lowest for the month of August in four years, and the same figure as July this year. The strength and resilience of the housing market since New Zealand came out of lockdown has been surprising and an expected market correction is likely to be less severe than forecasted.

We still see the market cooling next year. To date, the Government's wage subsidy has meant that the Crown's balance sheet has taken the brunt of the economic fallout from Covid. The wage subsidy has helped to cushion the labour market and by association the housing market. The subsidy's influence is now fading, and job losses are expected to rise. In addition, net migration, a key source of housing demand, has evaporated.

Even in alert level 3, Auckland had outperformed the rest of the country which was at lower alert levels, however the key indicator was the unemployment rate running through 2021. Mortgage rates are expected to continue to fall and the investor and first-home buyer markets, had picked up momentum in response to less Reserve Bank regulation and lower interest rates.

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

Coatesville Lifestyle	\$3,090,000 to \$4,825,000
Helensville Lifestyle	\$1,050,000 to \$1,420,000
Helensville Residential	\$600,000 to \$995,500
Huapai Residential	\$880,000 to \$2,230,000
Kumeu Lifestyle	\$1,385,000 to \$2,750,000
Muriwai	\$965,000 to \$1,505,000
Parakai Residential	\$678,000 to \$720,000
Riverhead Residential	\$1,040,000 to \$2,350,000
Taupaki	\$2,650,000
Waimauku Lifestyle	\$1,305,000 to \$2,555,000
Waimauku Residential	\$932,000 to \$1,250,000

If you need the sales values in any street or any suburb please text me on 027 632 0421 or email graham.mcintyre@mikepero.com for analysis on the latest sales data available, no cost, no questions asked. If you are seeking advice on the development or sale of your property, today or in the future, book me in to come and have a chat about what you want to achieve and together we'll make a plan. Call Graham McIntyre on 0800 900 700, text 027 632 0421 or look me up at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

The Unit Titles Amendment Bill

This Bill is a Members' Bill introduced to Parliament on 2 July 2020 and contains a selection of useful changes to the Unit Titles Act that regulates the rapidly growing community housing and apartment living spaces, including those in New Zealand's high-density multi-housing estates. The Bill proposes to address important clarifications and omissions from the current Act. Some examples of the proposed amendments are: the actual meaning of "utility interests" in section 39 allowing body corporates to adopt a "user pays" regime, and look more at a "single uniform interest" or "multiple set of interests"; for example, ground floor owners of apartment blocks who must contribute to the replacement and repairs of lifts that they do not use. The Bill also provides for changes to quorums, proxy voting and allow remote access meetings to occur by telephone or AVL where the body corporate has passed special resolutions authorising participation by remote access. The Bill also sets out provisions requiring body corporate managers to become members of an organisation whose purpose is to foster their professional development and abide by a code of conduct, not dissimilar to real estate agents. The pre-contract and additional disclosure sections of the Act also undergo what many consider is long overdue reform by, firstly, the tidy up of sections 146-149 and the replacement of the section 151 cancellation provision replacing it with timelines on the consequences for non-compliance. Secondly, it is proposed

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Property

that the pre-contract disclosure statements will include information about weathertightness issues; earthquake prone issues; financial statements for the previous seven years and notices and minutes of both general and committee meetings for the previous three years; the disclosure of funds held in separate long term maintenance accounts or capital improvement accounts; the disclosure of insurance details and proposed works in the next three years and off the plan sale agreements. While the Bill is some time away from being enacted, body corporates should be reviewing their operational rules for committee procedures, conflicts of interest, a code of conduct for committee members and their health and safety protocols. Urgent reform is still needed in other areas such as the introduction of offence provisions for owner bad behaviour, insurance requirements and repairs and maintenance involving who pays for remediation and replacement works. Contact Gina Jansen Lawyers on 09 869 5820 for more information or visit us at www.ginajansen.co.nz.

Quinovic Property Management

Well to state the obvious, there has been another lockdown since my last blog and thankfully the shorter period under level 3 had a lot less impact on the economy and I think we are all realising this is likely to be a regular occurrence for a while.

I don't want to undermine the genuine pain that some people are going through at the moment with industries being wiped out and people having to make very serious decisions about their future careers, however its becoming pretty clear that the effects of high volumes of Covid-19 related repatriation is putting inflationary pressure on the nationwide real estate market and the rental market is seeing the same effect with enquiry levels for advertised properties disproportionately high for the time of year.

Australia's economy is reportedly recording a 7% drop in GDP for the June quarter, this is a very significant drop for "the lucky country", and the highest recorded since the late eighties stock market crash. Clearly Australia has taken a different approach to Covid-19 lockdown and monetary policy but it will certainly be having effect on the NZ economy in due course albeit in the meantime it will probably drive more Kiwi expats home and further inflate our property market, for how long is anybody's guess or gamble.

Property investment has always been a long term game so the current events will just be a blip on the radar in what should be at least a 10yr plan, positive or negative effects over the medium term will be impossible to predict in the covid-19 environment but as long as you can afford to weather a storm it should have little effect on your long term plans.

The RTA amendments Bill number 3 was passed into law recently with everything being passed as expected, the rule regarding 12 monthly rent reviews came into effect immediately so landlords looking to increase rents must ensure the effective date is no less than 12 months from the last rent increase, all of the other amendments are to take effect in February 2021 including the notorious ending of 90 day no cause terminations. For more detailed discussion on this matter I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

New Residential Tenancies Amendment Act

The new Residential Tenancies Amendment Act partially came into force in August 2020 with most of the remaining provisions coming into force in February 2021. The Act seems to lean towards favouring tenants' rights over those of landlord's, even where tenants are in default. This may be as a result of the high increase in occupation of rental homes as opposed to owner-occupied homes over the recent years, and the need to protect those tenants. We are yet to see the full extent of the impact of this new legislation but can only assume that landlords will need to be more cautious when choosing tenants.

Some of the changes include that a landlord can only increase the rent once a year, providing longer notice periods if the landlord wishes to move themselves, family or employees into the property, the ability of tenants to make minor changes to the property such as hanging pictures and installing fibre connections, the removal of no-fault evictions and the need for landlords to prove 3 instances of anti-social behaviour within a 90-day period before they can evict a tenant. Kemp Barristers & Solicitors, for more information on your rights either as a tenant or landlord, feel free to email us at info@kempsolicitors.co.nz or call us on 09 412 6000.

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KiwiSpan Kumeu
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09 412 8455



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kumeu@kiwispans.co.nz



Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	4,050,000	1.5HA	490M2	4,825,000		1,550,000	2.19HA	286M2	1,505,000
	2,850,000	2HA	336M2	3,090,000	PARAKAI	610,000	596M2	154M2	720,000
HELENSVILLE	1,125,000	1.78HA	206M2	1,100,000		730,000	1152M2	131M2	678,000
	720,000	472M2	170M2	775,000	RIVERHEAD	1,650,000	1.56HA	104M2	2,350,000
	1,375,000	5.16HA	219M2	1,050,000		1,150,000	621M2	217M2	1,190,000
	990,000	1HA	122M2	1,065,000		1,125,000	806M2	198M2	1,110,000
	1,800,000	2HA	336M2	1,299,000		1,025,000	809M2	190M2	1,040,000
	1,350,000	1.92HA	218M2	1,420,000		1,175,000	600M2	207M2	1,162,000
	1,550,000	1.17HA	393M2	1,400,800		1,090,000	810M2	178M2	1,250,000
	970,000	3133M2	185M2	995,500		1,525,000	677M2	319M2	1,320,000
	560,000	455M2	111M2	600,000		1,975,000	9.16HA	270M2	1,855,000
	680,000	668M2	106M2	765,000	SWANSON	760,000	3377M2	140M2	900,000
HUAPAI	920,000	809M2	170M2	950,000		840,000	1012M2	100M2	840,000
	1,150,000	710M2	246M2	1,230,000		700,000	509M2	71M2	742,000
	940,000	600M2	193M2	880,000		920,000	482M2	164M2	900,000
	1,125,000	641M2	234M2	1,220,000		840,000	580M2	160M2	870,000
	1,860,000	2570M2	365M2	2,230,000		990,000	14164M2	118M2	1,007,000
	1,100,000	664M2	223M2	1,160,000		1,260,000	5238M2	260M2	1,200,000
KUMEU	2,075,000	4.34HA	2200M2	2,528,000	TAUPAKI	2,625,000	2HA	473M2	2,650,000
	880,000	356M2	156M2	870,000	WAIMAUKU	1,125,000	805M2	190M2	932,500
	1,075,000	590M2	206M2	1,015,000		680,000	888M2	190M2	935,000
	1,075,000	745M2	231M2	1,150,000		1,425,000	2.56HA	186M2	1,305,000
	1,500,000	3HA	220M2	1,540,000		2,250,000	1.21HA	499M2	2,555,000
	1,750,000	759M2	252M2	1,180,000		1,250,000	1888M2	250M2	1,250,000
	970,000	400m2	198M2	958,000		1,800,000	7.6HA	170M2	1,788,000
	900,000	207M2	163M2	845,000	WAITAKERE	1,175,000	809M2	330M2	990,000
	1,300,000	789M2	310M2	1,240,000		795,000	2378M2	110M2	900,000
	2,100,000	1.1HA	348M2	2,750,000		1,150,000	40500M2	140M2	1,125,000
	940,000	425M2	192M2	952,000	WHENUAPAI	1,325,000	363M2	285M2	1,307,000
	940,000	410M2	199M2	889,000		1,100,000	343M2	242M2	1,090,000
	890,000	400M2	152M2	907,000		1,150,000	313M2	262M2	1,163,000
	1,300,000	1.98HA	140M2	1,385,000		940,000	160M2	211M2	875,000
MURIWAI	970,000	809M2	124M2	965,000		1,000,000	348M2	155M2	969,000

