

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

NORTH WEST COUNTRY BUSINESS AWARDS WINNERS



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

MISSION TO 'TURN THE TIDE' ON FAMILY VIOLENCE

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

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

Contact Geoff Dobson on 027 757 8251 or [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)

September 2019





## Greetings

The talk continues around the State Highway 16 southern bypass 'study' route, with some confusion evident and NZ Transport Agency (NZTA) representatives reluctant to attend a public meeting on September 18 about "transport issues".

Some residents in the 'study area' say it's left them with an uncertain future.

Reiterating what I said last month – the bypass corridor suggested is not a definitive route, meaning it's wider than needed and will require refining.

The NZTA (responsible for highways like SH16) says it's aware the matter is "garnering strong local interest".

It says there may be some confusion about the current status of its 'Supporting Growth Programme' in the northwest, particularly around the bypass (also known as the Alternative State Highway Corridor), "and we would like to clear that up".

"The exact location of the Alternative State Highway has not been confirmed," NZTA system design senior manager Kevin Reid says.

"The plans are still at an early stage and there is still a lot of work to do to understand exactly where the location will be.

"Right now, we have identified only a broad corridor study area within which a future Alternative State Highway could be located. It will be refined over the next few years as we undertake further technical investigations with property owners, the community and stakeholders."

The NZTA says any property purchase for the bypass will happen closer to the time of construction.

Landowners were sent letters in June advising their property was within the corridor study area, Reid adds. "The letter also outlined next steps and gave contact details for the Supporting Growth team if property owners wanted to talk about it further or arrange a meeting to discuss it in person. A small number of meetings have taken place."

Which leads to another point.

The NZTA tells me it prefers one-on-one meetings with people about this. That may explain why it's unwilling to have representatives attend the September 18 public meeting, 7.30pm, at the Kumeu Cricket Club.

Visit [www.supportinggrowth.govt.nz/growth-areas/northwest/](http://www.supportinggrowth.govt.nz/growth-areas/northwest/) for more information about the bypass and other related transport matters.

Geoff Dobson, editor



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COVER PHOTO: Turning The Tide Fundraising Walk - By Victoria Logan

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# People & Places

## Mission to 'turn the tide' on family violence



Photo: Stellanova Photography - Victoria Logan.

A charitable trust running under the radar in the northwest for years is making progress in dealing with family violence.

The independent Kia Timata Ano Trust which grew from a group of courageous and committed women, begun in 2006 is becoming better known through its 'Turning the Tide' 17km fundraising walk along Muriwai Beach every autumn for the past three years.

Partly Government funded, the trust needs to raise a fair chunk of its own money to provide the services required. The sponsored walk has certainly helped – raising about \$10,000 in its first year and nearly double that this year.

Planning is already underway for next year's walk around the end of April which, of course, has to coincide with a low tide. Sponsorship is needed, with many in the local community such as Lions, Rotary, Rollercoaster Design, the Muriwai Surf Lifesaving Club, and individuals already pitching in where they can.

Funds not only go towards providing a safe haven for women and children from other parts of Auckland and the country, but contribute to services offered such as providing a male advocate, Rowan, to help men involved in family violence deal positively with their issues.

"Everybody's needs are different," says Rowan, who took up the position recently after gaining experience in the mental health and addiction field.

Qualified in psychology and social anthropology, his role is not to be judgmental but to support men on their journey back to reunification with their families when safe.

"This role is flexible and client focused and led by what is most urgent for the person I'm working with," Rowan says. "When I'm working, we look at the whole person, their rights, safety planning, and building coping skills as well as offering encouragement, empathy and respect."

Rowan explains that he helps men wanting to turn their lives around and build better relationships and connection with their children and families, working with them individually even to the point of accompanying them to appointments set up to assist them.

That may involve dealing with aspects of the legal system, such as protection orders and the like.

Rowan says he can help men in such situations get on with their lives, as previously few services have been available to men in these matters.

Trust executive director and advocate Ana has been involved with the trust for nearly six years.

CONTINUED NEXT PAGE



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# People & Places

## Mission to 'turn the tide' on family violence

Like Rowan, she has a family of her own, so understands the needs of families grappling with issues.

She says that while refuge services provide help for women and children victims of family violence, she and others realised little was available to help men break the cycle.

"In 2017 we did research within the community and through stakeholders, clients and agencies that we work with who felt there was a gap in the area's services for men," Ana says.

New Zealand has an exceptionally high rate of family violence, and the trust is determined to help treat the underlying causes.

Convictions for family violence mainly involve men across nearly all ages.

"There was nothing much before for many of the men in our community who know their behaviour is not ideal but didn't know how to change it," Ana says.

She says the trust works closely with police who are integral to the trust's ability to make a real difference, and collaborates closely with agencies such as counselling service Man Alive, Family Action and the Community Alcohol and Drugs Services (CADS) programme which provides free treatment for addictions along with counselling and advice.

"We're not part of the Women's Refuge New Zealand collective but an independent family violence crisis and prevention group which enables us to provide services that fit well with the community, taking referrals from police, family violence groups and other agencies such as women's centres and lawyers," Ana says.

The trust, whose name means "to begin and start again", now has six workers after starting with one or two.

Ana says the trust deals with people who need compassion and understanding. "It's an opportunity for people to restore themselves and the potential of their lives."

Rowan says many of the men involved can trace their issues back to a traumatised childhood.

He says they need to have a belief that they can turn their own lives

around and accept help when required.

Both Ana and Rowan agree times are changing whereby people who may have not aired their issues years ago for reasons such as shame are nowadays seeking help.

Rowan says the trust supports people by steering them towards a goal and providing the knowledge and information they need.

"We're building awesome matua," Ana adds.

If you are keen to sponsor Turning The Tide or support the trust contact Ana on [ana.kiatimata@gmail.com](mailto:ana.kiatimata@gmail.com) or if you need help or for further information contact the team on 09 411 9394.

## Country Club Huapai opens

The multi-million dollar Country Club Huapai lifestyle living development for over 60s has been officially opened.

Project developer representatives Leigh Hopper of Hopper Development and Ian Boocock of Cabra Developments helped Country Club Huapai villa owner Graham Wallace cut the ribbon at the opening ceremony.



The first six villas are now complete and ready to occupy with the first stage to include 15.

A show home is open to visit Monday to Friday 10.30am to 2.30pm.

Facilities will include a restaurant and bar, meeting and social activity spaces, an indoor pool, spa, gym and outdoor leisure area including a bowling green.

More than 250 dwellings and an aged care facility are planned.

"It is great to open this village and as with all Hopper Living villages it will have a strong focus on lifestyle," Leigh Hopper says in thanking those who attended the opening.

The villas offer a new standard in retirement living and the village entry is framed by beautiful limestone walls.

Visit [www.countryclubhuapai.co.nz](http://www.countryclubhuapai.co.nz) for more information.

## New members welcome

Wider community involvement on the Kumeu Community Centre management committee is sought.

The committee is a voluntary group responsible for managing the centre - a community-owned amenity.

The centre's AGM is in September and representation, particularly from regular users, is welcome.






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# People & Places

The Access Road centre is heavily booked by a range of organisations, reflecting the wisdom of those who worked on funding and building the complex nearly 40 years ago.

One who still serves on the management committee is Derry Faulder.

Another member, Pauline Farley, has moved from Kumeu with husband Doug, relinquishing the role she has had for the past 16 years as committee secretary.

A presentation was made to Pauline by chairman Ian Blackwell who acknowledged Pauline's diligent service not only as secretary but also for many years as cleaner and hall custodian.

Meanwhile, the Huapai-Kumeu Lions Club is also keen to welcome new members.

It runs the Vintage Shop in the historic Pomona Hall next to the Kumeu Community Centre.

The shop is well stocked with a range of items that appeal to customers looking for a reminder of an earlier era.

These include sets of crystal or individual pieces of crystal, an assortment of cake plates and crockery sets including Crown Lynn pottery. Vases, mantelpiece items, spoons, cutlery, fabric items and a selection of printed material are also for sale at reasonable prices.

Most items have been donated by people shifting, downsizing or clearing shelves, perhaps from a deceased estate.

The Vintage Shop is staffed by volunteer women. Anyone interested in offering a few hours service is welcome to call at the shop which opens Tuesday to Friday, 11am-3pm, and on Saturday mornings when there is an event in the community centre or at the Kumeu Showgrounds.

All profits go to community projects.

Lions recently gave a donation to Village Green Quilters to cover the cost of materials in the making of cough-absorbing pillows used by patients recovering from heart surgery. Phone 09 412 7752 for more information.

## Dear Editor

I would like to correct a statement I made last month about a letter a group of local landowners received from the NZTA regarding a "study area" for a potential bypass road around Kumeu. I said the early phase of purchasing land was underway. That was inaccurate. In fact, the government has not committed to any definite timeframe to begin purchasing land. Last week I attended a community meeting at Dysart Lane where people stated they couldn't wait 10 to 20 years for the bypass as SH16 was already congested and it wasn't fair that NZTA was affecting people's ability to get on with their lives for that long. I committed to help them. Regards Cr Greg Sayers.

## St Chad's Church adds window dressing

The addition of a second stained glass window means renovation work at St Chad's Anglican-Methodist Church in Huapai is now complete.

The stunning windows are the icing on the cake as far as St Chad's is concerned, completing a nearly 15-month rebuild following the discovery the church was a leaky building.

The first window depicts the original 1925 wooden St Chad's Church which burned down in 1990.

At the time the church was at the centre of the fruit growing community with images of a local vineyard and typical buildings from the Huapai area depicted in the window.

These are under the Southern Cross with the hand of God (the Father), the Lamb of God (the Son) the dove (the Holy Spirit), a native kereru and New Zealand clematis, church council chairman Colin Newel says.

"The second window takes as its theme 'I am the true vine', under images of a kingfisher, tui (which had to be in blue as black doesn't work well in stained glass!), the Kumeu River and pohutukawa flowers."

It links the biblical theme with an image of local vineyard workers from the 1950s complete with hand-sewn pockets in the woman's dress to hold pruning scissors.

"In those days the vines were grown on trellises, hence the grapes are being picked overhead in the window art," Colin says.

The old photograph on which the window work was based was later found to be of two members of the Soljan family.

The church has recently been visited by the daughter and nephew of the woman portrayed in the window, and they were thrilled with the result.

The windows were designed and crafted by Suzanne and Ben Hanly of Glassworks.

Much of the glass had to be imported from France and Germany to get the depth of colour required in this work of art.

It has been a two-year project including design, approval processes and creation. The windows were commissioned and generously gifted to St Chad's by Tim and Rosemary Auld.



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LOCAL  
BUSINESSES...

North West  
COUNTRY

## North West Country 2019 business awards winners

The winners and the highly commended have been selected from more than 70 nominations and 47 finalists in the third annual North West Country Business Awards.

Helensville Women and Family Centre won the Supreme Award and topped the new Not for Profit category, with Nelene De Beer and Helen Smith accepting the award.

"A very well-run organisation that provides an invaluable service," judges say. "Great involvement in the local community."

North West Country manager Phelan Pirrie says not for profit organisations run like businesses and deal with clients in the same way many businesses do.

"So we felt it was worth recognising the hard work these organisations do for our community."

Citizens Advice Bureau Helensville gained a highly commended in the Not for Profit sector.

The People's Choice Award from among more than 6000 people who voted during the awards process went to The Secret Garden Preschool Huapai.

It also won the Professional Services category.

"A well-presented entry with obvious high regard for their kids, and their quality offering. An obviously well run and popular member of the community," judges say.

Highly commended in Professional Services were Burmester Realty and Harcourts Helensville.

The awards night was held at The Riverhead before about 180 guests, the venue appropriately winning the Contemporary Dining & Bistro category, accepted by owners Paula and Stephen Pepperal.

"A comprehensive approach to every aspect of their business with a dedication to the community, their staff and customers. Always changing to meet the market, including doing more to get more out of the winter months. An outstanding corporate citizen," judges says.

Hallertau Brewery and The Hunting Lodge were highly commended.

In the related Family, Informal Dining & Takeaways category, The Beer Spot Kumeu won the top award, accepted by Jason Payn and Lau-



rence Van Dam.

"A great business idea and innovation," judges say. "The Beer Spot has made a huge impression locally and it's clear it's by no accident. Their model with suppliers and enjoying food trucks is disruptive, innovative and clearly a winner."

The Beer Spot also gained an Innovation Award in the 2019 Retail NZ Awards and won the Westpac Auckland Business Award for Best Emerging Business – North/West last year.

Highly commended in the Family, Informal Dining & Takeaways sector was WOW Sushi.

The top Retail Award went to Stihl Shop Kumeu.

"Fantastic submission, great presentation," judges say.

The Source Bulk Foods Kumeu was highly commended.

Kumeu Dental won the Health & Beauty Award.

"An impressive company with good growth where it seems staff welfare is paramount. Good levels of staff training evident. A highly professional and well-run practice," judges say.

Highly commended were Craigweil House and The Body Clinic.

NPD Maintenance won the Manufacturing & Trade Services Award, Warren Dobbe accepting the honour.

"Impressed by your focus on clients and their needs and your emphasis on honesty and trust," judges say.

Parakai Automotive 2016 was highly commended.

Country Meat Processors in Kaukapakapa packed away the Rural Services Award, accepted by Nadia Mead.

"Very impressive, your focus on meeting your customers' needs is great," judges



say.

Tree Adventures gained the Recreation Award.

"A wonderful business for the North West area, with a clear commitment to the environment and customer experience," judges comment.

KC Fit was highly commended.

The awards allow local businesses to showcase themselves and gain valuable feedback on their operations and customer service.

Entrants were assessed on the same criteria, including a public vote, independent judging panel and mystery shopping.

North West Country is a business association representing 500 businesses from Kaukapakapa to Riverhead including Helensville, Parakai, Kumeu and Huapai.

Search for North West Country on Facebook for more photos and information.





# Safer Communities



What is the cost of a life?

\$18

I hope that puts things into perspective.

Recently Fire and Emergency has released information highlighting the best early warning alert for our homes. Photoelectric alarms work using a photoelectric sensor and a light source. As smoke enters the chamber and crosses the path of the light beam, light is scattered by the smoke particles, aiming it toward the sensor, which in turn triggers the alarm. This system is fast, accurate and gives very few false alarm activations.

The battery life of the Photoelectric is 10 years and the batteries can't be taken out. Therefore they are not only reliable, they are efficient and non-tamper. Therefore in rental accommodation, private homes and public areas, these devices are a big improvement from what we have used before.

Photoelectric alarms should be placed flat to the ceiling in the hallway, immediately outside the bedroom, this delivers the maximum timeframe from alert to evacuation. See [www.escapepemyhouse.co.nz](http://www.escapepemyhouse.co.nz) for escape plan-

ning. An evacuation route should be discussed by occupants in the home or building (tenants/ family/ colleagues) and you should have an agreed meeting place (by default many people have this as their letter box or assembly area).

