

**kumeu**

# Courier

FREE monthly community magazine for Kumeu & districts

**EVENTS AND UPDATES  
SPARKING MEMORIES**

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

**MEDICAL CENTRE OPENS**

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September 2020



## Greetings

It's been a COVID-19 disrupted year.

The latest round of alerts and associated restrictions appear to have set some projects, works and businesses back even further.

Lost economic activity has cost \$440 million for every week Auckland has been in level 3 and the rest of the country in level 2, according to an ASB Bank report.

That impact is being felt here too with many businesses struggling, although projects like the multi-million-dollar Kumeu Central (see Kumeu Courier March 2020 and this issue) are managing to keep going.

And events such as a meet the general election candidates' session moderated by Te Radar at St Chads Church in Huapai has been delayed until at least September 1.

The election has been pushed out to October 17 – although early voting can start from October 3.

Decisions have to be made whether many other local events can continue – including those planned for September and October.

Further help for businesses has come with the wage subsidy scheme extended for eight weeks, applications closing September 1.

Many learned after the first COVID-19 related restrictions how to adapt and cope, but it's still a hard crawl back for some, which is where supporting local businesses becomes important.

The film industry got an earlier \$230 million boost, mainly because movie demand increased with confined people watching streaming services like Netflix. The funding was expected to help with productions like the Avatar sequels and Amazon's The Lord of the Rings.

That kept things going, to some degree, in the West Auckland film industry.

And to make matters worse, Auckland is expected to continue with drought conditions this summer – see the Kumeu Courier August editorial on this.

Winter rain hasn't been sufficient to help fill dams like those in the Hunua Ranges which provide about 60% of town supply.

And unless you have plenty of tanks, those relying on rainfall only could find themselves short and needing to top up later. If water tables drop it might pay to keep watch on bore supplies as well.

Mind you, after being cooped up under COVID for much of this year I'm looking forward to getting out in some sunshine and seeing people.

Geoff Dobson, editor



# What's inside

- 3** People & Places
- 7** Safer Communities
- 8** NorthWest Country
- 10** Community News
- 12** Lollipops Kumeu
- 14** In brief: Updates
- 16** Property News
- 18** Property Statistics
- 20** Property Market
- 22** Home & Garden
- 24** Landscapes
- 26** Central's Tips
- 28** Build New
- 30** Pets
- 32** Food & Beverage
- 34** Health & Beauty
- 36** New staff member
- 38** Happy feet
- 40** Area Columnists
- 42** Local Board Update
- 44** Sayers says it
- 46** RMA

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# People & Places

## Red Hills Medical Centre opens

Red Hills Medical Centre is a family oriented medical practice with Dr Sasha Baijnath as the owner/director.

Sasha immigrated from South Africa with her family in 2006 and has provided long-term locum services to many practices in the Waikato and Auckland region.

She has decided to open her own practice as she recognises the need for GP services and would like to establish a long-lasting relationship with the patient.

Patients will be empowered to manage their health issues, while Sasha offers dedication, affordability, accessibility, professionalism and a team approach to make this possible.

It is a modern, spacious, high technology practice, located conveniently at the Red Hills Shopping Centre on the corner of Don Buck Road and Red Hills Road in Massey.

The practice staff comprises Sasha, a practice manager, nurse, healthcare assistant and receptionist.

The practice offers:

- A full range of general practice services including nurses' services.
- Opening hours 9am to 8pm except for Wednesday 9am to 5pm.
- Affordable, low co-payments with children under 14 free.



-No appointment is necessary, but you can book an appointment if you prefer.

-Same day prescriptions available.

-Virtual consults, home visits and COVID-19 testing by arrangement.

- Free and ample parking.

- The practice is wheelchair accessible.

- Patients will have the option to sign up for the Manage My Health portal where online appointments can be booked, lab results can be checked, and other documents can be viewed

The team at Redhills Medical Centre endeavours to provide excellent primary healthcare and is open to suggestions from members of the community on how to best serve them.