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:

2.95% Up to \$490,000 (Not 4% that others may charge!)

1.95% on the balance Plus \$490 admin fee. All fees and commissions + GST

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

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Graham McIntyre
Brand & Territory Owner
027 632 0421





HIGH END CAPE CODE LUXURY

4 2 2

\$1,349,000

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

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

www.mikepero.com/RX2523006



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SEA VIEWS, EVENING HUES, AFFORDABLE LIFESTYLE

4 1 1

By Negotiation

7 Kaipara Lake Road, South Head By Negotiation

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

www.mikepero.com/RX2039027



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TRADITIONAL WEATHERBOARD BUNGALOW ON 819 SQM

3 1 1

\$819,000

9 Lowtherhurst Road, Massey
Asking Price \$819,000

Set in a cul-de-sac street close to everything but far enough away to remain quiet and secure. This well presented, traditional bungalow offers the value of old-school 1960's building quality with the option to create a magnificent home to satisfy the whole family. Open plan dining and stepdown lounge with refurbished kitchen and bathroom. Three generous rooms, separate laundry, single garage and workshop. The property certainly delivers more than meets the eye with options to develop further. A Terra Nova report is available to purchasers. A short drive to North West Shopping Centre, Westgate and Lincoln Road convenience shopping, schools, transport links and parks.

www.mikepero.com/RX2477672



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FIRST HOME BUYERS AND INVESTORS - \$679,000

3 1

\$679,000

16A Starforth Place, Henderson
Asking Price \$679,000

Seldom found, this immaculately presented three bedroom home delivers a very peaceful environment, off the road and excellent partial fencing for kids and pets alike. The home is a suntrap with north facing home and yard, generous open plan entertainers kitchen, dining and lounge opening to an entrance deck. Down a central hallway is three generous bedrooms, bathroom and laundry. Presentation of the home is very tidy in all respects. A short walk to parks, convenience shopping, schools and bus stop. A very smart buy or investment. A rental summary from Quinovic Property Management is available.

www.mikepero.com/RX2523014



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WHEEL CHAIR ACCESS PRIVATE AND SECURE - KUMEU

4 2 2

By Negotiation

18 Josh Road, Huapai
By Negotiation

If you are seeking a better living environment with the ability to easily advance to a wheel chair friendly home, this is the one for you. Flat, single level and near new construction delivers an environment that is easy, accessible and warm. While the design has created options for office, two living rooms or lounge and media room. Open plan entertainers kitchen-dining that links seamlessly to westerly patio and all season low maintenance lawn and gardens showing plenty of colour and grace. The flow from double garage, separate laundry and wider hallway is specific for wheel chair access and is comfortable, open and light. Four generous rooms or three and a study, your choice, generous bathroom and with a large master with open, easy access ensuite, and shower cavity.

www.mikepero.com/RX2387002



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LAND - NO COVENANTS - VIEWS

\$575,000

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

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

www.mikepero.com/RX2366714



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SUNSHINE MEETS ALFRESCO IN NEAR NEW LUXURY APARTMENT

3 2 2

\$969,000

G07 / 57 Mapou Road, Hobsonville
Asking Price \$969,000

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

www.mikepero.com/RX2528743



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PRIVATE OASIS - CENTRAL LOCATION - ALFRESCO LIVING

4 1 3

Auction

117A New Windsor Road, New Windsor
Auction - 4:30pm, Sunday 11th October 2020 (unless sold prior).

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

www.mikepero.com/RX2528253



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ABSOLUTE PRIVACY, PANORAMIC PERFECTION - LIFESTYLE

5 4 2

\$1,950,000

161 Mangakura Road, Helensville
Asking Price \$1,950,000

Situated high on the rolling hills that form the Helensville Water Catchment Reserve it offers the best of privacy, spectacular views. The home is Hebel construction, easy living by design, the home has an open plan entertaining kitchen-dining-lounge that creates superb indoor/outdoor flow, formal lounge and a separate office ensures you have the dedicated spaces required for business and entertainment. Offering five large bedrooms, three w/c's, bathroom, large ensuite and dedicated laundry. From an impressive entertaining lounge, large sliders lead to an outside dining/entertaining alfresco area and in-ground pool, all enjoying all day sunshine and panoramic views from Woodhill to the Kaipara Harbour. Garaging is two doubles with workshop and additional out-buildings for boat, stock or storage.

www.mikepero.com/RX2421084



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4 HECTARES - TRANQUIL DOWNS - TAUPAKI

5 2 3

Set Date of sale

369 Waitakere Road, Taupaki

Set Date of sale - 4pm, Monday 12th October 2020 (unless sold prior).

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

www.mikepero.com/RX2510060



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Home & Garden

Experience the difference an expert makes

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

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

A skilled arborist, along with specialised equipment, can accomplish even the most difficult tree pruning and removals. Working safely around your landscaping, house, power lines, and other valuable features to get the job done quickly and safely. Make sure you have a highly trained, skilled, qualified and insured arborist to carry out your work so the job is done right.

Contact Shaun Hardman 021 072 0739 hardfell.co.nz Hardfell Ltd, Don Buck Road, Auckland.



Trueform Spas

Trueform Spas are New Zealand's leading manufacturer of spa pools and swimming pool covers, all from our factory located locally in the heart of Helensville. We have over 35 years' experience in both the

local and export markets.

Trueform employs its staff from the local area and is a supporter of local causes.

We manufacture all of our products from the highest quality materials with strict quality controls in place.

We have a five-year guarantee against any manufacture defects and our pumps and heaters are covered for two years. Replacement parts are available across New Zealand and worldwide.

Our products can be custom built to suit requirements for size and colour.

Trueform Spas are proud to be locally owned and operated, and a great Kiwi success story.

Trueform Spa Pools - Phone: 09 420 7515. Factory Location: 7 West Street, Helensville, Auckland.

Laser Plumbing and Roofing Whenuapai

We are really excited to announce that our new and improved WEBSITE is now live!

New look - same great service. Check it out today. www.laserplumbingwhenuapai.co.nz



At Laser Whenuapai, we are committed to serving our local community, families and businesses with great service at reasonable rates. Our team at Laser has over 25 years of experience in providing quality plumbing, roofing and drainage services to West Auckland and beyond.

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

Laser Whenuapai is happy to help with any job...big or small. From basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Whether needed for large commercial projects or smaller residential fix-ups, we can provide a complete solution to any water system, roofing or drainage issues.

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

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Locals Supporting Locals

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WHENUAPAI | KUMEU | SWANSON www.westernitm.co.nz

Home & Garden

Whenuapai.

Contact us today on 09 417 0110 or whenuapai@laserplumbing.co.nz. And of course, visit our new website laserplumbingwhenuapai.co.nz for more information about our company and services.