If you need assistance installing your photoelectric smoke alarms please contact Waitakere Fire on 09 810 9251 (please leave a message as this is a volunteer station) or email me directly with your name, contact phone number and address to [graham.mcintyre@fireandemergency.nz](mailto:graham.mcintyre@fireandemergency.nz)

Pictured: In life, we try to balance purpose, friendship and family, and through being a volunteer we meet up with great mates, have loads of laughs, and work side by side in high stress environments. Graham McIntyre CFO and Ryan Jackson SFF before the SkyTower Firefighter Stair Climb.

## Graham McIntyre

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# Community News

## Nature's Explorers

At Nature's Explorers one of our key values is to always be growing and learning and as such we are always keen to improve our knowledge and skills in Early Childhood Education. Recently a group of our teachers went on a seminar by well-known Neuroscience educator Nathan Wallis. His talk was on "The developing brain". He talked about the importance of play, and how children learn through playing. The most important brain development in a person is in the first 1000 days. Early childhood educators and parents are key in moulding the child's brain and developing the child into a confident, capable learner. At Nature's Explorers we encourage our children to lead their own learning through play. It is through play that children at a very early age engage and interact in the world around them. New Zealand's early childhood curriculum is one of the best in the world, as it focussing on the child as a whole and emphasis's play as the main learning tool. To read more about this topic check out Nathan Wallis's Facebook page [www.facebook.com/nathanwallisxfactoreducation](http://www.facebook.com/nathanwallisxfactoreducation).



## Scouts is only for boys?

We often hear people refer to Scouts as "Boy Scouts"

Girls have been part of Scouts in New Zealand since 1976 when New Zealand developed Venturers (Youth aged 14-18 years).

In 1987 New Zealand welcomed girls into the Scout section (youth aged 11-14 years), while many parts of the world, Scouts was only for boys. The term "Boy Scouts", is often associated with the American Boy Scout association.

In February this year, The American Boy Scout association changed its name to Scouts BSA, and let the first girls join the organisation. A significant achievement for the American association, yet something Scouts NZ has included for over 40 years.

At a recent National conference, senior Scouting members were told that the New Zealand Scout association is up there with the very best Scout organisations in the world, and has been nicknamed as "The best little Scout Association in the world"

Scouts NZ lead the way in developing youth lead programmes, we fully support Diversity and Inclusion, we build educational programmes that



give the very best to all our youth so they learn and have fun learning. We encourage them to respect each other and the environment, all this while having an awesome adventure.

Do you want to know more, then head to [www.scouts.org.nz](http://www.scouts.org.nz) or email me: [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz). Craig Paltridge - Waitoru Zone Leader (North West Auckland).

## Workshop on water quality

On Sunday, 29 September, Meact and MCA will be co-hosting a free workshop for Muriwai residents @ the Surf Club. Topic: Caring for your septic tank and wastewater disposal. The free workshop is provided courtesy of Auckland Council through Wai-Care and includes top tips and DIY solutions. A local action group has been formed to regularly monitor water quality in our streams and flowing onto the beach. Recent testing has given cause for concern.



Wastewater quality is an ongoing issue in Muriwai. Some years ago an intense campaign failed to reach a viable solution. While that option is no longer available we want to investigate practical options to improve the current situation. We may not solve the entire problem but there are things each household can implement right now to improve the things for everyone. We would love to see a member of each household attend this meeting. Meeting time TBC, check local Facebook page. [janscie.langridge@xtra.co.nz](mailto:janscie.langridge@xtra.co.nz).

## Whakanuia Te Wiki O Te Reo Māori

Celebrate Maori Language Week

Kia Ora, the Kaukapakapa Library presents Korero Paki - Maori Myths, Legends and Short Stories. Come along to the Kaukapakapa Village Market on Sunday 15th September and join us in the little library. Bring your tamariki to listen to stories in te reo Maori, colour a bookmark while you listen and go in the draw to win your own books.

Library open from 10am to 1pm. For more info contact Megan 021 959



KIA KAHA  
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# Community News

017 or threehorses@xtra.co.nz. Library open in conjunction with the Kaukapapa Village Market.

## helloworld scoops award

helloworld Hobsonville recently scooped the top cruise agency for Royal Caribbean Cruises which includes Royal Caribbean Cruise Lines, Celebrity Cruise Lines and Azamara Cruise line, improving on last year's award which was for the best growth with Celebrity Cruises.



We have a number of functions coming up that you are welcome to attend, please rsvp to the office for venue details and follow our Facebook page for our events. An evening with Princess Cruises Wednesday 25th September 6pm start. Quiz night at Huapai Golf Club Wednesday 16th October 7pm start. Solo Traveller event to meet up with other solo travellers Saturday 12th October 2pm start. And we are running a number of tours some of which are escorted, call for more details. Egypt and Jordan March 2020. APT River cruise 2nd September 2020. APT 23 day Baltic Treasures with a 10 day Russian River Cruise 13th August 2020. The Ghan Tour August 2020 incorporating private touring in Adelaide, Alice Springs, Darwin and Kakadu National Park.

For more details contact us on hobsonville@helloworld.co.nz or phone 09 416 1799, we are here to help.

## To wax or not to wax?

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## Kumeu Blend Choir

Our concerts at the end of June at St Chad's and St Luke's Remuera with Waitakere Voices and orchestra went well. The combined choirs sang songs from TV, film and theatre accompanied by the orchestra and we also sang Cantique de Jean Racine and Together Wherever we go accompanied by Robert, our new pianist.

In mid-July we sang five French songs as part of a French Night' at the Clef Music Club in the Fickling Centre. It was one of our best performances.

We are now settling down to rehearse works for our Christmas concert in December, so there is plenty of time for new members to settle in. Previous choral experience and ability to read music is helpful but not essential. Enquiries: Margaret Lindsay on 021 042 8855 or 09 849 8070; email [Margaret@lindsays.co.nz](mailto:Margaret@lindsays.co.nz).

## SeniorNet Kumeu Inc.

Did you know? According to studies, older adults who use computers report fewer depression symptoms than those who don't use computers, which can enhance the quality of their life.

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# Community News

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

Membership costs just \$20.00 a year. Our monthly meetings cost just \$3.00, which includes a break for free drinks and cakes when members can chat and get to know each other better. The meetings are open to non-members who want to visit and find out what our club is all about.

If you would like to join our club, just come along to our next meeting on September 4th at 10am at St Chads Church Hall Huapai, or contact: Brian Lacey on 022 183 1811 [brian@lacey.nz](mailto:brian@lacey.nz). Membership is open to people, who have an interest in meeting like-minded people and want to have fun learning how to get the most from their Computers, Smartphones, iPads, Samsung (or any other make of Android pad) etc.

## Bad mobile coverage?

Dropped calls or bad voice quality, slow internet speeds or NO mobile coverage whatsoever?

IT@Hand in Huapai have the solutions and tools to bring you the very best when it comes to boosting your mobile coverage.

We use Cel-Fi products, as these are the ONLY approved devices



for boosting in New Zealand.

Provides increased coverage for indoor & outdoor, buildings & vehicle applications. Increased mobile data speeds. Extends mobile phone battery life. Eliminates dropped or missed calls. Improves voice quality.

For more info, and to fill out the form for a free quote, please visit our website [www.itathand.co.nz/communications/mobile-signal-booster](http://www.itathand.co.nz/communications/mobile-signal-booster).

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

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

## There's a new preschool in town

Are you looking for a preschool where the teachers greet you with a warm smile and an enthusiastic 'good morning'? Where you know your children will be nurtured and secure in a 'home away from home'. Where the ratios are small and each child receives one on one attention. Where the teachers are passionate and pro-



*In the heart of Huapai,  
there's a new little preschool,  
a home away from home,  
where children laugh, learn and play!*

**\* Opening Special \***  
**50% Discount off your  
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(\*conditions apply)**

For more information feel free to call in  
or contact us at: Just Kidz Huapai  
335 Main Road, Huapai  
Ph: 4122025 or 0272698558  
Email: [Huapai@justkidz.co.nz](mailto:Huapai@justkidz.co.nz)





# Community News

fessional and really know you and your child. The kind of preschool where you can hear laughter floating out the door as you arrive and where your children are super excited to go. Nestled in the heart of Huapai is a brand new boutique preschool. Catering for children from birth to six years old and open from Monday to Friday 7am – 6pm. Sessions include full days, school days, kindy days and half days (mornings or afternoons). Pop in and see us at Just Kidz Huapai - 335 Main Road, Huapai or contact us for more information on 09 412 2025 or 027 269 8558. Email: Huapai@justkidz.co.nz.

## Annette's Attic Vintage is back in Riverhead

A nice little shop located 57 Queen Street. Open Thursday, Friday and Saturdays 10am - 4pm.

Originally, I started in Riverhead and then moved to K Road and had a successful Vintage Clothing and collectables store. I have returned to Riverhead and re-established my business up the shell pathway at 57 Queen Street, four doors up from the Riverhead Tavern.

Inside Annette's Attic you will find small furniture, vintage glass, vintage ceramics and pottery, kiwiana, knick-knacks, jewellery, prints, vintage clothing and general bric-a-brac.

My work is my passion, I am always happy to help if you are looking for something for Art Deco Weekend, 1940s dress or something for your man cave.

I make hats, sell on trade me and I am now helping people to clear out old sheds, deceased estates and the like.

You can always give me a ring on 021 023 78312 if you want to ask any questions, looking for something or want to pop around on other days.



## Love tennis – come play!

Waimauku Tennis Club is joining a national Tennis New Zealand campaign with other registered New Zealand clubs all over the country by opening their doors to the public on the same weekend. The love tennis campaign is being held on both Saturday the 7th and Sunday the 8th of Sep-





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Andrew Jackson  
General Manager

Mobile: 021 2253907 Ph: 09 4118454  
muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz  
P O Box 45 Waimauku 0842, Auckland, New Zealand

tember between 1pm and 4pm both days. The club will be open to the public to come down and get on the court with our new coach Eden Sela and other club members for a hit and a bit of coaching for free! Activities for both children and adults alike. Fun games, BBQ and some great giveaways! Such as Hell Pizza vouchers for the first 200 visitors, one free membership for anyone registering on one of the promotional days and for the first new 8 people who sign up as a tennis club member they will get 6 lessons for free. Come join the party, the whole family is invited! For further information contact Helen Fisher the president of the club on 021 367 435.

## Ivy Cottage Parties

Is your little one's birthday party coming up soon?

Are you wondering what to do to keep the kids captivated during the party? We can help!

We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids absolutely captivated with our magical games, flying lessons, treasure hunts, magic bubbles, enchanting stories, wishing dust and fun craft activities.

We have 3 different packages and prices to suit your budget, lots of different party themes, plus our parties & events are suitable for boys and girls of any age.

We travel Auckland-wide. Phone or text us on 022 312 5116 / Book or enquire online: [www.ivycottage.co.nz](http://www.ivycottage.co.nz) / Email: [fairies@ivycottage.co.nz](mailto:fairies@ivycottage.co.nz) / Facebook: [www.facebook.com/IvyCottageParties](https://www.facebook.com/IvyCottageParties).

Let us weave a wondrous spell of happiness & joy to make your child's party an unforgettable experience! Your child will be made to feel so special and have a party that they will always remember.





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Contact Annette LICENCED SECOND HAND DEALER

Telephone 021 0237 8312



# In Brief

## Quality childcare in Huapai

Welcome to A Child's Place 1A Tapu Road Huapai. We are passionate about providing an environment where the child is at the heart of everything we do. We provide quality childcare where your aspirations and needs for your child become our aspirations and needs. Respect, aroha and creating time for children to have a voice guides our daily interactions with children, families, whanau and our team.



Owned by ECE registered teachers Lisette and Megan, we are a small centre licensed for 68. Our three rooms offer small groups and great ratios. Our gardens offer a safe haven for all our children to explore how their bodies move, immerse themselves in nature and be surrounded by beauty, sound, colour and natural resources.

Our chef Tash, prepares healthy morning tea, afternoon tea and a hot wholesome cooked lunch. We invite you to come visit us and see what makes us special.

## Muriwai Open Studios Update

Muriwai Open Studios went to town! The BSA gallery in Great North Road was filled with "Muriwai Energy" artworks at their recent exhibition - and the artists were blown away by the support of our Northwest community heading to town to join them! Thankyou to all of you who braced a stormy winter's night and headed to town for the opening!! The next big venture is closer to home as the artists gear up to Open their Studios as part of Auckland's Artweek. This will be happening on the weekends of the 12-13 October and 19-20 Oct. On Saturday 12th October the Studios are launching the Muriwai Art Degustation experience. The degustation tours, limited to thirteen people, will be visiting the studios with exclusive artist talks at each studio. Transport, food and drink appropriate for high tea or sundowners (depending on which tour you choose) will be provided. Do get in quick to book your place for these. On both of these October weekends our very own sand artist Lesley Wilson will be running interactive sessions for all ages on the Muriwai beaches. She is recently back from competing in the Imperial Beach Sun and Sea festival in San Diego. You will be able to follow the blue flags for the Arts Trail around the studios on the Sun13th / Sat 19th / Sun 20th. Do look online at [www.artweekauckland.co.nz/events?q=muriwai](http://www.artweekauckland.co.nz/events?q=muriwai) for more details.



[www.artweekauckland.co.nz/events?q=muriwai](http://www.artweekauckland.co.nz/events?q=muriwai) for more details.

Emma Farry will be giving the September workshop on Creative writing - Emma is a wonderfully warm ray of sunshine in our community with lots to share and an extremely talented wordsmith!! Do look on her instagram page [emma.k.farry](https://www.instagram.com/emma.k.farry) to get a taster of her wonderful style and then join her on her workshop. See our Facebook page for the details. Feel free to email Judy or Joss at [muriwaiopenstudios@gmail.com](mailto:muriwaiopenstudios@gmail.com) if you have any queries.

## Gifts for tweens and teens

Looking for a special gift for your tween or teen daughter? A gift that is made especially for her? Girls of this age group love personalised items, making our "Initial Love" necklace the perfect gift idea. Available in lower case or upper case letters and on a variety of chain lengths, these pendants can also be personalised on the back with a date or short message. Making it truly unique and meaningful to her. Visit our website [www.preciousimprints.co.nz](http://www.preciousimprints.co.nz) to place an order or feel free to email me at [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) to discuss some further options.