The practice is affiliated with comprehensive Care PHO whose aim is optimal health for all.

Phone 09 832 2999 or admin@redhillsmc.co.nz for more information.

View online via HealthPoint on the following [www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/redhills-medical-centre](http://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/redhills-medical-centre).

## Hand sanitiser still needed

Waimauku Pharmacy has introduced a 'Pocket Rocket' version of locally produced HANZ W.H.O. Formulated Sanitiser which continues to be the 'must have' personal protection against COVID-19.

It's a refillable 50ml handy spray that fits perfectly into a pocket, purse, schoolbag or glovebox so people can have their own premium



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# People & Places

protection at hand rather than having to touch a community shared bottle.

The HANZ solution has had many recent converts, especially following press reports outlining seizures of dubious overseas manufactured sanitiser and erroneous statements on labels.

That, coupled with the fact that the gooey mess a 'gel' solution leaves as opposed to the instant elimination and evaporation of HANZ solution leaving your hands fresh and clean without any side effects.

Gels' preservatives and fragrances offer little medical benefit in eliminating COVID-19 and have been shown to inhibit the efficiency of the solution. See [www.sciencedirect.com/science/article/pii/S0273230014000956](http://www.sciencedirect.com/science/article/pii/S0273230014000956) for more information.

HANZ and Waimauku Pharmacy have a local community special offer on the set of four by 50ml Pocket Rockets and a 500ml refill bottle, normally \$55 but on special at \$45 to help assist the Northwest community to have the best possible safeguards in place.

The pharmacy also has a range of disposable and reusable face masks and visors, along with expert advice.

Waimauku Pharmacy is now open seven days a week, or order online with delivery to your door.

Visit [www.HANZ.nz](http://www.HANZ.nz) or [www.waimaukupharmacy.co.nz](http://www.waimaukupharmacy.co.nz) for more information.

## First live and work site for sale at Kumeu Central

A mixed-use development site comprising 5211 square metres is offered for sale in the new Kumeu Central project.



Colliers International is marketing 22 Papatupu Way in a development which provides a mix of retail, office, mixed-use and residential lots, positioned in the town centre.

This exciting part of Kumeu Central has resource consent and building consent issued for 22 commercial live/work units.

The units comprise 56.5sqm of commercial space downstairs and a 68sqm two-bedroom apartment upstairs, complemented by two carparks per unit.

Separate entrances and amenities on both the ground and first floor

offer the opportunity for future purchasers to lease out either floor.

The units have been designed to be fee simple (freehold) with the ability to split titles between each floor.

Expressions of interest close on September 10 (unless sold prior).

Comprehensive due diligence information is available via an online data room.

The mixed-use site is part of a multi-million-dollar development at 94-104 Main Road in Kumeu within an easy walk of town centre shops, cafes, restaurants, supermarkets and more.

Visit [www.colliers.co.nz/p-NZL67011730](http://www.colliers.co.nz/p-NZL67011730) or contact agents Craig Smith on 09 416 1899, 021 490 580, email [craig.smith@colliers.com](mailto:craig.smith@colliers.com); or Caroline Cornish 09 357 8630, 021 390 759, email [caroline.cornish@colliers.com](mailto:caroline.cornish@colliers.com) for more information.

## Help for mum with terminal cancer

The Northwest community is rallying to help mother-of-two Jasmin (Jaz) McArdle who has terminal brain cancer.



The Secret Garden Preschool in Huapai which Jasmin's eldest daughter Kit attends has raised more than \$40,000 so far.

And a Givealittle page established by Jasmin's Australian-based family has gained nearly \$70,000 towards providing Jasmin and children with home care in Riverhead and pay medical bills so husband Joe can continue to work and provide support as well.

COVID-19 restrictions have meant Jasmin's family have been unable to come to New Zealand to help.