Tank water

Springtime - there's a taste of summer in the air. We still have a few months of rainfall before the supply starts to drop off.

Now is a good time to consider your water management and produce a checklist.

When was the last time you cleaned your tanks?

If it was over 2 years ago, then they are probably due for a clean. To check, shine a powerful torch into the tank. If you can't see the bottom, then the tank should be cleaned.

In the busy summer months, it is not always possible to schedule in a clean before a water delivery.

However, we can clean tanks when they are FULL of water. This method of cleaning involves vacuuming the sludge from the bottom of the tank, leaving you with plenty of clean water - very similar to cleaning swimming pools.



The advantage is you don't have to dump a whole tank of water to clean the tank.

A few things to be mindful of.....

In summer, check your water level on a weekly basis to avoid surprises.

Also in summer, particularly during a long dry spell, drain the filling line if you have the means to. This water can become quite stagnant, and if it rains, will end up in your tank, creating odour and discolouration issues.

Check/clean your gutters during spring, particularly if you need some water for the clean. Just remember to disconnect from the tank if you are doing a wet clean.

If you need any assistance with tank cleaning, tank repair, pumps or filtration, give me a call. I have been serving the area for 15 years. Joe Hall, Healthy Water Solutions, 021 420 936.

Waimauku Garden Club

As you can imagine it's been very hard to go ahead with our plans for September as advertised.

On October 15 we will try again for our trip to Kumeu River Winery Tour and Tasting followed by a platter lunch at Westbrook Vineyard.

November 19 we're hoping to be able to visit Ramarama Gardens, Addenbrooke and Winsford.

December 17 Christmas Lunch at The Brigham, Whenuapai.

We're locals like you



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

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



09 412 5371 gjgardner.co.nz

G.J. Gardner. HOMES

Home & Garden

In these uncertain times feel free to contact members for the latest updates.

Ann 021 035 7406, Bette 021 145 1854, Diana 027 478 8928, Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

Solarcraft – Spring into solar - a special deal for you

It's about time the sun started shining again. All the better for solar power production.

Solarcraft have put together this special deal for Kumeu Courier readers who may be looking at producing energy through a new solar system on their home, workshop, barn or commercial property.

We'll give 10% off ANY quote this month. Including our new Solar Carports, Grid-Tied Systems, Hybrid Systems and totally Off-the-Grid Systems.

All you need to do is;

- 1) Phone or e-mail us any time
- 2) Mention that you saw this editorial (to redeem this offer)
- 3) We'll work through your power requirements
- 4) Then we'll custom design and price the best system to suit your needs and budget.

Less 10% off the total.

We will have a good look at your roof (or ground) space, your power bills, supply a quote and answer any solar questions you may have.





SOLARCRAFT

- SOLAR POWER SYSTEMS -
COMMERCIAL & RESIDENTIAL

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'OFF-THE-GRID, IN-THE-CITY'



Custom Design & Installation

Contact us on: info@solarcraft.co.nz or phone us any time! PH: 0508 272 389 W: www.solarcraft.co.nz.

Caring for your Japanese maple

Awa Nursery has some stunning specimen size *Acer palmatum*s (Japanese maples) in stock. Beautiful stunning reds and greens are such an eye catcher in the garden, and these are no exception. The Japanese maples are very versatile and adaptable trees. They thrive in most soils and climatic conditions. Care and attention at planting time is key to a healthy maple. Japanese maples have a shallow fibrous root system so be sure to apply a mulch around the tree to help retain moisture. Your planting site must be reasonably



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

Western ITM is your one-stop shop

At Western ITM in Kumeu you will find a comprehensive range of Urban and Farm Fencing materials that can add so much value to your rural/lifestyle property. Fencing not only provides you and your animals security and privacy, it can also provide shelter from the elements.

Listed below is an overview of Fencing products and special offers

sustainable
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rock retainer walls | entranceways | ground shaping & digger work

Dave Milina

E: info@sustainablelandscapes.co.nz

M: 0275 196 219 | O: 09 414 4503

www.sustainablelandscapes.co.nz



Home & Garden

Western ITM currently has available...

Fence Palings are now stronger and sturdier! Available now at all Western ITM Stores is 150x25mm Fence Palings *** NOW AT 19mm PRICES! *** This offer excludes 2.1 and 2.4 meter lengths.

Wire and Batten Fencing usually consist of seven or eight wires, using 2.5mm hi-tensile and is the most common style of rural fencing, stock proof for sheep, cattle and horses.

Post and Rail Fencing is a popular option for lifestyle blocks and equestrian facilities, often used for driveways, road frontages and tree surrounds. *** October Special *** Premium Fence Posts 1.8x140 H4 now just \$18 incl gst.

Strainers are larger fence posts, these provide anchoring points and extra strength to your fence.

Chain Fencing and Hex Netting offers transparent design. Our range of chain link fencing is suitable for boundary separation, pet enclosures and animal compounds.

Electric Fencing a highly effective stock management fencing option. Our store carries a comprehensive range of the Gallagher Electric Fencing System, with mains power and solar options. We also stock a wide range of Strainrite fencing tools, equipment.

A full range of quality, hard wearing fencing and gate hardware is available instore.

Wooden and Galvanised Farm Gates are available in a variety of lengths and styles.

For any further advice or information contact the knowledgeable

team at Western ITM today.

Phone 09 412 8148 | email kumeu@westernitm.co.nz | westernitm.co.nz

Western ITM Kumeu - 154 Main Road Kumeu. OPEN Mon-Fri 6:30am - 5pm Saturday 8am - 1pm.

9 things to do right now - get started on your new build

1. Visit a showhome in person or take a virtual tour: We currently have 3 showhomes in West Auckland. There is nothing better than viewing a home in person, you get a real feel for the floorplan; you can run your hand along the quality finishes and collect interior style inspiration. If you would prefer to see a showhome from the comfort of your couch, you can view our showhomes via virtual tour on our website.



2. Crunch your numbers: Our property finance experts at One50 group have been supporting customers through the ups and downs of the property market for over 18 years. Take advantage of unique

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finance products and record low interest rates. Their friendly team of experienced mortgage brokers can talk you through the finance opportunities available and help develop a personalised solution.

3. Find a floorplan that suits: Now comes the fun part: finding the perfect floorplan. Are you looking to upsize or downsize your bedrooms? Do you want flexible spaces? Is a master suite high on your priority list? Have you considered features such as a butler's pantry? Begin by exploring our range of floorplans - get to know the specs and how they fit with your family's lifestyle. Imagine how you see yourself using the space, now and into the future.

4. Refine your style: Social media is a new home builder's best friend. The Signature Homes Facebook page features style inspiration, news and build advice, while the #signaturehomesnz offers interior ideas and experiences shared by New Zealander's building with us and our local teams. Pinterest is another great way to gather inspiration, we have boards for each room of the house and others that feature different interior styles and finishes.

5. Learn what to expect: Your home is one of the biggest investments of your life. It is vital you find a builder who you can trust and that you know what to expect from the process before it begins. Signature Homes offers peace of mind with the best building guarantees in New Zealand. Check out our testimonials to hear first-hand from real customers as they talk through their own build experience, the challenges and opportunities they encountered, and their considered advice for creating your dream home.

6. Take advantage of the Signature Homes blog: Get educated on all things finance and guarantees. Learn how to choose the right white. Look through real homes and learn tips and tricks from the homeowners. Get inspired here: www.signature.co.nz/blogs

7. Browse the brochure library: Prefer to get your information in real life with easy-to-read format? Signature's comprehensive brochure library is online. Have a flick through our available tools including a Building Guide, collection look books and construction guides then order away.

8. Secure the perfect House & Land package: Looking for land? A House and Land package brings together a block of land and a home design that perfectly suits that block for a fixed price. It is an easy, secure way to buy a new home. Our expertise in House and

Land means we have a large range available to suit all budgets and the most discerning of tastes in the most popular locations, all at fixed prices.

9. Get your questions answered: Ready to begin your dream home journey or just want a casual chat about your options? All Signature Homes New Home Consultants are available for a no-obligation call or visit.

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

Tile and grout cleaning and re-colouring

Are you tired of looking at your lovely tiled floor and walls only to be disappointed by the dirty stained grout lines? Traditional cleaning methods actually leave your grout dirtier and bacteria laden than before you started?