## Western ITM Kumeu


Hitachi Power Tool Clearance Sale is on Now! Hitachi Power Tool Clearance Sale is on Now! Hitachi Power Tool Clearance Sale is on Now! Call into any Western ITM store today and grab yourself a great deal!!! Offer valid only while stocks last. Western ITM Kumeu, 154 Main Road, P 09 412 8148. Western ITM Swanson, 2 O'Neils Road, P 09 832 0209. Western ITM Whenuapai, 2 Airport Road, P 09 416 8164. ALL Stores Open Monday to Saturday. [www.westernitm.co.nz](http://www.westernitm.co.nz)



## Kumeu Library

September is officially the start of spring, and spring is garden season. It's time to brush the cobwebs off all those garden tools, get out into the sunshine (and showers) and tame that garden after winter has done

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280 Main Road, Kumeu, SH 16






# In Brief

its worst. Have you ever wondered what kind of plants will grow best in your garden's soil and climate? Or how to design or redesign your garden? Can you distinguish between different types of plants and weeds? Maybe you are thinking about what types of vegetables to plant to enjoy later in summer. Here at Kumeu Library there is a wealth of information available about everything to do with gardens: plants, garden design, garden maintenance, and famous gardens. You can find information in a wide variety of formats: books, eBooks, Audiobooks, eAudiobooks, DVDs, magazines, and eMagazines. You are sure to find the inspiration you need for your garden at Kumeu Library. Our new display highlights some of our gardening collection – come in and check it out. We are also busy getting ready for the October School Holidays – our theme is "Top Secret" so we can't tell you too much about it yet (if we tell you, we'll have to kill you). Watch out for an extra special author visit from Dean O'Brien (Deano Yipidee) during the school holidays as well – details to come! Follow Kumeu Library on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)) to keep up-to-date with all the library's news and events.

## Kaukapakapa Village Market

Sunday 15 September 8.30am to 1pm. A great way to spend a Sunday morning, catch up with friends and neighbours, relax and enjoy a coffee and something delicious from our food stalls – doughnuts, cakes, pies, sausage sizzle and more. Enjoy live music from our talented musician Michelle, kids craft table and free face painting. Pick up something unique from our local crafts people or grab a bargain from the car boot



area. Plus - locally grown plants and native trees for your spring planting, fresh fruit & vegetables and don't miss the Helensville Lions book stall with a great selection of quality books for sale at bargain prices. For more information contact Sarah 027 483 1542 or email [sarah1@maxnet.co.nz](mailto:sarah1@maxnet.co.nz).

## Kumeu Vintage Brass

Six years since the Kumeu Vintage Brass and City of Auckland Pipe Band joined talents to produce a public performance, the two bands combine for a repeat on Saturday October 19. The 2pm concert is at the Whangaparaoa College auditorium, 15 Delshaw Ave, Stanmore Bay, where there's plenty of free parking and a warm welcome. Kumeu Vintage Brass musical director Graeme Gillies and City of Auckland Pipe Band pipe major Tim Chia have knitted together an extraordinary programme befitting the occasion. Reviews six years ago exceeded all expectations, and there's little doubt the combined bands will achieve a similar or better result. It's your chance to find out. Tickets are limited to 380, so book early to avoid disappointment. Contact Lois on 021 171 1836 for more information.

## From Whenuapai to Riverhead

Has anyone paddled from Whenuapai to Riverhead? Once upon a time, there was a man who had a dream to make a boat out of the clutter in his shed. He made a dinghy with a motor from his weed eater. But does this really work? Then he planned "Riverhead Challenge", total 4.6km on the water, going up. Are they going to survive? [youtu.be/UvHj2gZA2dw](https://youtu.be/UvHj2gZA2dw) or search "The riverhead challenge" on Youtube.



*Our aim is simple...* to provide an innovative and modern preschool environment, where learning is irresistible and children flourish.

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A beautiful environment, a low teacher to child ratio, a top review from the Education Review Office, and NZ family owned and operated (no corporate owners here!) Call us or come in and visit. And ask us about our current pricing specials. Limited spaces available.



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[www.kumeumontessori.co.nz](http://www.kumeumontessori.co.nz)  
 8 Grivelle Street, Kumeu

# Property

## Asbestos and Landlord Responsibilities

Landlords must manage asbestos risks in their rental property to comply with the Health and Safety at Work Act (2015) and the Health and Safety at Work (Asbestos) Act (2016). According to these laws, landlords are considered to be a Person Conducting a Business or Undertaking (PCBU) and are therefore responsible for identifying and managing all Asbestos Containing Materials (ACMs) within their rental property.



According to government agency Tenancy Services, asbestos may not have to be removed from your rental property, but you will have to manage any associated (asbestos) risks. Exposure to respirable asbestos fibres (eg. inhaling asbestos fibres into your lungs) can be 100% prevented through having a professional asbestos survey completed and a management plan in place. The first step is to engage a suitably qualified and experienced person to undertake an Asbestos Management Survey. An Asbestos Management Survey is an essential step to identify and confirm (through laboratory analysis) ACMs within your property. If asbestos is identified the survey report will recommend exactly how to manage the ACMs (eg, maintain the paint finish). Asbestos Management Surveys are performed only once and detail the location, extent and current condition of all ACMs onsite. An Asbestos Management Survey Report can be referred to whenever contractors are due onsite, or if new tenants are moving into the rental property. Contractors should always be notified of the presence of asbestos prior to arriving onsite.

Stephanie Brookes | Environmental Scientist and Asbestos Assessor | 022 134 1621 | [Stephanie@methwise.co.nz](mailto:Stephanie@methwise.co.nz) | [methwise.co.nz](http://methwise.co.nz).

## Property market report

The number of properties up for auction remains at winter lows but there has been a significant increase in the percentage of auctioned properties being sold.

In the week from August 4-10 we monitored 131 auctions, which was more or less consistent with numbers over the last few weeks.

However of those 131, sales were achieved on 79, giving a sales clearance rate of 60%, compared to sales rates of under 30% being common over winter.

Prices also seemed reasonably firm with 57% of the sold properties selling for prices above their rating valuations.

Auctions are generally scheduled at least a month in advance to allow time for organising and implementing a marketing campaign, so it is still too early for the recent cuts in mortgage interest rates to be having any effect on the number of properties being auctioned. The rate cuts may, however, be affecting buyer confidence and turn out.

At a recent apartments auction on August 14 there was one of the best crowds in attendance and they weren't shy about bidding.

The five properties on the Order of Sale sheet were a mix apartments that would have appealed to investors and owner-occupiers, with one of them being sold prior to the commencement of the auction and all four of the others attracting competitive bids before being sold under the hammer.

It is too early to say this indicates an upturn in market activity, but with spring just around the corner the lift in sales could be a promising sign that the market may be preparing to start climbing.

Market Statistics:

Coatesville Lifestyle \$1,490,000 to \$3,380,000. Helensville Residential \$590,000 to \$750,000. Helensville Lifestyle \$1,345,000 to \$1,725,000. Parakai Residential \$545,000 to \$680,000. Huapai Residential \$748,000 to \$2,135,000. Kumeu Lifestyle \$673,000 to \$1,050,000. Muriwai Residential \$699,000 to \$1,340,000. Poremoremo Lifestyle \$1,059,000. Riverhead Residential \$720,000 to \$1,580,000. Swanson Residential \$575,000 to \$1,251,000. Taupaki Lifestyle \$660,000 to \$2,200,000. Waitakere Residential \$610,000 to \$930,000. Waimauku Residential \$795,000 to \$1,650,000. Waimauku Lifestyle \$1,050,000 to \$3,429,000. Whenuapai Residential \$680,000 to \$1,065,000.

For the month of September and October, list your property with Mike Pero Real Estate Hobsonville or Kumeu with an onsite Auction and pay no Auctioneers Fee. It's another way that we can reduce your cost of sale and maximise your value. It costs nothing to have an honest discussion about value, time on market, and our complimentary marketing boost. Call me today on 0800 900 700, text 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Bespoke Property Management

Traditionally property management generally is approached with a cookie cutter – you sign a 12 month contract, this gives the property manager up to 9% of your weekly rental income, they manage tenants, do routine inspections, feed monthly reports back to you and job done. If any repairs are required there's an additional commission as well as the letting fee for finding tenants. Companies tend to hold large portfolios (100's) of rental properties and your precious investment can get lost in the crowd.



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# Property

Bespoke Property Management is tailored to your exact needs and is much more flexible with no fixed term contracts. Only need to find quality tenants? Have tenants but want someone to manage the rental income? Require the full service but only for 5 months while you're away? Prefer to use your own trade's people? Travel a lot or have your second residence in the area and need a house manager?

Bespoke Property Management can offer you a more personalised service with maximum flexibility and full accountability.

Private Residence is a local bespoke Property Management Company, we run a small portfolio of houses and our services have been designed to meet the needs of today's busy lifestyle. If you would like someone to take the pressure off for either the long or short term, contact Rachel today. We also offer free independent rental appraisals. [www.privateresidence.co.nz](http://www.privateresidence.co.nz).

## Title requisition

When purchasing property the Agreement for Sale and Purchase provides in the General Terms of Sale for the purchasers' right to requisition the Title. Should the purchaser (or their solicitor) find anything untoward then the purchaser can requisition the title to be rectified. This works well to protect the purchaser when something is wrong, however it is important to be aware that a number of land covenants, encumbrances and easements can be registered on the title which establish favourable rights for the owner of the property, or to another party.



Land covenants are commonly registered by a developer of a subdivision when the new titles are issued. Often these will contain restrictions as to the types of building materials that the owner may use to construct a dwelling, a minimum floor area of the dwelling, restricted from having boats and caravan's visible from the road, even requirements to keep the grass below a certain height!

Consent notices are usually registered pursuant to a Resource Consent granted by local Council and contain requirements or restrictions imposed by Council.

Easements are put in place to grant a right of access or supply of services, for example to allow you to cross your neighbour's property to access your property, or for power, telephone, internet cables etc. Other types of easements can include rights to drain water or sewage in favour of your neighbour or local council.

An Encumbrance is a limitation or restriction registered on the Title. A mortgage is the most common type of encumbrance. Other types of encumbrances include compulsory membership to a local organisation which manages common areas or parks within the development and of course comes with a set of rules and an annual fee. If there is an encum-

brance you must get your Banks approval of it as it will take priority of the Banks own mortgage.

Many of the above instruments affect how an owner can use the property and we strongly recommend asking to see a copy of the Certificate of Title and any instruments that are registered on the title before making an offer as the right to requisition will often not offer any protection to a purchaser.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you with any questions you have about buying or selling property. Telephone 09 973 5102.

## Enduring Powers of Attorney

Life can be fragile. Your ability to make your own "legal" decisions can be taken away from you, either suddenly or progressively, through sickness and/or injury. Every adult, no matter what their age, should have enduring powers of attorney (EPA). You are the "donor" and there are two types of EPAs: personal care and welfare and property. A property EPA covers your money, business and assets, such as property, and can come into effect should you lose mental capacity (essentially meaning you can no longer manage your affairs). A personal care and welfare EPA covers your health, accommodation and health care decisions and



is only in effect when either a medical professional or the Family Court decides you have become mentally incapable (essentially meaning you are unable to make or understand your care and welfare decisions). Via an EPA you, as the donor, appoints "attorneys" (who are people you trust) to make decisions about your health and/or assets including your bank accounts, property and other belongings. EPAs are designed to protect you from financial abuse, as you have chosen your attorney(s) and therefore your wishes are more likely to be honoured and in your best interests. In a property EPA, you can also appoint people that your attorney(s) must consult with: for example, accountants, lawyers and/or other family members. EPAs save your family costs and stress should you suddenly (via illness or injury) or progressively lose mental capacity rendering you no longer able to deal with your affairs or make legal decisions. Every business owner, especially those with dependents and/or employees, should have a property EPA as your business and bank accounts can come to an immediate stand-still. At Gina Jansen Lawyers, we can prepare and provide legal and business advice about EPAs that will protect you, your family and your business should the unthinkable happen. To discuss your specific requirements, contact the team at Gina Jansen Lawyers today on phone 09 869 5820 or visit us at [www.ginajansen.co.nz](http://www.ginajansen.co.nz) for more information.



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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	2,950,000	1.72HA	100M2	3,380,000	PAREMOREMO	1,180,000	1088M2	195M2	1,059,000
	1,650,000	13646M2	312M2	1,490,500	RIVERHEAD	750,000	644M2	102M2	720,000
HELENSVILLE	829,000	455M2	139M2	750,000		1,550,000	800M2	302M2	1,580,000
	590,000	488M2	112M2	665,000		1,230,000	645M2	218m2	995,000
	620,000	600M2	90M2	645,000		1,275,000	957M2	230M2	1,310,000
	660,000	1812M2	136M2	590,000		870,000	809M2	88M2	820,000
	1,250,000	2.23HA	232M2	1,345,000		1,000,000	829M2	190M2	945,000
	1,325,000	1.29HA	240M2	1,435,000		980,000	809M2	134M2	1,010,000
	1,825,000	2.56HA	320M2	1,725,000		1,375,000	810M2	234M2	1,375,000
	1,475,000	1.04HA	183M2	1,475,000		1,950,000	1.65HA	340M2	1,925,000
HUAPAI	650,000	688M2	97M2	748,000	TAUPAKI	2,350,000	10.26Ha	174M2	2,200,000
	1,250,000	831M2	288M2	1,217,000		1,550,000	2.11HA	190M2	1,400,000
	2,050,000	3480M2	245M2	2,135,000		1,300,000	2.34HA	120M2	1,420,000
	960,000	1220M2	180M2	910,000	SWANSON	1,200,000	618M2	307M2	1,251,000
	960,000	620M2	230M2	870,000		390,000	276M2	175M2	890,000
	820,000	817M2	100M2	770,000		980,000	1131M2	250M2	1,180,000
KUMEU	970,000	620M2	178M2	926,000		835,000	345M2	180M2	909,800
	1,225,000	382M2	292M2	1,038,000		840,000	450M2	158M2	800,000
	1,075,000	525M2	211M2	915,000		710,000	373M2	200M2	575,000
	1,075,000	761M2	214M2	995,000	WAITAKERE	1,000,000	1.04HA	217M2	930,000
	1,025,000	520M2	218M2	871,000		585,000	1000M2	107M2	610,000
	1,025,000	630M2	195M2	932,000		770,000	1009M2	97M2	797,500
	560,000	779M2	238M2	1,042,000	WAIMAUKU	1,425,000	10.28HA	130M2	1,050,000
	1,100,000	556M2	241M2	975,000		860,000	2312M2	143M2	795,000
	980,000	400M2	200M2	878,000		1,200,000	1500M2	215M2	1,070,000
	940,000	1.79HA	60M2	891,000		1,275,000	1617M2	242M2	1,090,000
	1,625,000	1.93HA	200M2	897,000		1,075,000	1933M2	190M2	985,000
	880,000	2906M2	110M2	1,050,000		1,650,000	1550M2	328M2	1,650,000
	770,000	1038M2	80M2	673,000		2,300,000	2.26HA	385M2	3,429,041
PARAKAI	770,000	409M2	184M2	680,000	WHENUAPAI	1,150,000	330M2	251M2	1,065,000
	550,000	658M2	116M2	545,000		860,000	809M2	130M2	680,000

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

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Graham McIntyre 027 632 0421 \*Available for a limited time. Conditions apply.

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**GREENHITHE - FAMILY AND ENTERTAINERS HOME** 4 2 2 **By Negotiation**

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

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



**Graham McIntyre**  
027 632 0421

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



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

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

Stylish and affordable quality G.J. Gardner, two level, two bedroom, free-hold home on a rare and spacious corner site. Offering immaculate and modern designer living, sophisticated kitchen with granite bench top. Light and sunny with indoor/outdoor living extended through wide glass sliders, leading to a lush back garden. In a sought after location on a safe and private laneway.