Jasmin only learned she had terminal brain cancer after suffering headaches following the emergency birth of her second child Teddy earlier this year.

A scan in June revealed she needed surgery for glioblastoma stage 4, an aggressive form of brain cancer.

Following the surgery, Jasmin learned her condition is terminal.

When The Secret Garden Preschool heard this, owner/operator Jodi Walker and teacher Vanessa Peterson immediately arranged with volunteers to organise auctions and other fundraising.

### Graham McIntyre

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# People & Places

At least 100 people and businesses donated items for the online auctions, the response heartening for all involved, especially as Auckland returned to COVID-19 level 3 restrictions with many businesses struggling in the uncertain times.

Jasmin has been receiving chemotherapy and radiation treatment, visiting hospital regularly.

Givealittle page creator Jamie Barker says the support will help Jasmine and her family buy more time and help in caring for the family.

"Jaz is a bubbly, vivacious, generous and caring human. She's the life of the party and the one who always makes the effort to keep in touch and see how everyone is going."

"Jaz has now had two major surgeries in two months, her body has had an absolute battering. She should be ecstatically enjoying motherhood with her beautiful baby, instead she is facing all of this in isolation."

Jamie says Jasmin is doing well in the circumstances, with her positivity shining through, and that reducing stress is one of the key strategies all of her medical and holistic experts have demanded.

Jasmin has been given about 12 to 15 months.

Contact [vanessa@thesecretgardenhuapai.co.nz](mailto:vanessa@thesecretgardenhuapai.co.nz) or Givealittle ([www.givealittle.co.nz/cause/help-my-sister-and-her-family-buy-more-time-health?fbclid=IwAR3n866BiQoGkH36l0pM1sh8B3dyNIRteNloL7Vo45aXqiFRFPUU5j8PIWU](http://www.givealittle.co.nz/cause/help-my-sister-and-her-family-buy-more-time-health?fbclid=IwAR3n866BiQoGkH36l0pM1sh8B3dyNIRteNloL7Vo45aXqiFRFPUU5j8PIWU)) - the page open until October 15 - if you can help.

## Kindred Family Services formed

Two key social agencies are joining forces in the belief that by weaving their resources together they can better support the local community.

The Kia Tīmata Anō Women's Refuge and the Helensville Women and Family Centre have merged and will be known as Kindred Family Services.



Executive director Ana Christmas is excited by the new name which she says not only speaks to the sharing of values and mission at the heart of the two organisations, but also to the importance of

relationships and building trust.

"Our focus is on providing safe and nurturing experiences for people to grow and heal and 'Kindred' is a word that we can really make our own as we help people weave a new story for their own futures and the future of our community."

The new name and brand will be rolled out later in September.

Helensville Women and Family Centre clinical manager Nelene De Beer stays in that role under the newly merged organisation.

"The women's centre has been a huge part of the wider Helensville area for over a quarter of a century," she says.

"So, it'll take some time for people to get used to our new name, but what won't be changing are the amazing people who are part of our team and their commitment to helping people overcome life's challenges and becoming thriving members of their community."

Both organisations work with people and families in the wider Northwest Rodney and South

Kaipara areas, including Riverhead, Kumeu, Muriwai, Waimauku, Helensville and up to Glorit.

As Kindred Family Services they'll continue to offer subsidised counselling, Family Support, programmes such as Seasons for Growth which helps children experiencing grief, and support groups for both men and women experiencing violence.

Also continuing will be Kia Tīmata Anō's secure safe house which last year provided sanctuary and refuge for 14 women and 18 children.

"Our refuge is vitally important and always will be, but what we hope with this merger is that by helping more people with counselling, advocacy and other wrap-around supports we'll help people avoid the sorts of stresses that can lead to family violence in the first place," explains Ana.

In a climate where so many charities have to work hard for funding, the merger will mean the organisations have greater financial stability and can grow sustainably to help even more people.