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Central's Tips

October 2020



It's spring and everything is starting to grow! Plant tomatoes, beans and herbs, get on top of weeds and make sure you're all ready to save water over the warm summer months by mulching and applying Aqua Turf Max G.

Grow organic

Our organic gardening section is full of chemical-free products that will make your fruit and vegetables grow superbly. Visit www.centrallandscapes.co.nz to get all the info



In the Edible Garden

- **Growing food organically?** Start with **Living Earth organic certified Veggie Mix**, then liquid fertilise with **Aquaticus Garden Booster**. Plus there are soil conditioners that really boost existing gardens and fruit trees – all organically
- **Hedges of edible plants:** use bay or feijoa for larger hedges or, try the NZ cranberry, Myrtus ugni, for a compact area. In actual vegetable beds curly parsley or the smaller forms of English lavender look great and replicate that edible theme
- **Sowing beans:** Scarlet runner, French or one of the more exotic looking varieties such as the purple 'King of the Blues' can be sown against a climbing frame or warm wall from now on
- Growing all sorts of interesting **heritage tomatoes varieties** will reward you with crops of colourful (black, green, pink yellow and white) and shapely ones to eat. The taste of a slice of fresh fleshy tomato on buttered white bread with plenty of salt and pepper is miraculous

The rest of the Garden

- **Rhododendron varieties are beginning to flower.** Many are simply beautiful with their ruffled flowers, but some varieties are actually scented, which is a garden bonus
- **Get on top of weeds** threatening the rest of the garden – particularly the vine types ones such as convolvulus and Cape ivy that choke desirable garden plants
- **Black Spot on roses:** treat it now so it doesn't affect flower production. Make your own spray using milk and baking soda diluted with water, then apply fertiliser to encourage healthy new growth
- **New plants to go in the garden?** Apply our water saving product **Aqua Turf Max G** in the soil. It assists plants to maximise water available. We recommend plenty of mulch around them too, so they establish well ahead of summer water restrictions

Plant tomatoes

For more excitement plant some heirloom tomatoes for interesting shapes and colours. Plus they are also absolutely delicious!

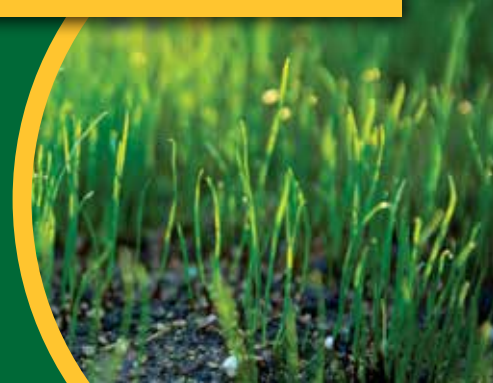


Project for October

Sow new lawns or re-sow bare patches.

Our Central Landscapes teams can match you up with the right seed and fertilisers to get a great lawn growing. Plus, if your lawn is going to be exposed to hot dry weather, our Aqua Turf Max G can help your lawn cope

For the grass seed, fertiliser and all lawn products, visit www.centrallandscapes.co.nz





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Pets

Dog bite increases during lockdown

Lockdown and the Covid-19 Pandemic have caused more issues that we could anticipate. We have seen an increase in job losses, divorces, home violence and even dog bites.

Throughout all this uncertainty and increased sharing of our home spaces, our canines are particularly susceptible to the stress and disruption in our homes. As reported in the media we are seeing an increase in dog bites worldwide. The Journal of Pediatrics (www.jpeds.com) has reported an increase of over 400% since January to May 2020 of dog bites.

Dogs Trust UK surveyed over 6000 dog owners in May and warned that there has been a serious change in dog behaviours during the pandemic and lockdown period. These include an increase in attention demanding behaviour, dogs that are normally friendly are moving away when approached, an increase in barking and dog bites.

News articles from around NZ are talking about the increase in their regions and calling for common sense to prevail.

There are various factors that could be contributing to this increase rate of dog bites.

- Higher stresses for dogs as they intuitively pick up on our stress levels.
- Decreased supervision of dogs around children as adults juggle increased responsibilities in the home.
- The inability for the dog to find any quiet areas to rest.



- Dogs are required to stay on leads rather than getting off lead exercise.
- An increase in deliveries to the home as more people are shopping on line.
- A more relaxed attitude of delivery personnel assuming that because the owner is home the dog will be better behaved.

One of the best ways to avoid getting bitten is to understand canine body language. We have courses available for industry workers and the general public.

Please go to www.dogsafeworkplace.com or email admin@dogsafeworkplace.com or phone 0508 DOG SAFE

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week?

Also loving homes needed for some of the friendly rescue cats.

Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



Kanika Park Cat Retreat

10 Most Common Cat Diseases

Cats are the preferred companions of many people. If you are an owner, then knowing the most common cat diseases is important.

Below is a list of the most common cat diseases and symptoms:

Conjunctivitis in cats; Characterised by an inflammation of the eyelid membrane. Treatment is as easy as administering prescription medication.

Diabetes in cats; Symptoms of the disease include increased appetite, increased thirst and weight loss. Diabetes often requires daily monitoring and insulin injections.



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Pets

Feline Immunodeficiency Virus (FIV); This retrovirus is a very serious cat disease. Similar to human HIV it lowers the immune response of cats. Symptomatic cats may display weight loss, enlarged lymph nodes or wounds that won't heal.

Distemper in cats; Distemper in cats is called Panleukopenia. This disease attacks the blood cells in bone marrow and the intestinal tract. Symptoms include high fever, depressions, vomiting, diarrhea and lack of coordination. Vaccination is the best prevention.

Contact 09 411 5326 | info@kanikapark.nz | www.kanikapark.nz.

Stories from a pet photographer

I recently had the pleasure of photographing the sweetest Bichon ever...like an actual little teddy bear. Casey is in her golden years and is approaching the grand age of 13. It always makes me so happy, and warms my heart when I see such a little dog having the hugest impact on her humans' hearts. Casey has a really beautiful bond with her lovely mum, Amanda, and that was so evident while I was looking through my lens as they posed for family



photos in front of me. Casey is such a loving, sass queen who is so content when she is in her mum's arms. It is such a rewarding feeling being able to capture this connection for them to treasure forever.

I want to share a little snippet of what Amanda said in a caption accompanying the photos we captured of Casey on Instagram - she said "People say she is "just a dog" or "she is only one of the dogs you will have throughout your life" but I truly mean it when I say I've never loved someone so much and I'm so grateful that I've had almost 13 years with her". This really struck a chord with me and I can relate so much with my pup Evie. I'm sure many people reading this can also share those sentiments. Dogs really do find a way into our hearts forever, and every dog manages to do that in their own way.

If you want to capture that bond with your dog then I would love to hear from you. I am really passionate about capturing families with their dogs, as well as special pet portraits. I also offer gift vouchers, which makes for such a special gift for any dog owners you may know. www.dogandco.nz Email: kirsty@dogandco.nz.

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

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Chocolate Spearmint Bliss Balls

These bliss balls are a tasty alternative to commercial after dinner mints and have been rolled in coconut and spirulina for an interesting green look. Enjoy one with a cup of spearmint tea after dinner to assist with digestion.



Ingredients: ¾ cup sunflower seeds, ¾ cup pumpkin seeds, ½ cup desiccated coconut, ½ cup chopped dried dates, 2 tablespoons cocoa powder, ¾ teaspoon sea or pink salt, 3 tablespoons coconut oil, 2 tablespoons maple syrup, 5 teaspoons spearmint tea. To roll the balls in you will need: ½ cup desiccated coconut and 1 tablespoon spirulina powder.

Method: Add all of the ingredients to a food processor (except for the coconut and spirulina used to roll the balls in) and pulse until well mixed. If the mixture is too wet, a little more desiccated coconut can be added or if the mixture is too dry, a little more coconut oil can be added. Take teaspoons full of the mixture and roll into balls. Mix the additional coconut with the spirulina and roll the balls in it, coating them well. Store in an airtight container in the refrigerator.

Spearmint Tea (certified organic) is available from our website: www.NewZealandHerbalBrew.co.nz.