**Cherry Kingsley-Smith**  
021 888 824

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

**REFURBISHED 4 ROOMS + GARAGE** 3 1 1 **By Negotiation**

**72 Gallony Avenue, Massey**  
By Negotiation

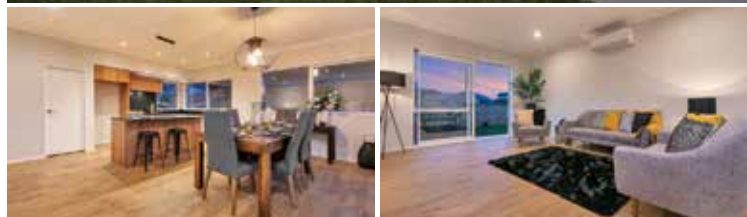
This refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for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



**Graham McIntyre**  
027 632 0421

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





**HUAPAI BRAND NEW** 4 1 2 **By Negotiation**

**31 Nellie Drive, Kumeu**  
By Negotiation

Comfortable styling and up-spec kitchen, bathroom and hardware. Seize this unique opportunity to purchase a brand new 4 bedroom, 2 bathroom entertainers home in a quiet street in Huapai. A show-home to show off the very best of Maddren Homes.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1840725](http://www.mikepero.com/RX1840725)



**ENTERTAINERS HOME** 3 1 **Auction**

**1014 Coatesville-Riverhead Highway, Riverhead**  
Auction onsite - 4pm, 14th September 2019 (unless sold prior).

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



**Graham McIntyre**  
027 632 0421

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



**AFFORDABLE ON 1.3 ACRES** 2 2 2 **By Negotiation**

**805 State Highway 16, Waimauku**  
By Negotiation

This small acreage lifestyle property delivers traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1820684](http://www.mikepero.com/RX1820684)



**FORMER AIR FORCE HOME** 4 1 1 **By Negotiation**

**16A Tapu Road, Huapai**  
By Negotiation

Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms, bathroom and separate toilet off a central corridor providing easy flow and ample storage space.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1808247](http://www.mikepero.com/RX1808247)





**MOTIVATED OWNER SEEKS OFFER** 4 2 2 **Auction**

**8 Remana Crescent, Huapai**  
Auction onsite - 2pm, 14th September 2019 (unless sold prior).

New Zealand built Signature Home with transferable guarantee, boasts over 200sqm (approx) of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area.

[www.mikepero.com/RX1807811](http://www.mikepero.com/RX1807811)



**Graham McIntyre**  
027 632 0421



**LIFESTYLE HOME WITH INCOME OPTIONS** 5 5 3 **By Negotiation**

**296 Taupaki Road, Taupaki**  
By Negotiation

The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze.

[www.mikepero.com/RX1730148](http://www.mikepero.com/RX1730148)



**Graham McIntyre**  
027 632 0421



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

**535 Peak Road, Kaukapakapa**  
By Negotiation

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

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



**Lyndsay Kerr**  
027 554 4240



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

**69 Garfield Road, Helensville**  
\$690,000

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

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



**Lyndsay Kerr**  
027 554 4240





## 813SQM SECTION

By Negotiation

### 8 Drovers Way, Riverhead

By Negotiation

Flat, easy access, section in desirable Deacon Point. Take the time to appreciate the value attributed to the unique section within a short stroll to reserves, coastal walkways and the changing tidal patterns of the inner Waitamata harbour. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835033](http://www.mikepero.com/RX1835033)



## 428SQM SECTION

By Negotiation

### 11 Papa Orchard Drive, Kumeu

By Negotiation

This beautiful Maddren Homes package has been designed to deliver convenient, easy living. Buy the section as is, or work with our building partner Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835017](http://www.mikepero.com/RX1835017)



## 472SQM SECTION

By Negotiation

### 38 Vinistra Drive, Kumeu

By Negotiation

Flat, easy access, section in Kumeu. Take the time to appreciate the value attributed to the unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1834904](http://www.mikepero.com/RX1834904)



## 451SQM SECTION

By Negotiation

### 42 Jane Maree Road, Kumeu

By Negotiation

Blank canvas to build in Kumeu. Take the time to appreciate the value attributed to this unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.



**Graham McIntyre**  
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[www.mikepero.com/RX1835003](http://www.mikepero.com/RX1835003)

# Home & Garden

## Kawau Blinds always a shade better

Kawau Blinds welcomes the beginning of spring. A time to enjoy the warmer days and nights. Time for a change in décor for the whole house or just one room. Whether you are after a new look we can help with insect screens, roller blinds in a huge range of colours, total blackout, light filtering or see thru, vertical drapes, or Venetian blinds aluminium or timber. Or maybe an alfresco area outside needs a bit of wind or sunshine control we have awnings to suit. We specialise in good quality products at the right price. Seniors discounts apply Call us today 021 026 20387 or email [kawaublinds@gmail.com](mailto:kawaublinds@gmail.com) or [www.kawaublinds.com](http://www.kawaublinds.com).



## Growing fruit trees

It is the time of the year to plant fruit trees, and at Awa Nursery we have plenty to choose from. Planting now ensures they have the rest of winter and all of spring to establish before their first summer. You will want to choose a sheltered, open sunny spot for your fruit trees, with good drainage. Once you have chosen your



tree or trees, (remember some trees need a pollinator) prepare your site well. Dig a hole that is slightly deeper than the root depth of your plant and partly fill with a good garden mix. Place some slow release fertiliser tablets in the bottom as well. Most of our fruit trees are recently potted, having come to us bare rooted. The soil in the bags will be loose and the roots of your fruit tree must be kept moist. Try not to disturb any new roots developing. Before back filling the hole, position the tree stake so you do not damage any roots. Firmly compact the soil, making sure your tree is no deeper than it was in the pot. Water well. Water is very important when growing new trees, and regular watering in dry periods over spring and summer is a must. Mulch your trees, which will conserve moisture, protect the roots, add nutrients and prevent the growth of weeds. Make sure you do not have to mulch too close to the trunk. Come and see us at Awa Nursery and get your orchard underway. Mahana Road, Waimauku phone 09 411 8712 or email [info@awanursery.co.nz](mailto:info@awanursery.co.nz).

## Laser Plumbing Whenuapai

Introducing Laser Plumbing & Roofing, your local plumbing company based in Whenuapai.

Committed to serving their local community, families and businesses with great service at reasonable rates, the team at Laser has over 25 years of experience in providing quality roofing/plumbing services to West Auckland and beyond.

Specialists in hot water systems, plumbing maintenance, repairs and installations, roofing and gutters, Laser Whenuapai also offer a state-of-the-art drainage un-blocking service. In addition to these services, it also has 24 hour service available for any plumbing emergencies - as these can come at any time.

So, why choose Laser Whenuapai? Not only has the company been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai! The team is happy to do any job 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, they can provide a complete solution to any water system, roofing or drainage issues.

For all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking, contact Laser Whenuapai at 09 417 0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz).



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# Home & Garden

Open five days a week from 7am-4:30pm, Laser Plumbing & Roofing is located at Unit 4, 3 Northside Drive, Whenuapai. Visit their website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## Ground mount solar systems made easy

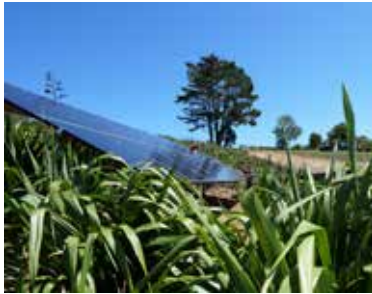
Have space on your property? You may have the option to install a ground mount solar system up to 150m away from your house! Here are just a few reasons why this sometimes works better than panels on your roof...

The sun – You need as much sun hitting your solar panels as possible. Your roof may not be in the best position. There may be a better, north-facing spot that captures the sun more efficiently ... on a bank, up the hill...

The roof – Your roof may be too small or have too much going on up there... chimneys, vents, skylights etc. It simply may not be able to accommodate the system size required to power your home. The ground's the limit!

The show – You can make a feature of your big, beautiful solar system, frame it with great landscaping and highlight how GREAT solar is.

ANY Solar questions? Contact us any time! Phone 0508 272 389 or visit [www.solarcraft.co.nz](http://www.solarcraft.co.nz)



## Creating interesting retainer walls with rock

Why not do something different? Creating retainer walls with rock gives a natural look to your landscape. The following project is an example of using large slab type rocks with smaller rocks to create an interesting effect.

To avoid mowing a steep bank, this rock retainer wall was created. Dave on the digger, scraped the edges of the bank to create a convex shape, giving a completely different feel when walking down the steps.

When building these walls, a strong concrete footing is poured then large



slabs of rock are carefully manoeuvred into place using the Tatonka crane truck. Rocks of varying sizes are used to build the walls to the right height. Thick mulch provides a good base for planting.

These rocks complement any type of planting scheme and it makes for a great change to timber or block. Talk to Dave to see some examples, or to find out more 027 196 219.

## Palmers

September brings with it the busiest gardening season of the year, plus longer, warmer days which mean more time in the garden. Spring also means that birds and bees are starting to re-appear in your garden.

We have some tips below to bring the birds and bees into your backyard.

### 1. Plant the right flowers

Bees like flowers that make good landing platforms or tubular flowers with nectar at the base – think daisies, dandelions or snapdragons. Blue and yellow are favourite bee colours and lavender will always be a favourite.

### 2. Use trees and shrubs to help provide pollen and nectar throughout the season

Trees and shrubs can provide a flush of pollen and nectar early in the season before other plants have a chance to emerge.

### 3. Have shallow water available for the bees

Bees need to hydrate during their busy work day. Place some small stones or floating some pieces of wood in your bird bath, water container or saucepan for them to stop and have a drink. Bees can't swim, so they have to be able to access water without treading water.

Palmers Westgate: Corner of Maki Street and Northside Drive, Westgate | 09 810 8385.



## Is your drinking water safe?

Unfiltered rain water is often found to be contaminated with microorganisms such as E.coli, giardia, and cryptosporidium, which is harmful to you and your family! After more than 45 years Kumeu Plumbing takes great pride in providing our customers with the best quality water possible, and we have water filtration solutions for a wide range of domestic and commercial applications. From water testing and recommendations, through to installations and maintenance - we can do it all!

All Puretec UV Filtration Units purchased in September and October will receive a one year supply of water filters FREE\* (Based on standard ser-

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# Home & Garden

ving requirements). Call in and see Kumeu Plumbing Limited 156 Main Road, Kumeu, 09 412 9108.

## Pre-season lawnmower and weed eater servicing

Believe it or not, spring is all but here. That means the grass is growing and so are the weeds. This becomes a very busy time for our lawnmower service and repair workshop, causing some unwanted delays for repairs when machines are most needed. So to help, at Grasslands we are encouraging our customers to have their lawnmowers, ride-on lawnmowers and grass & scrub cutters serviced now, to avoid any delays. This means the machines are ready to go when you need them. We offer a pick-up & delivery service, so give us a call on 09 412 7880 or book on-line at [www.grasslands.co.nz](http://www.grasslands.co.nz), or you can just bring you equipment to our Kumeu store at 20 Shamrock Drive Kumeu at your convenience Monday to Friday 8:00 to 5:00, or Saturday 8:30 to 3:00. Grasslands are your local Outdoor Power Equipment Specialists.



## Lawns Workshop

Sunday 29th September (9.30am to 11.30am). With the warmer weather just around the corner that grass is going to start growing again! This is therefore a timely opportunity to learn how to make the most of your lawn, the focal point of most gardens, from an expert.

Ian Kent from Total Turf Services will be presenting this workshop.

Ian's involvement in the turf industry extends across 40 years and includes in depth experience with turf consulting for sports fields, cricket wickets plus turf maintenance of numerous high profile properties throughout the greater Auckland area.

During this 2 hour interactive presentation he will be covering topics including: Types of grass and their features/properties/best applications. Different kinds of lawn installation methods. Ground preparation, sow-



ing and nurturing. Prevention and combating of weed/moss infestation. General lawn care (fertilising, mowing etc.). Lawn care machinery appropriate to different environments. These events are popular and spaces are limited so booking is recommended (see below for booking details).

Afterwards you will also be able to stroll around the beautiful 1Km nature trail which has over 40 marvellous new sculptures created for our 2019 exhibition by local and international artists on display. \*

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions. \* Trail not suitable for wheelchairs or walking frames. 1481 Kaipara Coast Highway (SH16), \$20 per person. To Book: [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz) or 09 420 5655.

## Deciduous fruit trees

Now in stock. We have a great range of bareroot fruit trees ready to plant now! Apples, Nectarines, Peaches, Plums Pears and Nashi as well as citrus trees.

When planting, check the size your tree is going to grow to and allow plenty of space. Choose a well-drained area with 6 hours of sunshine. Dig a hole approx. twice the height and depth of the root ball, add compost and sheep pellets and dig in well. Make sure it is planted no deeper than it was in the original pot. Stake well and water in. Mulch in the spring to keep roots moist. Remove the first season's fruit. For smaller gardens try growing in a good size pot or espelliar along a fence. Kumeu Garden Hub - 299 Main Road, Kumeu - phone 09 412 9002.



## Waimauku Garden Club

Stormy, squally weather with rain, wind and hail...we've had it all! That is why in the winter months we organise 'indoor' activities. In July we enjoyed an ice cream while we watched 'Woman in Gold' at Ryders Theatre in Avondale followed by a full roast meal, tea and coffee. It's a fantastic place to visit as there is a museum complex, an Old English Pub, Old Garage and Service Station and more. All started by Jack Ryder. In the next edition you'll hear about our trip to Mangawhai. Coming events: Sept 19: Karaka. Red Barn, Greenock Garden, the Kentish Hotel/Waiuku. Oct 17: Coatesville and Waimauku. Nov 21: Red Boat Trip /picnic lunch to the bottom end of Waiheke. Dec19: Christmas Lunch at the Muriwai Golf Course. Contacts: Althea 021 123 6448, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925, Judith 027 272 9994, Veronica 027 755 4645.

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# Rural News

## Livestock report

Saturday saw a good yarding of both killable and quality store cattle on offer. Killable prices remain fully firm, as many of the cattle on offer were not finished, yet still made great money. The store cattle section lifted as quality lines of both yearling and weaner cattle commanded very strong bidding from buyers both local and others from the Waikato and beyond.

Cattle	Lowest Price	Highest Price
Medium prime steers	\$1,630	\$2,010
Other forward steers	\$1,390	\$1,840
Light x-bred 20-month steers	\$860	\$1,180
Medium x-bred rising 1-year steers	\$690	\$830
Very light rising 1-year steers	\$530	\$580
Small x-bred weaner steers	\$430	
Best prime heifers	\$1,440	\$1,840
Light heifers	\$1,060	\$1,200
Medium rising 1-year heifers	\$700	\$815
Small weaner beef heifers	\$465	\$570
Small x-bred weaner heifers	\$430	\$450
Boner cows	\$600	\$1,040
Fat lambs	\$150	\$169
Store lambs	\$139	

## A better lifestyle

Whatever you spend on a home in town will buy you more in a rural location, with open space, tranquillity and plenty of room for pets and kids thrown in as well. Grass, trees and open skies in abundance, and you can park wherever you like on your huge piece of land! You can even walk around the house naked with the curtains open if you want!