Book Allely Estate for your next special celebration

Spring is in the air and our gardens are looking incredible! Did you know we host lots of private functions? Milestone birthdays (21sts, 30ths, 50ths, 60ths and the like), engagement parties, wedding anniversaries, family reunions, corporate parties and more - we love being a part of these special events! One of the main benefits of booking with us is that we have a dedicated (and free!) events planner who helps organise everything from the menu to the venue set-up. Speaking of menus, our 2020/1 menu is amazing - our chefs here really are



talented at what they do. Guests always leave raving about our food. If you've got a special occasion coming up, check out Allely Estate - we can host your guests in our beautiful gardens, historic renovated villa or permanent marquee. Plenty of options to suit all kinds of celebrations and budgets! www.allelyestate.co.nz.

talented at what they do. Guests always leave raving about our food. If you've got a special occasion coming up, check out Allely Estate - we can host your guests in our beautiful gardens, historic renovated villa or permanent marquee. Plenty of options to suit all kinds of celebrations and budgets! www.allelyestate.co.nz.

Soljans Winery Café

Soljans Winery Café is a popular venue for Aucklanders and visitors from around the world. We serve Mediterranean-style food with a Kiwi twist. Our menu changes from summer to winter, allowing our chefs to showcase local fresh produce.



Soljans is one of Auckland's Top 40 Restaurants as chosen by The New Zealand Herald and also one of Canadian Wine Access Magazines Top 20 Winery Restaurants in the World. Our Chefs have been awarded the New Zealand Beef & Lamb Hallmark of Excellence since 1995 and to top it all off, our café was awarded the Certificate of Excellence by TripAdvisor.

We welcome everyone here at Soljans. We have a Children's menu available for kids, as well as a fantastic outdoor area with a playhouse and a grass field for the little ones. We also have Wifi, so you can show off your wonderful experience, #soljansestate so we can see too!

Jenna-Maree Cakery

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



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

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Visit our website www.jennamareecakes.co.nz/online shop to place your order online or pop in store anytime to discuss options. We look forward to seeing you soon.

Jenna-Maree Cakery - 102c Hobsonville Road, Hobsonville. www.jennamareecakes.co.nz.

Peko Peko

We are happy to announce that Katsu Curry and rice is finally on our menu. Using 13 spices, homemade curry roux with a Japanese twist but absolutely no palm oil that is often used in other places. We have also started making Potato Croquette using NZ agria potatoes with caramelised onions for the flavours and they are vegan friendly. Please check and follow our Facebook and Instagram page for our newest updates. Located on 102C Hobsonville Rd, 09 416 1197.



Slate Billiards & Gastropub

A new entertainment establishment has just opened in West Auckland and it's something to get excited about. Slate, an upmarket billiards gastro pub has arrived in Te Pumanawa Square at NorthWest Shopping Centre.

The boutique style eatery specialises in craft beers with a full menu offering from ribs to gourmet pizzas and burgers. Slate (literal translation being the rock surface of a billiard table), also houses six full size pool tables, for friends, colleagues and family to enjoy a few rounds or so.

Owner Matt Edwards is incredibly passionate about billiards, and as 15 times New Zealand Pool Champion, it's not hard to see why.

As an introverted, shy kid, from North Canterbury, Matt's neighbour and pool hall owner Mike Bowen took Matt under his wing at age 12, introducing him to the sport. Not into your regular sports, Matt soon discovered a love for pool, and Mike eventually became his mentor. "I started competing in regular Wednesday afternoon junior events held at the local pool hall where the prize was \$50 cash, which is huge for kids at that age, so about 50 or 60 kids would compete," says Matt.

"I knew I had to start somewhere and stuck with it. About six months later I found I was winning."

At age 13 Matt entered national events, playing against adults and at age 16 was the first junior player to ever make it into the final of Men's National Finals, of which he came second place. Matt kept competing and quickly became one of the top players in the country. At age 21 Matt was number 1 ranked in the country.

Pool took Matt overseas to represent New Zealand in World Pool Association ranking events. At age 23 he was the first New Zealander to qualify. Fast forward ten years and Matt is a world champion with a current ranking of 33.

"Pool is a game that doesn't matter how old or young you are, says Matt, "it can be enjoyed by anyone and any age."

As a billiard professional, Matt is heavily involved in the industry, selling and servicing pool tables across the country. He saw a gap in the market where he knew food and entertainment ought to be combined.

Following the opening of his venue 'Pools and Blues' on the North Shore, Matt is excited to be bringing Slate to the West Auckland community. "It's a neat alternative for locals. A game and bite to eat amongst couples, families, mates or colleagues. Quality entertainment and gastro dining for all ages".

Slate Billiards & Gastropub - Kohuhu Lane, Te Pumanawa Square, NorthWest Shopping Centre, Westgate. Open 11am-12am Sunday-Thursday and 11am-1am Friday & Saturday.

Hallertau Brewery

The cancellation of this year's Munich Oktoberfest is the first time it hasn't been run since 1948. This celebration of Bavarian beer culture attracts more than 6 million visitors over its 16 day run. Hallertau Brewery's Oktoberfest events Riverhead Sept 26th & Clevedon Oct 3rd place an equal focus on Bavarian feasting with salt-strewn pretzels, pork knuckle and sausage the order of the day. Hallertau head brewer Steve Plowman laid down a special brew for the occasion. Hallertau German Fest Pils 5.5% has been lagering for six weeks (chilled maturation) and will be hitting perfection in the month of October. Try it on tap at any the Hallertau venues. Prost!



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Is the cost of dental implants worth it?

Up to a quarter of us will have to replace missing teeth at some stage in our lives. For replacing several or all of your teeth you have two options: dentures or dental implants. Dental implants are the modern alternative to dentures, where advanced dental technology is used to secure a full set of teeth to four dental implants in your jaw. Although this oral surgery procedure costs substantially more than a set of dentures, it is considered a permanent tooth replacement option. Even the best quality dentures need to be replaced every 5-10 years because they wear down over time. Dental implants, however, can easily last 20 years or more, making them more economical in the long run. They also look and feel like natural teeth as they are fully fixed, so there is no danger of them slipping in public and no restrictions on the types of food you can eat. So, while dentures are cheaper initially they are likely to cost more in the long term, and can substantially improve your quality of life.



For general and cosmetic dentistry, orthodontics, dental implants, tooth extractions, sleep dentistry and more, contact the friendly

Fraser Dental team on 09 416 5050.

Zumba

Hi my name is Fleur and I have been teaching Zumba for the past 6 years. I love my job and I'm excited that I get to share it with my community. All bodies are good bodies and all levels of fitness are welcome - it's easy to follow and you can do it at your own pace. Come and join us on the dance floor.



Classes are held at The Sunderland Lounge 27 Hudson Bay Road, Hobsonville. Tuesdays at 7:15pm; Zumba Gold Wednesdays at 9:30am; Thursdays at 7:00pm and Saturdays at 8:10am. Your first week is free! Then \$5 casual or \$20 for 5 classes. Anyone is welcome at the Wednesday classes, which are mixed age groups, not just Gold Card holders. Follow 'Zumba with Fleur' on Facebook for details, or email zumbafleur@gmail.com.

Migraines gone

There are some fantastic medicines available to treat migraine. But wouldn't it be even better to prevent them, so you don't need these medicines? This is where Nutrition Medicine can be a superhero. Let me tell you about some of my strategies.

Dodgy Genes:

About 30% of people who get migraines have a genetic change that makes one of their enzymes less effective. This enzyme needs vitamin B2 as a cofactor. Giving large doses of vitamin B2 gets that enzyme working again and migraines simply disappear in those 30% of migraine sufferers. By large doses, I am talking about 400mg/day which is well above the RDA levels.

Dodgy Mitochondria:

Sluggish mitochondria have also been implicated as a cause of migraines. Mitochondria produce energy inside your cells. They might not be working optimally if you have been under stress or if you are deficient in key nutrients. Nutrients that are known to be critical for mitochondria include the B vitamins, Co Enzyme Q10, carnitine, creatine, magnesium, and iron.

I have had some patients with migraines who have responded well to simple strategies like boosting their Co Enzyme Q10 levels. The good thing about boosting the effectiveness of your mitochondria is that you will have a lot more energy too.

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Health & Beauty

Magnesium:

Most patients who get migraines have been found to have low levels of magnesium in their brains during a migraine attack. Boosting magnesium levels can therefore help to prevent migraines.

Essential Fats:

The omega-3 fatty acids have been shown to reduce migraines. Alpha linolenic acid (found in hemp seed and flax seed oils) and gamma linolenic acid (found in borage oil or evening primrose oil) have been shown to reduce the frequency, severity, and duration of migraine attacks by 86%. Fish oils have also shown promise.

If you or someone you love gets migraines, call in to Massey Unichem Pharmacy or look us up at www.MasseyPharmacy.co.nz Martin Harris 396 Don Buck Road, Massey 09 833 7239.

Should you use ice or heat?

The ice vs heat debate is a contentious one. I recently made a couple of videos explaining which one to use and when, but here are some key points to consider.

Use ICE for an acute/fresh injury or if there are signs of swelling/inflammation. Apply ice for 10min, then leave it off until the area warms and re-apply. I recommend icing for the first 24 hours after an injury.

HEAT is usually used for those muscular aches and pains. I recommend applying heat for 20minutes, leave it off for 20-40mintes and re-apply as needed. Remember, don't use heat if the injury is acute or if there are signs of swelling/inflammation.

To find out more about this topic and to watch the videos simply head to the blog section on our website. www.elevatechiropractic.co.nz.

Any other questions, simply call the clinic on 09 413 5312.

Smile is a full face event at Kumeu Dental

Do you know that muscle relaxants such as Botox and Dysport have been used in dentistry for years primarily to treat gummy smiles and muscle pain resulting from grinding or clenching teeth? You no longer need to suffer. Next time you visit your dentist, ask about how they can help you.



Why should you choose a dentist for your pain-free face injectables?

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Dentists inject all day every day, confident in their technique and steady hands. Amazing eye for fine detail and they know the facial anatomy very well and work around it every day.

If you want to turn back the years, dentists can now support you beyond rejuvenating your smile by holistically looking at the entire face (forehead & frown lines, crow's feet, lower lip and chin lines). All can be treated with Dysport injections in one visit.

Smile is a full face event, who better to complete your smile than the dentist?

Call us at Kumeu Dental on 09 412 9507 and book your free cosmetic consultation with our lovely Dr Nash.

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

Spring is here, with all its pretty flowers. 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 lil-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

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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 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.

Tinted or clear?

Summer is coming, and with those long hot days comes the need for sun protection for your eyes. But how to choose between transition lenses that go dark in the sun, or clear lenses that look invisible yet still totally protect your eyes from UV?



For Eyes have a promotion for September and October where you get both. Buy a pair of transitions anti-reflective lenses, and you'll get a complimentary clear pair in the same prescription*. Choose a sunglass style frame for the Transitions pair and a lighter style for your clear pair, and you're set for summer and beyond.

Bring your eyes out of lockdown with an eye examination with Matthew or Molly Whittington at For Eyes in the Kumeu Village. For appointments phone 412 8172, or book online through our Facebook page or www.for-eyes-optometrists-nz.au1.cliniko.com/bookings. *Conditions apply.

Wart or corn?

Is it a verrucae (wart) or a corn? This is a very common question that we get asked by our clients at Hobsonville Podiatry.



Verrucae, also known as plantar warts, are a manifestation of the human papilloma virus (HPV), in the form of non-cancerous skin growths on the soles of the feet and toes. For this reason they are often confused with corns, yet they are quite different. Corns are simply layers of dead skin caused by abnormally high areas of pressure on the foot, whereas a verruca is caused by a viral infection changing the structure of the outer layers of the skin.

What is the difference between a verrucae and a corn?

- 1) A verrucae is painful when pinched whereas a corn is painful when it is pressed.
- 2) A veruccae often has little black dots (the blood supply) on the top of it whereas a corn appears yellow and glassy.
- 3) Both a corn and a veruccae can have hard skin surrounding or covering them.
- 4) Verrucae typically appear and regress spontaneously over the course of weeks or months whereas corns are often long standing.
- 5) Veruccae can present anywhere on the feet whereas corns present under high areas of pressure on the foot.

Treatment for a verrucae: Treatment of verrucas therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside.

Generally topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options.

Treatment for a corn: Can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning.

For corn and verruca treatment (and other lower limb queries) give the team at Hobsonville Podiatry a call on 09 390 4184.


Déjà vu – Have you ever had that feeling?

There are times in our lives that we have this strange feeling or sensation. It is a feeling or a sense of knowing a place ("I have been here before"), a person etc., but in reality, you don't know or at least you can't recall. It's a weird but a lingering feeling of déjà vu.

But you may be right, you have met that person or been to that place. Your subconscious mind stores all your past; hence, you have those feelings of déjà vu.

It is possible through hypnosis to explore your subconscious mind to visit the past, this technique of exploration is known as Past Life Regression. Using hypnosis, we take you on a journey through a tunnel back in time, back before you were born into your current






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lifetime. Through hypnosis we will access your subconscious memories, where you can explore your past life times.

A Past Life Regression session is performed in a safe environment and takes approximately 60-90 minutes. During this time, we take you gently take you into a state of hypnosis, once you have reached that point you should be fully relaxed and feeling safe, once we have reached this point, we will then move back in time where your journey will start. Depending on your session, we may even visit more than one life time.

Astramana™ Healing Services, was founded by international hypnotist, Past Life Regression Facilitator and Reiki Master Jason Mackenzie. Check out our website: www.astramana.com or email astramana@gmail.com with any questions or to book a Past Life Regression session or any other service that we offer. We look forward to facilitating your journey back in time.

Lingering ski and snowboarding injuries

Lingering ski and snowboarding injuries? Has it been weeks and feels no better? Could it be skiers' thumb?

With the snow season coming to an end, we'd like to assure you that at the Hand Institute we continue to treat injuries you may have had during your weekend away at the snow. From snowboarding and skiing injuries to a fall, we can help to treat them all.

At The Hand Institute we accept ACC referrals and can initiate new claims. We can send for x-rays (if required) and manage injuries with casting, splinting, strapping and provide early motion exercises. Give us a call on 09 412 8558 to make an appointment.



Physiotherapy talking Covid-19

Cardio-respiratory physiotherapists are present in ED, the acute wards, ICU and the rehabilitation wards of hospitals. They are fully involved in the acute care of patients admitted to hospital with COVID-19 symptoms and help with their breathing and their rehabilitation needs.

In the community and outpatient departments cardio-respiratory physiotherapists are available via telehealth to help those recovering from COVID-19.

Norwest Podiatry Clinic

General foot care	Ingrown toe nails
Painful corns and callouses	Warts or verrucae
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www.NorwestPodiatry.co.nz

321 Main road Huapai, 0810 (inside The Doctors Huapai)

Are you recovering from COVID-19? Are you still more breathless than usual or have a persistent cough? Are you feeling more fatigued or weaker than usual and getting less done? A cardio-respiratory physiotherapist can help you manage your recovery and symptoms and rehabilitate you to lead a more active lifestyle.

Symptoms - Post COVID-19 symptoms - do any of these relate to you now? Getting more breathless than usual. Things being more effortful than before. Feeling weaker. Getting tired more easily. Managing to get less done. A persistent cough.

How physio helps - Individualised and specialised management of respiratory conditions. Management of persistent cough and breathlessness. Ways to manage fatigue. Personalised strengthening programmes, focusing first on breathing muscles. Helping restore fitness levels. A focus on functional activities.

What to expect - If you have been admitted to hospital it is likely you will have seen a cardio-respiratory physiotherapist and will have been assessed and provided with a series of activities, exercises and breathing exercises to complete at home.

If you have not been admitted and have managed at home yet find that you have the symptoms above, ask your doctor to refer you for a telehealth assessment and possibly pulmonary rehabilitation in your area. If there are no classes available in your area then you can ask to be referred (or self-refer) to a local physio who is skilled in treating people with cardio-respiratory issues. Your physio can see you via telehealth and can discuss your needs and put together an activity plan just for you.

Physiotherapy in a clinic environment. If you are fit and healthy and have had COVID-19 and want to get back to optimum lung and musculoskeletal fitness. Cardio-respiratory physiotherapy can guide you through a tailor made rehabilitation programme. Learn physical coping skills for stress, fatigue, anxiety and pain management. (Taken from www.physio.org.nz/how-physio-helps/covid-19-recovery to promote recovery in the community).