A good work life balance brings greater freedom - Those who work from home can certainly adapt to this new lifestyle easily enough and will enjoy their income much more as they continue to earn the same amount but are spending their cash on a much more affordable lifestyle. Internet access has liberated us from the confines of specific locations. It's not only a more pleasant work experience, it can also allow you to be much more productive without the usual distractions of office life and city vibes. Greater productivity means you get more done much faster so have more free time to lie on a sunny spot on the sofa and read a book, start a veggie patch, listen to music as loud as you want, or learn a language. Living in larger spaces outside of the city not only gives you physical space to live your life in, it also frees you up mentally by not having so many 'things' to clutter your thoughts on a day to day basis.

Rural living creates a more naturally healthy lifestyle - It's easy enough to keep fit and healthy in town but part of that equation requires a heavy investment. It will take a little time but gradually the rural rhythms can have a significant impact on your general health and wellbeing.

Physical activity becomes a more pleasurable experience when you're surrounded by nature and living with the seasons. The movement required to navigate the day changes, because your activities have changed. Instead of walking to the car, the train station, the printer, or the café, you're walking to the chook shed to collect fresh eggs, or riding your bike to the local milk bar, or even simply hanging washing out in the sun on a clothes line rather than bundling loads of wet clothes into the

dryer. These are all small acts that change the way we experience time and improve our experience of tasks that may previously have seemed arduous.

Home grown salad ingredients picked fresh from the garden for lunch. A peaceful walk around the local area at sunrise. Being first in line as your drop in for a takeaway coffee and being greeted by name at the supermarket

Being part of a rural community has great benefits for a family or for a young couple planning their future and becomes nurturing in ways that are more difficult to find in town. Plus, the effects on your general health and wellbeing cannot be underestimated. You also have a much greater shot at a strong and vibrant financial and personal future by investing less in the property itself and more in your actual lifestyle.

If you would like to speak to somebody who made this move 25 years ago contact Lyndsay Kerr your local Mike Pero Lifestyle Real Estate specialist on 027 554 4240.

## Muriwai Tide Chart

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

Source: LINZ.

# Central's Tips

## September 2019



It's a great time to replant your veggie garden, get snails under control and rejuvenate your lawns after the cold winter months. It's also a good time to plant shrubs and fruit trees, make sure you give them lots of compost and fertiliser to give them the best start.



### Plant tomatoes

Tomatoes can be planted in pots or vegetable gardens as spring warms up. Vine types grow tall and require support so at planting put a tall stake beside them to train them as they grow.

### In the Veggie Patch

- **It's important to get on top of snails** now so that your plants aren't eaten beyond salvation: after winter rain colonies of snails and slugs should be dealt with using pet and bird friendly controls or try a natural take on things: leave a tilted jar of beer half buried in the soil overnight, near your lush seedlings. Attracted to the yeast, they crawl in and drown.
- **Growing tomatoes in small spaces:** An excellent non-climbing type is Scoresby Dwarf. Try the tumbling tomato varieties in a hanging basket or pot - it's a space saving way to grow cocktail size tomatoes. But if you can only grow one tall tomato variety Sweet 100s are hardy and heavy cropping.
- **Make sure all vegetable seedlings are planted with quality compost** (Living Earth organic certified) or top up raised beds and gardens with Living Earth Garden Mix.
- **Fancy growing the food your parents or grandparents used to eat?** Varieties of seeds, seedlings or plants labelled 'heritage' are usually collected from plants that are older and not commercially hybridized

### The rest of the Garden

- **Great time to control weeds emerging in your lawn** - one of the best options is spraying with Prolawn Broadsword which attacks the weeds but leaves the grass intact. Or, it can be very satisfying to spend half a day gently digging them out. After weeding, sprinkle a bit of lawn mix and seed into the empty patches.
- **Planting shrubs and annuals can be done now.** Use top quality mixes and apply mulch straight after planting. Larger plants and trees in exposed areas need to be staked now, before spring winds begin.
- **Plant deciduous fruit trees** like plums, peaches, apples and pears to get them settled in before summer. Citrus trees can also go into the ground. Remember, if your soil is clay, a handful of gypsum in the planting hole will help.
- **Pretty spring-flowering shrubs enhance the seasonal change.** Plant the Californian lilac (ceanothus), Mexican orange blossom (choisyas), lavenders and the petite NZ kowhai, Dragon's Gold.

## Project for September

### It's a great month to sow a lawn!

To find out what you'll need see our Sowing a lawn video on our Youtube channel:

<https://centrallandscapes.co.nz/pages/sowing-a-lawn-video/>

and check out our products here:

<https://centrallandscapes/collections/grass-seed>

<https://centrallandscapes/collections/garden-lawn-soils>

<https://centrallandscapes/collections/lawn-garden-fertilisers>

### Lawn sowing Check List

- Prolawn Grass Seed
- Prolawn Turfmaster Starter Fertiliser
- Living Earth Lawn Mix
- Waikato Topsoil







# CENTRAL

## LANDSCAPE SUPPLIES

## We dig weekends.

Time to get those vegetables growing! For the best start we recommend Living Earth Garden Mix plus we have a great range of mixes, fertilisers and mulches for all types of gardening this spring.

Come and visit the friendly team at Central Landscape Supplies Swanson to discuss your outdoor projects.

VISIT YOUR LOCAL YARD:

**Central Landscape  
Supplies Swanson**

09 833 4093

598 Swanson Road, Swanson

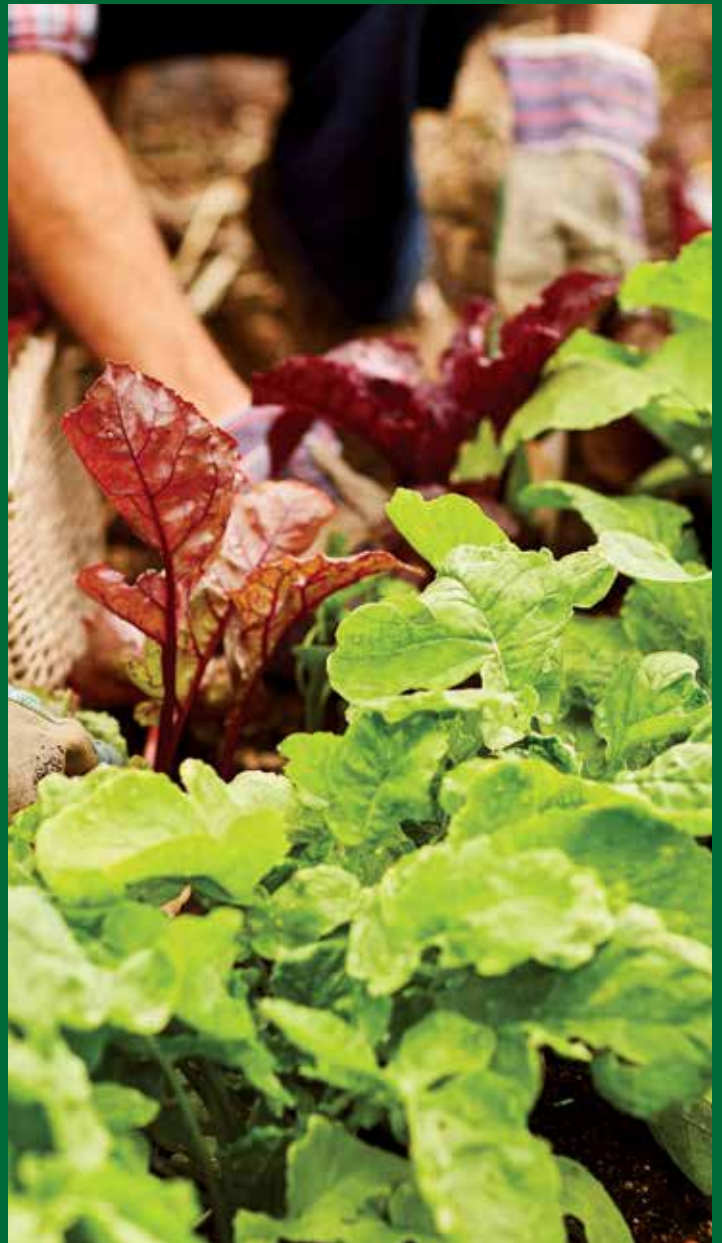
[www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)

**Open Hours:**

Monday - Friday: 7am - 5pm

Saturday: 8am - 4pm

Sunday: 9am - 4pm



# Build New

## Maddren Homes strike gold again

Building award-winning homes is nothing new for Maddren Homes but they appreciate the recognition all the same, having just picked up three golds at the Registered Builders House of the Year awards.



The long-established, local building company took out three categories; the Carters New Home \$1-1.5 million, the Placemakers New Home \$450-600,000 and the Builders Own Home. General Manager Rodger Scott says Maddren Homes doesn't set out to win awards – "we just build a house to the highest standard we can, using a traditional craftsmanship approach." The three golds will add to the collection of almost 50 awards they have scooped over the years. The judges were clearly impressed with their work and their attention to detail that went into the homes. The Carters New Home award went to a stunning country mansion in Wainui, Auckland. With boundless views offering a peaceful backdrop, the 340sqm weatherboard exudes grand country charm. Sweeping raked ceilings extend across both sides, majestically housing the central kitchen gateway to two generous, sun-drenched wings. Light floods the central living space and colonial entertainer's kitchen with scullery that Gordon Ramsey would feel at home in. The

Builders Own Home won gold for a striking, black and white 2-storey 280sqm weatherboard in Millwater. Its pitch roof surrounds an urban oasis, complete with baby lap pool and outdoor decking for al fresco living year round. It has all the bells and whistles with a hidden pantry, power-drawer and hi-tech touches including a key-less front door entry pad. The Placemakers New Home gold went to a spacious, 209sqm L-shaped, family home set amongst the rolling greenery of North-Auckland. Elegant black brick entry walls separate feature cedar panelling with raking ceilings fitted with speakers that flow the length of the honey-toned central living space, giving a nod to Scandinavian minimalism.

## Signature Homes

Whether you're building a small two-bed cottage or a designer homestead, find out everything you need to know about financing and pricing your new home.

How much does it cost to build a Signature home?

Our Pacific and Smart Collection homes have price guidelines and all plans are available to view here. However, every family is different and the perfect home for you may require tweaking or different consents from your local council. There are also regional differences for



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Sylvan Estate, 800m<sup>2</sup> sites – Available Now



### Sylvan Estate Sanctuary

Lot 62 Sylvan Estate, Waimauku

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



### Clean Modern Lines on Sylvan

Lot 22 Sylvan Estate, Waimauku

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



### Perfect Proportion in Sylvan

Lot 22 Sylvan Estate, Waimauku

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



### Sylvan Ticks all your boxes!

Lot 3 Sylvan Estate, Waimauku

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



Contact Dean Pritchard for more information

P: 027 471 1886 | 0800 020 600

E: deanpritchard@signature.co.nz

**Signature**  
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EST. 1983  
YOUR HOME. YOUR WAY.



# Build New

building homes, based on Building Code requirements for the region, and every section is also different and requires various site works that will impact the total cost to build. The great thing is that once you've moved through our design process, you will know exactly how much your Signature home is going to cost upfront prior to signing a build contract, and that price is guaranteed.

What deposit do I need to build a Signature home?

You can build your own Signature home with as little as 5 percent\* deposit. Due to the security and reliability of Signature Homes' market-leading guarantees, Sovereign Home Loans (part of ASB Bank and the backers of NewBuild Finance) can offer Signature Homes' clients their specialised home-loan services for building a new home through NewBuild, specialists in construction finance. Visit NewBuild and use the Home Loan Qualifying Calculator to find out if you are eligible.

What is construction finance?

Construction Finance is similar to a mortgage but is used to fund the building of a home. There are different progress payment schedules and conditions which can be negotiated with a specialist construction finance lender or your bank, and each lender's offering is slightly different. Because a new home build is built over a period of time you should only ever pay for work once it has been completed at pre-agreed stages of the build. This ensures the builders get paid regularly (progressively) through the build and also that you only draw down funds as required. Once the build is completed and the final payment is made the end sum is then generally moved into a standard mortgage arrangement. It's best to discuss your options with your bank or broker as our clients often negotiate their lending depending on what they can afford, to continue to pay rent or the mortgage on an existing home.

Call our team at Signature Homes North West to discuss your options; obligation free 0800 020 600. [www.signature.co.nz](http://www.signature.co.nz).

## Maddren Homes tradie of the month

He's not quite the man of steel but he's pretty darn close, which is why Conrad Erceg from Goldsworthy Sheetmetal Ltd is the Maddren Homes Tradie of the Month. Conrad and the team are the go-to people for all things stainless steel fabrication. When it comes to building, their expertise and quick-turnaround are vital in keeping a house project on track and they always go the extra mile. Whether its shower trays or flashings, powder-coated colours or not, Conrad ensures a job well done with a smile. Good on you Conrad, you've earned a voucher from our proud sponsor Western ITM. Keep up the great work.



## Exciting New Showhome



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

4 Urumaraki Avenue, Parkview  
Helensville  
Open everyday 12-4pm

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



**G.J. Gardner. HOMES**

# Pets

## Kids Safe with Dogs Charitable Trust

Wow what a difference a year makes. With lots of hard work, support and dedication the team at Kids Safe with Dogs they are achieving great things.

Last year we told you the story of Kids Safe with Dogs Charitable Trust who with their series of cartoon dogs, Jelly and friends, aim to educate children on dog safety with the goal of reducing dog bites in New Zealand.

In the past year they have started working with 11 different local boards in Auckland and are continuing to work with Whangarei and Kaipara District Councils as well as now working with Queenstown Lakes District Council.

With the funding and support that they have received in 2018 they have been able to offer their programme to over 51 schools and over 5700 students in the Auckland area. Henderson Massey Local Board and Waitakere Trust in The Million Dollar Mission have donated over \$8000 which has contributed greatly to the number of children educated in West Auckland. We have been approached by another 36 schools with over 13,500 children all expressing interest in having us go into their schools.

Over the past year not only has the programme been delivered in schools, but the charity also partnered with Animates who ran the course in their stores as a holiday programme in January and are planning to run



it again in October. This means that the holiday program will be available all across NZ in Animates' 44 stores.

'We could not do what we do without the support of the local community, our instructors and their dogs' says Jo Clough. One of the favourites is a local puppy called Beans, he is a West Auckland resident and very popular with the children. Beans had to go through a rigorous temperament test to ensure that he was suitable to go into schools and yes, all the instructors are police checked and also trained on our ethos and how to deliver the course'.