Hobsonville physiotherapy - Emma Mackie phone 09 416 4455 or email emma@hobsonvillephysio.co.nz.

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Exclusive Chatham Islands special

I am very excited to offer you this exclusive trip to the Chatham Islands, it is all about the flora & fauna, wildlife, history & heritage & also the people of the Chathams.

This bespoke package includes your return Flights ex Auckland, transfers, 7 nights staying at The Hotel Chatham, daily tours, and also includes return flights to/from Pitt Island for one of your day trips. All tours & entrance fees & national park admission costs & guides are included, as are ALL of your meals, every day. So apart from some optional drinks at the bar & perhaps some souvenir local artwork & handicrafts purchases, there is nothing else to pay.

Please note that the \$ 5375 per person x 2 for twin or double share is for these exact dates only of Saturday 28 November to 05 December only, where there is still handful of availability of rooms at The Hotel Chatham, and on these special chartered Saturday flights.

If this package cost is stretching your budget, I am able to obtain packages for just less than \$3500 per person, however these packages will ONLY include the return flights ex Auckland, Thursday to Thursday on the regular schedules subject to availability, the 7 nights with just breakfasts daily, and a ½ day introduction tour. You would be paying for everything else as you go. It is highly recommended that you pre-book & prepay your tours as they fill fast with the limited options on offer. So you will see that the extra approx. \$1800 for DAILY tours, including fees, guides, return flights to Pitt Island, and ALL of your meals for the week, it really is fantastic value!

Contact me & I can email you the 8 page dossier to give you the detailed itinerary with the descriptions of the guided tours, introducing you to the unique flora, wildlife, and also some of the guides that you will have for the week.

Whilst I am really looking forward to the day when you can

confidently plan international travel again, in the meantime we have our beautiful country right on our door step, and now is the perfect time to travel around New Zealand and support our own tourism industry without the crowds!

I have a full range of New Zealand holiday options that I can research & book for you to enjoy, including:

- Fabulous mini tours with bespoke & unique experiences
- Rail journeys, campervans, rental cars with suggested self-drive itineraries
- Theme focused trips, such as golf, gardens, cycling, wine & food
- Cruises: From an overnight fishing trip ex Manapouri with a guaranteed crayfish dinner, or 2 nights on the Doubtful Sound with kayaking & tramping & waterfalls, to the deluxe 6 night Fiordland Jewel cruise with just 9 cabins. I also have a 9 night cruise one way from Dunedin to Auckland aboard the luxurious 180 passenger Ponant Le Bellot, she is brand new - launched in 2020

As a self-employed local business owner, I have supported Waimauku School, Scouts, Lions club, and love being a part of our fantastic community.

If there is anything that I can help you with, please just ask, I thank you for your support.

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

The sensitive child

Here at Country Bears we are very aware of the unique nature of each child. We have discussions around children who appear more sensitive, which lead us into trying to understand how we can support and guide these children. Before we can do this, we need to find out what it means "for the child" to be highly sensitive and try to see the perspective through the eyes of the child.

Children who are highly sensitive were born this way, just like it is determined the colour of your hair or eyes. Studies have indicated that one in five people (adults and children) are highly sensitive. They do not fit 'inside a box'. They can be introverted, extroverted, shy or confident. The degree of their sensitivity may vary during their life and how they experience the world will change accordingly.

From our research and observations, it is apparent that children who



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have a high sensitivity trait, have a very sensitive nervous system. They have a high keen awareness, intense experiencing and quite often experience 'overload'. These children notice the many, many small details that other children might not. Wherever they go, the child will gather the vast array of information with their senses, so much more than another child may. They experience feelings very intensely, like their emotional dial is turned up to high. With all this awareness and intense feelings, this leaves the child feeling exhausted and overwhelmed. It is how each child experiences their world and what their capacity is in our world, which determines how they respond and react to this overload. This could result in behaviour such as withdrawing or crying.

We are also recognising that with all the changes in recent times, children have developed a more sensitive nature due to what they are observing and feeling within their world. While we may not always have the knowledge about the reasons why, we can support them through their emotions and help them develop a positive self-regulation process. We also acknowledge that being out in nature, being outside in the fresh air with lots of space, helps with the self and peered regulation if a child does become overwhelmed.

It is possible with time, to recognise when a build up for a sensitive child may be starting. Prevention is always better than cure, and with this knowledge and understanding, the teachers are able to guide and offer strategies to the child to help them through these intense experiences. As all parents and teachers can appreciate, there is never a fool-proof plan, what works one day, might not work the next, but together as a team and community, we can help and guide these children to grow up confident and competent learners,

before heading off to school.

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 website www.countrybears.co.nz or our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu - phone 09 412 8055.

Nor West Community Patrol Trust is seeking volunteers

We are part of Community Patrols of New Zealand ("CPNZ") charitable trust that empowers communities to prevent crime and to create safer environments in neighbourhoods around Aotearoa.



Become a part of our friendly group consisting of about 50 volunteers and help us to conduct regular vehicle patrols around Kumeu, Huapai, Taupaki, Riverhead, Waimauku, Muriwai, and Woodhill.



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We work closely together with NZ Police and assist the Police in achieving the principles of its 'Prevention First' model and in alignment with the 'Safer Communities Together' motto.

We will provide ongoing support and training for enthusiastic community minded people who are ready to 'give back to your community' through patrolling once or more times per month.

If you are interested to join, please enquire at Kumeu Police Public Counter or contact Colin Strong on 022 674 8238 or 09 4129171, or Jan Henderson on 027 281 7676 or 09 412 9818.

Leave no-one behind

Digital services are not the right response for all people or in all circumstances.



So Citizens Advice Bureau Helensville is joining a national campaign to help our most vulnerable people.

Citizens Advice Bureau New Zealand has launched its "leave no-one behind" petition, challenging election candidates to understand the issues.

"Not everyone is digitally savvy. In fact, enforcing people to become this takes away their choice to interact by tried and true traditional methods of pen and paper, face-to-face, through others or by

phone," CAB Helensville secretary Rani Timoti says.

"Unless every Kiwi is trained on how to use computers or devices and given access to them and the Internet, they will be disadvantaged in this digitally charged society. Imagine your own frustration when you can't fill out an online form on computer or mobile phone- let alone upload the document or app? Now imagine if you had no digital knowledge."

Barriers are being created by the digital-only or digital-first approach embraced by government agencies.

"We have clients who need family and friends to support them to access and understand how to use their computers or devices- but if they're not there when they need them, they're stuck," Rani says.

The campaign also asks for CAB to be compensated for cost-shifting as many clients need to use our non-judgmental and confidential services because government services are going online or government agencies closing up shop in communities.

Please join us in making this campaign a success! www.our.actionstation.org.nz/p/digitalexclusion.

Attacks on democratic freedoms

The electorate of Kaipara ki Mahurangi (old Rodney) is being



✓ **Marja Lubeck**

for Kaipara ki Mahurangi



Labour

Bringing her record of achievement to a newly formed electorate:

- ✓ The Penlink Project
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targeted by cowardly vandals who attack only the Labour Party's billboards. To date, there has been theft and vandalism of at least 14 billboards and still counting. The attacks are pre-planned, with vehicles being used to crash into or pull signs out. Sadly, the vandals do not care or even know, that the signs are paid for by local working people and put up by them on Council or NZTA approved sites. What a waste of good people's time, money and efforts.

Worse however, is the attack on everyone's rights. All Kiwis have the freedom to write, speak and vote for the political party they choose. It took ordinary, working people hundreds of years of struggle to gain representation in government and to have a vote. Before then, only the rich and powerful made the laws and ruled the country to their own advantage.

All Kiwis, of every political party, from working people to those on city and local councils and in parliament, should publicly decry these mindless attacks on our freedoms.

Our Kiwi democracy is precious. We must all work to protect it.

Sayers says it

IBy Rodney Councillor Greg Sayers. Fears of another summer drought have led myself and the two Albany councillors requesting Watercare to temporarily reduce connection charges for established households that are currently on tank supply, but could also connect to the reticulated town water system.

Watercare estimates there are about 9,000 households in Rodney

on tank supply who are not connected to the mains supply.

The idea arose after this year's Auckland Council Emergency Budget ruled out trucking in emergency water using bulk tankers which happened during last year's drought. The Board of Watercare have agreed to decide on this late September.

If Council can't guarantee water for households on tank supply, then it needs to encourage those who can to connect to the town supply. That would allow these households to increase their resilience against droughts by being able to tap in and out of the water network to fill their tanks on a user pays basis. The current disincentive is the cost to get the original connection to a tap or to a tank.

However, I remain equally concerned for rural households unable to take advantage of any option to connect to the town supply.

Last summer rural homes on tank water were supported when specially sterilized bulk milk tankers carted in emergency water from the city to load-up local water delivery tankers when Council filling stations stopped being able to cope with demand. Customers still paid for the delivery tankers for the home delivery but Auckland Council picked up the tab for the bulk tankers.

Funded from the general rates this cost \$1.4 million with over 44.5 million litres of water being supplied. However, this year the Council is saying it is not planning to supply the bulk tankers if rural households run dry.

Instead the Council is encouraging households to install additional water tanks. It will also set up filling stations at local community halls or libraries where 20 litres of water per person per day can



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be collected. Yet, collecting 20 litres of water was not sufficient to alleviate widespread public concern and media scrutiny over the plight of residents who ran out of tank water last summer.

In addition the Council is looking for new bore sites to increase filling station capacity.

Having access to drinking water is a basic human right and Council must be ready for the likely scenario of another bad drought this summer.

The Auckland Council is the last resort to supply water and has a moral obligation to step up to the mark if tanks run dry. Households must have water.

Rural people's concerns will be, what happens if Council's new plans can't deliver enough water, or be ready in time. A drought could seriously affect the health, safety, and well-being of families if tanks run out of water.

Sustinnoworx

Sustinnoworx is a social enterprise, member organisation of Shakti Women's Refuge, based out West Auckland in Ranui and Henderson. The objective of our Sustainable Innovative Works is to empower women from domestic violence or in vulnerable situation to become financially independent through sustainable living, upcycling and retail trainings. We have two spaces, both have a retail area and a workshop. In our retail area we sell eco-friendly products, pre-loved items, upcycled goods and also do clothing alterations. All profit



goes towards the cause of giving new life to pre-loved goods and towards supporting women's empowerment and a violence-free society. We are open Tuesday to Friday (10AM to 5PM), Saturday (10AM to 4PM) and Sunday (10AM to 3PM). Our team would be happy to welcome you. For more information and our online shop go on www.sustinnoworx.co.nz. Looking forward to meeting you! Henderson - 7/104 Central Park Drive, Henderson or Ranui - 455 Swanson Road, Ranui.

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Do you want to have a few shipping containers delivered to your premises each year but don't want the hassle of becoming an Approved Transitional Facility? New Zealand Biosecurity Services can offer a simple solution for importers bring in up to 10 containers per year. We hold a Multi-Site Transitional Facility license which we can have your depot approved under. For a small fee we can come out and look at your premises and prepare an application for approval. Once this comes through the license is good for a year and our Biosecurity Inspectors will come out and check all containers that you unpack, taking care of all biosecurity waste and MPI audits so you don't have to. Contact us today for more information 09 447 1998.



Musical nostalgia

Isn't it amazing how an old song can trigger a memory that takes us back to a particular moment in time? Has an old tune recently caught you off guard and brought back a wave of memories, even if it's something you haven't heard for many years? Songs our parents or grandparents sang to us can take us back to our early childhood. As we get older it can be very comforting to revisit these tunes again. For those who love great music that has really stood the test of time, "101 Songs You Know By Heart DVD" is a wonderful way to enjoy a concert from the comfort of your sofa. John McSweeney is an award winning artist whose fabulous song



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collections are impossible not to sway along to. From "Who's Sorry Now" to "Rambling Rose", I'm sure you'll recognise more than just a few of these! You also have the option to turn the words on screen so even the young ones can join in. Relax and Sing-Along with John McSweeney in Concert on DVD or CD. Visit www.mindjig.co.nz or Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.

"Better out than in": tenancy laws and Parliament

With Parliament now having risen ahead of next month's election, the phrase "all over bar the shouting" comes to mind. The proverbial shouting would, of course, be the election campaign. Of course I hope we have a constructive and respectful discussion over the next few weeks, rather than anything along the lines of actual shouting. I also hope that everyone gets a chance to contribute to a true contest of ideas, rather than a mere popularity contest, given how much is currently at stake for our nation in these troubled times. Reflecting on the Parliamentary term



now finished, I feel that the government's recent tenancy legislation is a good case study in the difference between rhetoric and reality.

The Residential Tenancy Amendment Bill made a number of changes to existing laws, all of which were no doubt well-intentioned but some of which hold challenging potential unintended consequences. An example would be that the new law requires that tenants receive three warnings for anti-social behaviour before they can be evicted. From a tenant perspective this is designed to protect against the power of eviction for a single transgression. From the point of view of the landlord, however, considerable damage can be done before a verifiable third-strike threshold is reached.

It's often the case in this country that we end up with new laws reflecting the non-enforcement of existing laws, rather than genuine gaps that need filling. In the case of tenancy laws, we already have procedures established to deal with contentious situations, with the Tenancy Tribunal available to either side of the equation at relatively low cost and no lawyer involvement.

The first question for lawmakers who are looking to fix something is whether that thing is broken in any significant way. If it aint broke, as the saying goes, you know what not to do! If reform is really needed the second question naturally becomes whether the proposed fixing of the thing would simply break it in another way.

I'm hopeful that in this campaign period we get to have plenty of detailed discussions about all the parties' and candidates' plans to make New Zealand a better and a happier place. That's what democracy is all about, after all.



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MUFFLER & EXHAUST SERVICE
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65 MAIN RD KUMIEU

WOF REPAIRS

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- Courtesy Cars Available
- AA Licensed Repairer

THE BATTERY SHOP

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- Eftpos, Credit Cards Accepted

YOUR ONE STOP MECHANICAL & AUTO ELECTRICAL SERVICE REPAIR SHOP

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- THE BATTERY SHOP – Yuasa Batteries Car, Commercial, Marine, Motorcycle
- Car Stereos & Speakers
- Wiring
- Starters & Alternators
- Lights
- Wipers
- Fuel Injection
- Vehicle Security Systems
- Central Locking
- Air Conditioning
- Auto Electrical Parts & Accessories

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- Tuning & Servicing
- 4x4 Service & Repairs
- Automatic Transmissions
- Diesel Vehicle Specialists
- Suspension & Shock Absorbers
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- CV Joints & Boots
- Brakes
- Cam Belts
- Clutches











\$ 54.99 EACH

Jack Daniels Whiskey 1L

Appleton Estate Rum 1L



\$ 39.99 EACH

Grant's Scotch 1L

Famous Grouse Scotch 1L



\$ 46.99 EACH

Jim Beam Black Extra Aged 1L

Jim Beam Devil's Cut 1L



\$ 53.99 EACH

Kraken Spiced Rum 700ml

Sailor Jerry Spiced Rum 700ml



\$ 36.99 EACH

Smirnoff Vodka 1L

Gordon's Gin 1L



\$ 39.99 EACH

Absolut Vodka 1L

Baileys Irish Cream 1L



\$ 39.99 EACH

Coruba Rum Dark & Gold 1L

Johnnie Walker Red Label 1L



\$ 39.99 EACH

Canadian Club Whisky 1L

Jim Beam Bourbon 1L



\$ 64.99 EACH

Jim Beam 1.75L



\$ 36.99 EACH

Bells Scotch 1L

Dewars Scotch 1L



\$ 35.99 EACH

Woodstock 1L

Black Heart 1L



\$ 35.99 EACH

Kahlua 1L

Malibu 1L



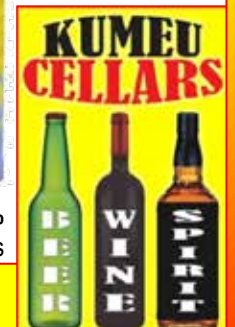
\$ 24.99 EACH

Coruba 7% Rum & Cola 12PK Cans



Gordon's 7% Gin & Tonic 12PK Cans

Deals expire 31 Oct 2020
No ID - No Service
Intoxicated - No Service



Super LOW Prices || OPEN till 10PM || Kumeu Village Shops, 88A Main Road, Kumeu