"It is incredibly important to us that each of the programmes are designed and taught in a way suitable for the age groups they are aimed at. To ensure we achieved this, we flew to Palmerston North and got the programmes peer reviewed by Kirsty Ross PhD PGDipClinPsych, Senior Lecturer & Senior Clinical Psychologist at Massey University. She stated "I was very impressed with their commitment to the latest research and their desire to make the materials as developmentally appropriate as possible, as well as looking at a family centred approach to the topic. I am delighted at the prospect of ongoing contact with Dog Safe around the issue of children's interactions with dogs and the psychological outcomes."

"It has been a very exciting time and we are now talking to local boards to see if we can work with them to bring a Canine Body Language course to the community" says Jo. "The course is also available online but we are looking to deliver community courses at local schools or community halls that will be available to the general public. It has been designed for people who have dogs, or thinking of getting a dog; people who are scared of dogs or for parents who have concerns that their children are over confident with dogs. Basically everyone" Jo laughed. "The course is a lot of fun and very educational, as well as dispelling some very common myths about canine body language it also informs you and demonstrates some behaviours that are often missed."

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# Pets

"It's all well and good teaching the children but we cannot solely rely on their education to reduce the problem. There are some situations that can occur when dogs can give off subtle signs when they are stressed or fearful, that children may miss. By educating the parents, teachers and general public it allows us to be able to add another dimension to keeping children and the general public safe" says Jo. "Dogs are like people they have their off days too, or they may be tired, feel unwell, they may be scared of people when they are wearing hats or sunglasses. Each dog is different but they all display similar signals that with a bit of training and education we can all learn".

"Watch this space we have so much more we want to achieve. We are in the process of applying for funding to get some books printed. Linda Guirey one of our instructors, an award winning speaker and author very kindly wrote a series of stories about Jelly in everyday situations. The stories are adorable and very relevant for young children. Fingers crossed we will be able to get them printed and ready for distribution by the end of the year".

If you would like more information about Kids Safe with Dogs or want to look at the Canine Body Language course you can email then on kids@dogsafeworkplace.com or call 0508 DOG SAFE.

## When ear mites strike

"Ear mites are a common complaint," says Dr. William Miller, Dermatology Chief at Cornell University

Ear mites are small, barely visible and think your cat's ears are the perfect place to live. Kittens are frequent carriers.

"The mite doesn't live in the environment for very long, so transmission from one cat to the next is by direct contact with an infected cat

Definitive diagnosis is achieved at the vet clinic via a microscope. Ears with severe infestations will look gross and smell.

Treatment

Ear-mite infestations are treated with a topical medication. Follow pre-



scription instructions and complete the full course of medication to get the best results.

Prevention

Keeping your cat indoors will go a long way toward preventing an ear-mite infestation. If you have multiple cats, Dr. Miller warns, "If one cat in a household has ear mites, it would be assumed that all the cats might have mites and should be evaluated or treated for ear mites."

For the full article go to our facebook page [www.facebook.com/kanikapark/notes](http://www.facebook.com/kanikapark/notes). P 09 411 5326 | [kanikapark.nz](http://kanikapark.nz) | [info@kanikapark.nz](mailto:info@kanikapark.nz).

## Spring into Vets North Huapai

For many years Vets North has been serving the Kumeu community at our Clinic in Access Road. On 1st September we will be relaunching our Clinic at 344 Main Road, Huapai

Vets North Huapai will offer all the services you would expect of a vet clinic with the additional benefit of a veterinary hospital just down the road.

Our Huapai Clinic will be staffed by two senior veterinarians; Mark Anderson & Elsa Flint who bring both stability & knowledge.

Appointments can be made from 8am weekdays. Every Thursday we will have late night appointments until 8pm. Vets North Huapai will also offer "cat only" appointment blocks for felines that experience stress due to the presence of dogs.

To introduce the Clinic to you & your pets we are offering free dog & cat wellness checks for the month of September. We will be running free seminars in September on; why cats pee inside & anxiety barking in dogs with Elsa who is one of the few veterinary behaviorists in N.Z. Spaces will be limited.



### Spring Into Huapai

Veterinarian

Animal Behaviour & Physiotherapy Clinic

Open Weekdays 8am - 5.30pm

Late Night Thursday until 8pm

Late night by appointment only, no walk ins.



Spring in for September Specials

Free Dog or Cat Wellness Consult

Full body health check, including eyes, ears & teeth.

\*Consult does not include any medications or additional tests. Available at VN Huapai Only.



September Behaviour Seminars

Free - Spaces Limited - Book Now

10th Sept. 6.30pm: Why Does My Cat Pee Inside?

24th Sept. 6.30pm: Separation Anxiety in Dogs



## Tiling Wright

- Bathroom
- Kitchens
- Waterproofing
- Splash Backs

Josh Wright

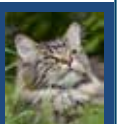
027 260 8225  
Tilewright@outlook.com



09 412 7577

Emergency 027 495 7986

344 Main Road, Huapai



# Food & Beverage

## Hallertau Brewery Collaboration time

Hallertau Thomson Whisky Barrel Aged Stout 10% is the annual release for this in-house collaboration between Thomson Whisky & Hallertau Brewery. Notes of bitter chocolate, espresso coffee, a soupcon of vanilla and a whiff of whisky. A wintery drop for sure. Now available in 330ml bottles for the first time.



## Soljans Estate Winery Celebrate your Christmas at Soljans Estate Winery

Soljans Estate Winery is the perfect venue to host your company's Christmas party.

Our award winning chefs have put together some delicious Christmas menus that pair perfectly with Soljans excellent selection of wines. Soljans offers the perfect vineyard setting, and with an outdoor area attached to our private function room; it's perfect during the summer months.

Here at Soljans, we can cater for up to 100 people. With our high quality service and flexible facilities, we have the capability to accommodate all your needs, so get in quick!



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Available dates fill up fast.

For more information please contact our functions coordinator Chloe Wintour at [functions@soljans.co.nz](mailto:functions@soljans.co.nz) or phone us on 09 412 2824.

## Allely Estate Christmas at the Estate

Christmas parties can be a nightmare: hard to organise, tricky trying to find something everyone wants to do, arranging the travel to and from... Well, wave goodbye to Waiheke and keep it local this year – join other



local companies at Christmas at the Estate on Sunday 15th December, for an afternoon in the sun. Your team can enjoy a relaxed afternoon outdoors, with a gourmet BBQ, dessert (including pav and trifle, of course), festive drinks, games in the garden, fun inter-company competitions (with great prizes) and a live DJ. It will be a chilled, fun way to celebrate the start of the silly season, close to home. We're looking forward to hosting you – for more information or to book your spot, please email [athina@allelyestate.co.nz](mailto:athina@allelyestate.co.nz) or check out [www.allelyestate.co.nz](http://www.allelyestate.co.nz).

## The Herbalist Craft Beer Mulled Rosemary & Liquorice Ale

Following on from our Mulled IPA recipe last month, this Mulled Rosemary & Liquorice Ale is deliciously rich and warming on these cold evenings.

Mulled ale ingredients: 500ml The Herbalist Rosemary & Liquorice Ale, 2 tablespoons maple syrup, 1 teaspoon liquorice root, 1 x cinnamon stick, 1 x 5cm sprig of fresh rosemary, 1 tablespoon sliced fresh ginger, 3 whole cloves, 2 cardamom pods crushed and ¼ fresh lemon.

Method: Place all ingredients into a saucepan and bring to the boil then remove from the heat and cover. Allow to cool slightly whilst the ingredients infuse, then serve warm paired with blue cheese or your favourite chocolate, ginger or lemon dessert.

The Herbalist stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.



## Kumeu Produce Market

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Specialist*

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f. (09) 412 9398

407 State Highway 16 Kumeu

PO Box 104100 Lincoln North





# Food & Beverage

## Café Botannix

Located inside of Palmers Westgate

Serving breakfast through to afternoon tea, Café Botannix offers a delicious menu featuring the finest seasonal produce and cabinets full of freshly baked treats and savoury delights made on site daily.

One of the most popular dishes on the menu is the Slow Cooked Beef Cheek served on a herb mash with mushrooms and bacon lardons, drizzled with a mustard jus.

For those with a bit of a sweet tooth, The French Brulee, brioche French toast, rhubarb compote, oat crumble, berry sorbet served with a vanilla crème brulee is a must have. Open 7 days from 8.30am. Phone 09 810 8385 | [www.palmers.co.nz/cafе-botannix](http://www.palmers.co.nz/cafе-botannix).



## Just Jess Cake Co

Home based and registered A grade cakery

Based in Hobsonville Point and owned by Jess Hekkens - a 24 year old caker, custom cookie and donut maker. And that's right - it's called Just Jess, because there's just her (for now!). Specializing in beautiful buttercream cakes, Jess will work with you to create something gorgeous for your next event and can even accompany this with all your sweet needs including her custom-stamped cookies, or fluffy fresh do-nuts. Just Jess's donuts have earned themselves a bit of a following all over Auckland, with people lining up at her door for her famous 'donut day' pre-orders or following her from market to market throughout the summer. Jess not only makes a range of delicious and stunning treats, but she also has her own line of cake-decorating tools for the every day home baker and modern caker, to help you replicate her dreamy buttercream cakes at home.

Just Jess Cake Co - where your buttercream dreams come true. You can keep up with Jess at the following links: Website: [www.justjess.co.nz](http://www.justjess.co.nz) - pricing and online store. Instagram: @justjesscakeco and Facebook: Just Cake Co: where she shares the day to day ins and outs of being a young woman running her own business, and pictures and videos of her creations.



Youtube: Just Jess Cake Co - tutorial videos.

## NoShortcuts

This cuts the mustard

Mustard has been around since time immemorial and has an amazing reputation in culinary applications as well as traditional herbal medicine. Hailed by the Father of Medicine himself, Hippocrates, mustard is credited with improving digestion, assisting diabetes management and balancing fluids.

NoShortcuts Mustard Pickle is low in salt and goes well with ham, bacon and corned beef, is delicious with strong cheeses, sausages and mash, and a tasty favourite in sandwiches.

There are no artificial fillers, flavours or preservatives and every jar is packed full of fresh seasonal vegetables; it's handmade - just like mum made.

NoShortcuts produces for today's time-poor yet health-conscious and environmentally aware consumers, a range of traditional chutney, pickle, relish and jam that is wholesome, real food, in the fast and easy convenience of a recyclable glass jar.

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



## Peko Peko

We are back!

How long have you missed the Japanese rice bowls from Peko Peko? We traded in a trailer beside Hobsonville road till March last year. After 17 months, we are back, and upgraded! Visit our new place on 6/102C Hobsonville Rd next to Hobsonville Primary school, between Midpoint cafe and Pizza Hutt. Lunch 11am - 2pm (Monday - Friday), dinner 4:30pm - 8pm (Monday - Saturday). Both eat-in and takeaway are available. Look forward to seeing you soon, Peko Peko team.





**FreshChoice Waimauku**  
 A 2 Waimauku Retail Centre  
 5-19 Factory Road  
 Waimauku, Auckland  
 Phone: (09) 411 7890/411 9495  
 Fax: (09) 411 8050  
 Mobile: 021 048 3355  
 Email: [waimauku.fc@xtra.co.nz](mailto:waimauku.fc@xtra.co.nz)

*Come and check out our new*  
 Delicatessen, Coffee, Juice & Ice Cream Bar

**BORIĆ** Food Market

1404 Coatesville - Riverhead Highway, Auckland  
[www.boricfoodmarket.co.nz](http://www.boricfoodmarket.co.nz)




# Health & Beauty

## Your amazing eyes

Eyes are one of the most fascinating and complex parts of the body. How much do you really know about them, and how they work? More facts from Matthew and Molly about your amazing eyes...



1. Red-eye in photos is caused by light from the flash bouncing off tiny capillary blood vessels in your eyes.
2. If the human eye was a digital camera, it would have 576 megapixels.
3. On average, you will blink approximately 4,200,000 times in a single year.
4. We need two eyeballs to give us depth perception – comparing two images allows us to determine how far away an object is from us.
5. The world's most common eye colour is brown.
6. The first blue-eyed person is said to have lived 6,000-10,000 years ago.

Look after your eyes with a comprehensive examination at For Eyes in the Kumeu Village, phone 09 412 8172.

## Spring whitening special

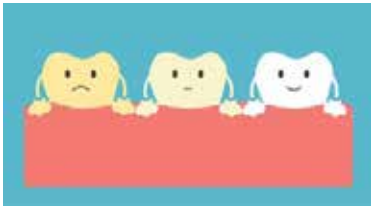
Would you like sparkling white teeth, but hesitate with questions?

Is whitening for you?

If your teeth are darkened from age, coffee, smoking etc, whitening is successful in at least 90% of patients. No one can predict how much lighter your teeth will become, every case is different.

What is involved?

A free examination will determine if you are a candidate and which sys-



**2019 Winners – 1<sup>st</sup> Health & Beauty Provider**

North West Business Awards

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

**SPRING WHITENING SPECIALS**

**For September only**

**In-Surgery ~~\$900~~ now only \$650**

**Take-Home ~~\$450~~ now only \$299**

tem will have the best results for you:

In-surgery whitening for more immediate results, or take-home whitening which is more economical.

How long does it last?

Whitening should last from 1 to 4 years depending on personal habits. You may also choose to get a touch up which is not as costly.

Is it safe?

Studies have proven professional whitening to be safe and effective. Some may experience slight sensitivity which will resolve after treatment.

Come into Kumeu Dental to have all your questions answered and hear about our Spring Whitening Special, or call us on 09 412 9507.

## Top Notch

As the weather starts to get warmer, so does the aim to get out and about and enjoy the weather and improve your fitness! If you have taken to hibernation this winter the best advice is 'steady as you go' – gradually building your fitness up over time is the key to reducing injury. When you are starting out on an exercise regime it is a good idea to know how to appropriately load the body so that it can adapt and cope with what you are now asking of it.

Load can be the number of reps you do with weight training, it also can be the total amount of activity you do a week, how long you do it for (duration), how fast or slow you do it (speed) and we also have to remember are you getting adequate rest – this most important part of managing how you can negate injuries and where you make your biggest gains. We can help you with addressing fatigue, low performance, mitigate muscle soreness and any niggles to help keep up with your training. Book online at [www.topnotchbodyworks.co.nz](http://www.topnotchbodyworks.co.nz) or call 09 212 8753. Ask for our ACC registered Osteo's David and Daniel or, the Massage Therapy team who are experts in helping you to be at your best. Because you know, your body deserves better.

## Kumeu Gym Shape Up For Summer - 8 Week Challenge

\$5,000 prize package. Summers coming and it is time to banish the winter wardrobe and come out of hibernation!

Kumeu Gym 24/Seven's Shape Up For Summer 8 Week Challenge is designed to build confidence and break those bad habits we've acquired over winter. This challenge is not only based on weight loss but also your in-cresed in fitness and strength.

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# Health & Beauty

goals.

Whats included in the programme? Full Body Composition, Beginning, Midway and End. Fitness and Strength Tests Beginning and End. 8 x Weeks Access to "S.M.A.R.T. Personal Training" (valued at \$480.00 - check out [www.kumeugym.co.nz/smart-training](http://www.kumeugym.co.nz/smart-training) for more info). 8 x Weeks Gym Membership. Meal Plans. All Group Fitness Classes. Team Challenges. Individual Challenge. Weekly Tasks to keep you motivated throughout your transformation journey!! Get the inner body you desire and you could WIN \$5,000!

What will it cost? Upfront Payment: \$395.00 - per person (10% discount)

Direct Debit: \$56.00 x 8 Weeks - per person. Shape Up For Summer Challenge runs from Saturday 28th September to Saturday 23rd November

Register your interest, join up or for more information check out our website [www.kumeugym.co.nz/8-week-challenge](http://www.kumeugym.co.nz/8-week-challenge). Kumeu Gym 24/Seven - Your Fitness Evolution!

## Meet our chiropractors

We love to check and adjust spines here at Kumeu Chiropractic, and have over fifty years combined experience in caring for our people of all ages, and backgrounds.

Chris McMaster has been a Chiropractor for over thirty years and has practised in West and Nor West Auckland most of that time. He also managed practices in Ireland and the Middle East while away from New Zealand for nine years, returning to Kumeu early 2011.

Chris loves his sport and has been lucky enough to provide Chiroprac-

tic care to many representative and amateur sports enthusiasts over the years. He enjoys the preventative and performance aspect of how Chiropractic care can assist people to achieve their individual goals.

Nolene McMaster graduated in the very first class of the New Zealand College of Chiropractic in 1999 and has been in practice with husband Chris ever since. She is an avid artist and paints whenever she can, florals being a favourite subject. She was born and raised in Taupaki and went to Massey High School before having careers as both a nurse and Police officer, in West Auckland.

Sindre Stoeten is the newest member of the team and is also a New Zealand College of Chiropractic graduate. Sindre is originally from Norway and has a background in elite sports having competed in cross-country skiing at a high level. Sindre is passionate as to how regular Chiropractic care has been shown to positively affect the lives and well-being of all, regardless of their age or actual state of health.

All our Chiropractors would love to be able to assist you with any Chiropractic concerns you may have, so give us a call at Kumeu Chiropractic - phone 09 412 5536.

## What to expect when having a treatment with me

A question that I'm often asked is "what type of massage do you do?" - I do relaxation, therapeutic, sports, pregnancy, oncology massage, manual lymphatic drainage and neuromuscular therapy. However, I have other



## SHAPE UP FOR SUMMER 8 WEEK CHALLENGE

**Starts: Saturday 27 September 2019**

SHAPE UP  
FOR SUMMER!

**Info Night: Tuesday 24 September 2019**

**Cost: \$395.00**

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# Health & Beauty

skillsets too, like dry-needling, cupping, scar tissue release, myofascial release and specific scoliosis skills. Ultimately, I aim to help my clients as best I can, utilising a variety of skillsets to achieve a positive result.

As mentioned, I have many tools in my toolbox, and as each person is unique, your treatment will be unique to your requirements. There is no cookie-cutter treatment - I view the body as an open system, with the understanding that the brain and nervous system are in control of everything. I find the nervous system fascinating and this is where I focus a lot of my therapeutic intervention. In order to measure altered neural function I have acquired skills in a number of non-invasive techniques which can be used to measure changes in neural processing and function. Using various assessments, orthopaedic and manual muscle-testing, swipes and taps I can 'log into your network' to observe where your system is down/up-regulated and with the input of the correct stimulus, more-often-than-not, we get a positive outcome where the system improves or clears up altogether. I find that getting the nervous system back online first, helps to facilitate the hands-on body work and my clients experience longer lasting results.

Depending on how long you have had a problem, one session is not going to resolve the issue, as true change takes time. For issues outside of my scope of practice, I have a network of professionals to refer you to.

If you're dealing with dysfunction or ongoing pain feel free to contact me, Debbie, from Realign Massage and Neuromuscular Therapy on 021 120 2175 – or go online and book an appointment.

## Want to feel fitter and more confident, ready for summer?

Don't have hours for the gym or the gym is not your scene?

It's ok, you don't need a lot of time, space or equipment to get results.

You don't even need to be fit to start!

How awesome is that?

All you need is simple moves, set up on a functional way and easy enough that you can stick to it consistently.

That's exactly what I specialise in and I can show you exactly how to do it and have fun along the way too.

Whether it's in our small group sessions (max 4ppl) or in a private 1on1 session, there are options for all levels and all budgets.

If you don't already know who I am, I'm Melissa and I create simple fitness for busy lifestyles.

If you are ready to get started and fit back into your fav jeans, slip into



your summer dress or be able to confidently wear sleeveless tops... I'm that lady that can help you do just that.

PM me or welcome to txt/call me 021 798 435 and let's catch up to chat about what your goals are and how we can get you there.

PS post workout selfie after my Sunday session in our cute little studio.

## Introducing Steph Pingyin

We'd like to take this opportunity to introduce Steph Pingyin, the newest edition to our growing Hobsonville Podiatry team. She is passionate about podiatry and enjoys working with people from all walks of life. Steph has a strong belief that every person is unique and therefore utilises a wide-range of treatments to help patients get back on their feet. Among these is orthotic prescription, hands on foot mobilising, acupuncture & exercise prescription.



Steph spent two years in America studying Health Science and playing college level volleyball, which is where she found her passion for lower limb biomechanical injury and rehabilitation. Upon returning home, she decided to deepen her knowledge in the lower-limb by studying a Bachelor of Health Science in Podiatry. Steph understands the Podiatric profession is constantly evolving and she is driven to stay up to date with the latest research.

During the weekend, you will find Steph down at the volleyball courts or enjoying the sun at her local beach.

Hobsonville Podiatry – 124 Hobsonville Road, Hobsonville. Phone 09 390 4184 or [www.hobsonvillepodiatry.co.nz](http://www.hobsonvillepodiatry.co.nz).

## Father's Day gifts and cards

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# Health & Beauty

## Tips to stop sore feet

I often get asked by people, what they can do about sore feet, so here are my top tips:

Don't wear the same pair of shoes every day. Different shoes hit different pressure points on your feet, in fact just changing your shoes when you have sore feet, will make your feet feel better. Adopt a foot and toe stretching exercise program. Treat your feet to a massage or soak them in a bowl of water with essential oils, such as peppermint and then sit down and put your feet up above waist height, this will reduce any chances of swelling and will also make you feel better as you relax. High Heels can also cause foot pain, it is recommended that you don't wear higher than a 3" heel and wear ones with padding under the ball of the foot. Invest in a massage ball, you can even use this when you are at your desk, to promote the blood flow through your feet.

And the top tip is; Wear shoes that fit you properly. This means: If a shoe feels painful when you try it on, it is not going to get any better. Shoes will stretch in width (if they are leather) but not in length. If you need to get additional width, go up in size, like clothing, there is no standard fits in footwear sizing either, so you won't always be a size 8! If you suffer with feet that swell, try shoes on at the end of the day. You should be able to wiggle your toes, when you have the shoes on, otherwise the toe box is too tight for you.



## Fishing injuries

Many people enjoy fishing on a recreational or competitive level! Most of the time fishing is considered an enjoyable activity where you can relax out of the water enjoying the sun and a good time. However, fishing can also result in many different types of hand or upper-limb injury including traumatic or overuse.



Common traumatic fishing injuries:

- Finger fractures/Finger strains: i.e. from getting your finger stuck between your boat and the landing surface
- Wrist or hand injuries: i.e. slipping and falling on wet rocks and landing on an outstretched hand

Common overuse finger injuries:

- Carpal tunnel syndrome: which results from compression of the median

nerve, causing numbness or altered sensation of the thumb, index or middle fingers

- Elbow or forearm pain: from flipping or pitching your fishing line frequently.


Come and see us today at the Hand Institute and we can help you recover quickly from your injury. If your injury is as a result of an accident we can treat you in the ACC contract. We can register your claim and send you for x-rays or other tests that you may require. If your pain is as the result of an overuse injury we can treat you privately. We have two convenient clinic locations in Huapai and Rosedale. Contact us today for an appointment. Huapai clinic: 321 Main Road, Huapai, phone 09 412 8558. Rosedale Clinic: 5 Home Place, Rosedale, phone 09 479 8438.

## "Bend at the knees" and other myths exploded

As a man with Ankylosing Spondylitis (arthritis of the spine) I am very aware how back pain can affect your enjoyment of life. Let's face it, any muscle or joint pain sucks. So why is bending at the knees so wrong? Apparently, bending at the knees puts enormous load on the knee joints potentially leading to knee joint damage. Plus, it doesn't save your back. To protect your back, you need to learn to move through the hips, keep a straight (not rounded) spine, and build strength in the muscles of the spine and back of the legs. Bring on yoga! Yoga encourages proper posture and spine mobility. Yoga is a great antidote to modern work and travel methods (i.e. sitting).

Osteoarthritis is NOT wear and tear

My old textbooks say that osteoarthritis (joint pain) is a disease of wear and tear and doesn't involve inflammation. Wrong again. Inflammation is a significant factor in osteoarthritis. Which means that the treatment of osteoarthritis should not just involve pain relief and glucosamine to rebuild the worn-out cartilage. It should aim to reduce inflammation. But how? Well it is not with magic pills as you see advertised on TV. The



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# Health & Beauty

most significant contributor to inflammation is the modern diet. Nutrition, nutrition, nutrition my friends!

Changing your diet to be anti-inflammatory does not mean living on broccoli and carrots for the rest of your life. I love my food and I love my health. For these reasons I certainly don't eat a standard kiwi diet. But I do eat very delicious and satisfying anti-inflammatory meals and snacks (thanks to my wife).

There are also key nutrients that have recently been discovered that resolve existing inflammation like magic. These nutrients are naturally made by some people. But other people lack the ability to convert their food into these inflammation-resolving nutrients. There are some new tests available through Massey Unichem Pharmacy and Nutrition Medicine™ Clinic that can tell you if your body can naturally produce these inflammation-resolving nutrients.

Our pharmacist health coaches and Nutrition Medicine™ clinic practitioners can advise you on the best way for you to resolve your inflammation and joint pain. Being able to move without pain means you can keep doing your favourite exercises and keep heart disease and diabetes away too.

## Is stretching your back in the morning a good idea?

Did you know that our spinal discs swell overnight? That is why we are taller in the morning than the evening. If you have disc related back pain then this could be a reason why it can be worse in the morning when you wake up and is also the reason why flexing the lower back (bending forward) first thing in the morning is not ideal.

The best bet is to wait until you have been up and about for at least half an hour but preferably an hour before doing those forward bending stretches.

If you want to find out more about disc injuries and back pain head over

to the blog on our website, [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz), there is lots more information there.

Elevate Chiropractic, Shop 1, 10 Greenhithe Road. Phone 09 413 5312.

## Loose dentures? Never fear, same day service is here

Don't wait days or even over night to get your loose dentures fixed. Here at DT Denture Clinic we offer a same day service. We can offer this service as we have an in-house laboratory. We don't need to send your denture across town or even overseas! It's all done on premises. The great news for you, is that you do not have to wait overnight or even longer for your dentures.



When you have a denture made, the fitting surface of the denture is a duplication of what your mouth looked like at the time you first had them made. Over time the bone beneath the gum shrinks and this makes the denture loose. A relines is where we renew the fitting surface, updating it to what you have presently, this helping minimizing the looseness and helps prevent likelihood of embarrassing breakages. Call through for a free consultation DT Denture Clinic 09 416 5072.

## Spring is in the air

Which means allergies are too... common symptoms of eye allergies include watery/itchy eyes, redness and even a burning sensation and can be caused by:

- Outdoor allergens, such as pollens from grass, trees and weeds.
- Indoor allergens, such as pet dander, dust mites and mould.
- Irritants, such as cigarette smoke, perfume and diesel exhaust.

The good news? All of these symptoms are treatable here at Westgate Optometrists! Simply phone us on 09 831 0202 to arrange a consult with one of our therapeutically endorsed optometrists. Located at 1/7 Maki Street, Westgate Shopping Centre. Just around the corner from Robert Harris Café.



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\*T & C's apply see the website for details



# Area Columnists

## Wrestling with debt?

Life is tough- and even more so when we are fighting financial worries.

Contact our Helensville Citizens Advice Bureau for an appointment with a budget adviser.

This free service is available for those needing to manage their debt or understand their finances and repayments.



Two successful cases involved clients who did not understand their loans. Their finance companies may have failed to comply with the Responsible Lenders Code- not explaining the loan or the clients feeling pressured into taking out the loan. Both clients were overwhelmingly relieved in having their debts removed so that extra money could pay for other family needs.

Several families have also been helped to reduce their debt by creditors refinancing over a longer period or reducing the amount owing to a win-win for both parties.

One client was helped for 8 months to reach a burden-lifting conclusion. Help with employment issues is also available including what to put into an employment contract or understanding contracts.

Book for an appointment on 09 420 7162 or email: cab.helnv@xtra.co.nz for more information.

Caption: Ease your employment concerns or financial worries by visiting the Helensville Citizens Advice Bureau.

## Penk's Pen

I've previously commented here how much I enjoy representing this community locally but my role also includes considering such controversial

issues as euthanasia, abortion and recreational drugs. It's unprecedented that a single Parliamentary term features so many tough issues. It's certainly a baptism of fire for me personally.

These matters are almost invariably "conscience votes" in Parliament, meaning that each MP makes his or her own decision free from a party position. My responsibility is to represent the whole electorate – blue or red, rich or poor, conservative or liberal, weak or strong – and I take that very seriously.

First, I acknowledge openly that, like everyone, I have a philosophical starting-point for considering these matters. In the case of recreational drugs, it's the danger of addiction for young minds. In the case of euthanasia, it's a fear of coercion for our neglected elderly. In the case of abortion, it's balancing the right of a woman to protect her own health and that of her unborn being (a "foetus" or a "baby", as you wish) developing continuously towards birth.

I've been upfront about these issues whenever asked, from the 2017 election campaign onwards, but I also welcome constituents' views, as these can challenge or confirm. I can't ultimately satisfy everyone's wishes – as any given vote will please some and displease others – but I can and do take all viewpoints seriously.

As with any human endeavour, consultation is not a perfect process and I'm particularly wary of binary questions about complex issues. For example, polling ostensibly on the End of Life Choice Bill cannot be considered reliable when catch-all euphemisms such as "assisted dying" are used, given this can variously mean palliative care, standard pain relief or (as the Bill seeks to introduce) euthanasia and assisted suicide practices.

I remain happy to meet with any constituent to discuss any issue so please keep the contact coming!

## Screen time: Should I? Shouldn't I? What is too much?

Lately we have had a number of parents approach our teachers asking questions or advice in regard to screen time. Questions such as "what programmes/apps are appropriate for my child?", "how long should they have each day?", "should my child have their own device, as I don't want my child to be 'behind' when they go to school", "will a device help them to learn?" – are just a few of those asked.

Naturally there is information in abundance out there in 'internet land', offering you a multitude of advice and recommendations; however, you may find a lot of conflicting opinions, which leads to more confusion rather than clarification.

So, who DO you listen to? Who can you believe? Our advice in the first instance would be to reflect on your child's behaviour and ask yourself, 'have their sleeping patterns changed? Are they listening and interacting with you and others regularly? Does the technology seem to preoc-



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# Area Columnists

copy their thoughts... etc.' Above all, trust your parental instincts!

From our perspective as educators, we have our own thoughts and beliefs around children's use of technology, and this is reflected in our values as a Centre. Firstly, as most of us are parents ourselves, we understand the complex and frequently difficult task of parenting. Often, we allow children to use devices and/or watch tv as a distraction, so that we can get through the jobs of the day without interruption.

Within the need of finishing these jobs, it seems we are always rushing – rushing to get ready in the mornings, rushing to get to work, rushing from work to pick up the kids, rushing home to get dinner ready, rushing to get the kids to bed so that they get a good night's sleep, (and we get 'adult' time). Do we ever stop to wonder why we rush so much? What would happen if we slowed down, spent time with our loved ones, and involved our children in the routine jobs, say get them to help prepare dinner, or feed pets. All children really want is our attention, and if we replace our attention with screen time, it can reduce their desire to interact with real people. Research has shown that interaction and relationships are fundamental to a child's developing social and emotional competence (Berk, 2009), so we can safely assume that an abundance of positive 'human time' will promote healthy development. All children really want is our attention, and when we give children screen time, it takes them away from that feeling that they just want to be with us. It is through human connections that the developing brain constructs neural pathways and foundations that create the life perception of every child.

We all know how seductive screens are to young children, the catchy fun tunes, funny pictures and vivid colours all serve to captivate and mesmerise innocent minds. It is not hard to see how a 'screen world' has the power to overshadow a 'real world' if left unchecked.

This is not to say that screen time is unhealthy or negative: it is the amount of screen time allowed, and in some cases, the content of what is accessed that creates issues. We cannot escape the reality of technology in today's world – and the fact that it is growing exponentially every day, but we can limit the time our children have access to it.

The million-dollar question is how do you enforce changes to screen time? There are a number of strategies you could try – going cold turkey (prepare for the emotional storm that follows), prohibiting use during certain times of the day, for example early morning before school/day care, or even having 'screen free' days. All these scenarios will no doubt invite strong resistance from your child, but just think - this is where you get to experience their incredible skills of persuasion and persistence, not to mention Academy Award winning dramatic acting!

On a more serious note however, use of screen technology first thing in the morning has been attributed to children's lack of learning engagement throughout the remainder of the day, with a number of teachers noting that children may sometimes take longer than usual to settle into the spontaneity of play-based learning with their peers. As adults, we are more able to regulate and respond to changing environments, but remember, these are skills we have acquired – they are not inborn.

Child development researchers cannot emphasise more strongly how important it is for our young children to enjoy responsive and caring relationships with parents, whanau, or significant adults. Development occurs through experiences and experiences influence development. So, getting back to our dilemma – how can we convince our child that we DO love them and care, whilst taking away the thing they love to do?

An important part of the journey is to involve your child, and by this we mean have conversations with your child about technology; how it has a



## A GOOD BEGINNING LASTS A lifetime

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# Area Columnists

place in the world, but there are other things in life that are important too. You could join your child when using a device and make connections to the natural world by looking up outdoor play parks for example, and then physically visiting one. Children are naturally curious and love to discover things, and if you are with them, imagine their delight when they can show or tell you of what they see! Your child will enjoy real experiences through all their senses and hopefully their need for technology and screen time will diminish.

It is also necessary to be firm and consistent; don't say one thing and let actions give another message. The only thing this does, is frustrate and confuse your child. "So I can go on the iPad when you sleep in, but not when you get up before me?"

Also, it might be a good idea to find a 'replacement' activity. Getting outside is always a great option, and if you have read any of our articles in the past, you will have heard some of the amazing benefits that being outside does for children, well anyone really! You might like to have a brand new book, colouring book, pens/pencils, make some playdough on the weekend (this keeps for a long time if kept in a zip lock bag), just until the adjustment period is over, and don't worry ... it will! In fact, anything at all that sends the message "I value you, I like being with you, I am interested in what you have to say, and I love hearing your stories", will help with the adjustment.

Keep affirming your love for your child, and reinforce that it is not because of any wrongdoing on their part, but that you know (because you read it) that too much technology will not help them to grow because their brain needs other things. Acknowledge their frustration, anger, and other feelings, and talk about these emotions with your child. Another important aspect of child socio-emotional development is being able to give a name to a feeling, so this time could be another opportunity to

share in your child's learning, by helping them name their feelings and linking appropriate physical responses. Your messages of "I value you, I hear you, I get you", will be heard, even if initially it seems that your beloved child has disowned you! Kia kaha, be strong – your child will be an adult before you know it, and they will thank you for your strength, commitment and unconditional love then and now!

"Although children's "outsides" may have changed a lot, their inner needs have remained very much the same. Society seems to be pushing children to grow faster, but their developmental tasks have remained constant" – Fred Rogers

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With over 25 years of experience, Country Bears is the name in childcare that you can trust! We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another generation.

Please feel free to come and have a look at our beautifully placed Centre with our professional and caring team of teachers. Check us out on our Facebook page: [www.facebook.com/cbearsec](http://www.facebook.com/cbearsec).

## Phelan's Local Board update

Three years have zipped by and by the time you read this Council elections will be in full swing.

It's a perfect time to reflect on the achievements and disappointments of this term.

Starting with the disappointments. The main one would be the failure to get a train service established to Huapai. We investigated this as part

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# Area Columnists

of the Rodney Transport Targeted Rate however the \$18.7 million set up cost and the \$5.5 million annual operating costs were more than the targeted rate raised across the whole of Rodney. It became clear to us that this was a service that needed to be funded by central Government via NZTA and KiwiRail in partnership with Council just like all the other rail services across Auckland.

The current Government is investigating Light Rail to Kumeu which would be fine, but confusing messages have come out about this and it's not clear whether it will actually happen as the project is not fully funded. We will continue to push the issue because as I've said in other columns a mass public transport system is urgently needed for our area and it can't wait ten years!

The other disappointment would be the slow progress on improving safety on our roads. Rodney has the highest rates of deaths and serious injuries in Auckland, that's an appalling toll on our locals. The Local Board has worked with NZTA and Auckland Transport and changes are coming in 2020, they can't happen soon enough.

The Local Board's primary role is to manage and develop our parks and community facilities with a \$20 million annual budget for Rodney.

We have started delivering on the Kumeu & Huapai Centre Plan with a new Arts Centre in Kumeu along-side the Huapai Hub which when completed later this year will create a central gathering space for community events.

The \$22 million Huapai Indoor Courts facility is now having a business case developed with construction targeted in 2021. Huapai & Riverhead playing fields have seen millions of dollars of investment to allow all year-round play. New playgrounds have been finished in Muriwai and Huapai and both Huapai and Riverhead have more in the pipeline to cater to our growing population.

On the environmental front we started a grants fund to work cooperatively with farmers to dollar match their investment in riparian planting and fencing. This is aimed at improving water quality into the Kaipara Harbour which struggling with nutrient and sediment runoff. By the middle of next year \$1.5 million will have been invested in making our waterways cleaner.

We invested funds into a Small Building/Business Sits ambassador program to help sort out poor building practices in our growth areas. 200 abatements notices and over 60 infringements were issued this year.

Our biggest issue, transport infrastructure. We have invested millions into new footpaths in Riverhead and Huapai, and there are more to come.

The long-awaited bus service through Riverhead started two months ago and was delivered with unprecedented speed using the Rodney Transport Targeted Rate. Even in this short time the use has exceeded expectations vindicating our decision to bring forward investment using the Targeted Rate. Work is now underway on Park'n'Rides for Kumeu and Huapai and we expect to see progress on this next year. If the new Local Board decides not to continue with the Targeted Rate then the Park'n'Rides, footpaths and bus service will cease.

You can find our achievements report by googling 'Rodney Local Board



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# Area Columnists

Achievements'.

There is much more to do and the struggle to deal with our continual population growth is relentless. This term the Local Board has been able to work together to make quick decisions, focus on getting the basics right and put in place plans and budgets that make the most of the opportunity's growth brings. To continue to do this we need a team that will work on the core things the Local Board is responsible for and make the tough decisions required to prioritise funding where it is most needed – in our growth areas.

It's been an honour to serve the community over the last six years and I am standing for re-election with a group of people who will be able to take us through the next three years with the same professionalism as the current Board.

You can contact me about council related matters on either; phelan.pirrie@aucklandcouncil.govt.nz or 021 837 167.

## What is a digital footprint?

Your digital footprint is the trail of 'electronic breadcrumbs' you leave behind when you use the internet. It can include the websites you visit, the photos you upload and your interactions with other people on social networks. These footprints may be there permanently.



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for the wider world. In short, it pays to think before you put any kind of personal information online. Think about who could see the content, especially if it's shared beyond its intended audience – family, friends, peers or potential employers.

The risks include online bullying, blackmail from shared images, publishing your personal or business information, and harm to your reputation such as loss of employment. So...value your personal information, be careful about what you post and share, think about your online privacy, security and risk to your reputation, and consider how your online activities may affect you and those around you. To read the full article go to [netsafe.org.nz](http://netsafe.org.nz).

## Teaching kindness and giving at Kereru Kindy

In a society based on "getting", we want our tamariki to know the wondrous joy of giving. Recently the children came up with the idea of setting up a community pantry here at number 10 Oraha Road Huapai. This experience has provided them with an authentic and genuine experience of giving. We believe helping our children experience the happiness that comes from giving to others, is probably one of the most valuable ways in which we can nurture their generosity. It sets off this positive cycle: Giving makes people happy and happiness promotes giving.



Please do make sure you visit our community stand if you are in the area, and help yourself or contribute to the goodies provided within the pantry.

Whiria te tangata – weave the people together.

Debbie Pitout, Centre Manager, Kereru Kindy, 10 Oraha Road, Huapai. Phone 09 412 2624. [www.kererukindy.co.nz/huapai](http://www.kererukindy.co.nz/huapai).

## When is your career only half yours?

When you're in a relationship you make decisions as if you always will be a team, like putting your career on hold to raise the kids. But what happens when it's all over, and "team spirit" is in short supply?

A lot has been happening in this area of law that you might like to know about. In this article we talk about a landmark decision of the Supreme Court that has shaken things up by taking real steps to even up the finan-



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# Area Columnists

cial positions of parties to long relationships.

Scott v Williams was a case about two lawyers, a husband and wife, who decided that one of them would stop working to run the household and care for the couple's children, and the other would keep working full time as a lawyer. Eventually the career-partner became a partner in his own firm. When they separated, of course the career partner had the ability to earn a very high salary, whereas the stay at home partner could earn only a small fraction of what she would have had if their roles had been reversed.

While they were a team the division of roles worked well for them both. But the effect of their roles was that he ended up with a valuable asset, and she didn't.

When the case got to the Supreme Court, the judges dusted off a law that had fallen into disuse (Section 15 of the Property (Relationships) Act 1976). They decided it wasn't a "just division" of relationship property unless the stay at home partner got a return on the years of investment in the other partner's earning power. The result was to increase the stay at home partner's share of their relationship property...in that case by over \$500,000.

Now if that doesn't seem fair to you, if you've been burned in a previous relationship break up, you might want a 'prenup' (or contracting out agreement). You may wish to "contract out" of the law so that your beloved knows you will only enter a relationship if at the end of it you can take your full earning power and if they've stunted theirs (by caring for your children), that's tough.

Or you could accept that if you're building a family and you go onwards and upwards with your career and your partner goes backwards in theirs, there will need to be a rebalancing if the relationship doesn't go the distance.

Or after an honest discussion, you could come up with your own agreement about how you would compensate the non-career partner for the effects of how you plan to divide the roles (and record it in a prenup).

Whichever way you'd like to go, the right legal advice is essential. If you're wanting to talk about a contracting out agreement, you're dealing with a claim for a disparity under Section 15, or you should be making a claim, call us for expert advice.

Your friendly local lawyers – Taina Henderson 027 537 9222, Shelley Funnell 027 537 9221 and the rest of the team on 09 281 3723.

## Framework Plan for Kumeu and Districts

Planning for the Kumeu & Districts' future is not up to standard.

The Auckland Council, through the Unitary Plan, expects to accommodate up to 35,000 residents and has identified a 'Future Urban' zone.



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# Area Columnists

The Kumeu-Huapai Residents & Ratepayers Association (KHRRA) waited until the NZ Transport Agency outlined its future transport options, including a bypass, before progressing meetings with officials.

1. The Operative Unitary Plan identifies the 'Future Urban' area as a holding zone (with rural use category) until a Structure Plan is completed by the Auckland Council.
2. The council won't start progressing a Structure Plan for another seven years.
3. The Special Housing Areas (SHAs) at Station and Orahia roads, a National Government response to create an operative housing zone, had limited community involvement in planning, so the wider community effects weren't considered.
4. Housing areas in the SHAs and operative Rodney zone in Huapai North have not provided an increase in transportation options to accommodate growth.
5. The SH16 safety upgrade isn't designed to increase traffic flows, just widen the highway and make it safe.
6. A roading & bypass option made public in July could be at least 10 years away.
7. The final alignment will define land taken for roading and the relationship to 'Future Urban' growth.
8. The 'Countryside Living' zone is being subdivided without consideration to how that zone fits with the 'Future Urban' area.
9. Pressure has come to accept private plan changes to force 'Future Urban' zoning to be made live, continuing without an overall 'Framework

Plan'.

10. There is no 'Framework Plan' to indicate the type of land use option for the 'Future Urban' zone or adjacent land for the various housing zones or industrial land or to outline housing densities.

11. A 'Framework Plan' will guide other Government agencies deciding locations over schools and transport options including rail.

12. People must have a say in how they want the area to develop, best formulated by a community-led 'Framework Plan'.

13. We can either wait seven years before council planners start future planning work whilst allowing adhoc development in the interim. Or a community-led team of professional and business leaders could help produce our own plan.

The 'Framework Plan' is a non-statutory plan which doesn't change the zoning but outlines the direction of growth, density and timing.

It gives an indication of Government agencies' ideas the council can follow with a Structure Plan - a statutory process for zone changes to be undertaken by the council.

The above thoughts are my own and not necessarily the thoughts of the Kumeu-Huapai Residents & Ratepayers Association. Pete Sinton - Phone 09 412 2016, email [petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz).

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# Area Columnists

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"...Before Kip McGrath I was struggling to help my daughter understand some of her school work resulting in both of us being frustrated." Mrs P  
 "... We cannot thank you enough for helping our son. His latest report was the best he's ever had." Mr & Mrs G

"... Her report did reflect the extra tuition and her teacher did see a great change in her confidence and achievement." W

"...I am so grateful for the support that Kip McGrath has given my son. His progress has been well noticed by his school." Mrs H

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