The two organisations have worked alongside each other in various ways over the years, most recently as two of the key players in the formation of the Kai Collective, a foodbank set up during the first COVID-19 lockdown.

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# People & Places

"The Kai Collective is a great example of how, in a time of crisis, we can find a way to harness the spirit and resources of our community and it's been such a privilege to see the very real and positive changes the food parcels are making for people who are doing it pretty hard right now because of COVID," the two say.

Visit [www.kindredfamilyservices.org.nz](http://www.kindredfamilyservices.org.nz), which should be live later this month, and in the meantime go to [www.hwfc.co.nz](http://www.hwfc.co.nz) for more information.

## Tribute to Ross Dallow

More than 800 people farewelled former West Auckland police chief Ross Dallow at his "second home" in The Trusts Arena, Henderson.



Ross, who died aged 82, was respected for his athletics involvement, race relations work and his role as a local government politician and policeman.

His motto was "in sport, out of court" and he helped put many on the right path, his service heard.

Son and television personality Simon Dallow says an "honest" book about his dad, called 'Larrikin, Lawman, Legacy' is due out soon.

A West Aucklander most of his life, Ross had a close association with the Northwest and hit his first hole-in-one at the Muriwai Golf Club - that green long since claimed by the sea.

Born in 1937, Ross quickly found a niche in sport while at St Peter's College in Grafton.

He went on to become a sporting great in athletics, winning the New Zealand under-19 men's discus in 1956. Gold medal winning decathlete Roy Williams and former weightlifter and New Zealand Olympic selector Bruce Cameron outlined Ross's sporting achievements.

He coached athletics for more than 30 years and received the West

Auckland Legacy Award at the 2015 Sport Waitakere Excellence Awards for his role.

Athletics New Zealand paid tribute to his work in that field.

Bruce reckons Ross could have represented New Zealand at one or more Olympics but by then had embarked on a 36-year career with the police.

He was in Assistant Police Commissioner Gideon Tait's Task Force which worked to contain violence in central Auckland during the early to mid-1970s and was in the Red Squad during the Springbok tour protests but became appalled by some of the actions taken to quell protest, the service heard.

That helped influence his move into improving race relations in Auckland, particularly in communications with Maori and Pacific Island leaders.

Former Maori minister and assistant race relations conciliator Sir Pita Sharples who helped establish the Hoani Waititi Marae in Glen Eden and worked with Ross in race relations recalled several incidents in which they were involved.

Ross, who was honoured for his community and police work on many occasions, will leave the legacy of The Trusts Arena, which Simon says was Ross's "second home".

He led the Waitemata Amateur Athletic Club to develop its own indoor stadium, dubbed "the old red shed" before it was redeveloped into The Trusts Arena and the Douglas Track and Field facility.

His vision for a community facility resulted in many people passing through the stadium and becoming involved in sport.

Ross was also recognised for his police work in assisting with body recovery at Auckland University School of Medicine following the 1979 Erebus air crash disaster.

He later served on the Waitakere City Council, the Henderson-Massey Local Board and was a long-standing Waitakere Licensing Trust board member, chairing it for eight years.

Tributes have poured in both locally, nationally and internationally.

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# Safer Communities



The Waitakere Volunteer Fire Brigade went back into operating in bubbles to be able to safely respond to incidents while Auckland was at Alert Level 3. This meant no training or social activities at the station, but we could respond in our bubbles to any calls for assistance.

The station has also been doing its part in saving water by switching over to the 50,000 litres of water supply we have stored for emergencies. These tanks are filled from the stations roof rain so at this time of the year we can fill the fire trucks up after each call out.

Chances are, you have got dozens of appliances scattered around your home. Each of these devices carries a fire safety risk.

Here are some tips for using appliances safely.

## Appliance

- Turn off appliances at the wall when not in use. If practical, unplug them at the wall as well.
- Keep all electrical appliances away from

water.

- When buying second-hand appliances, ensure they have been tested by a licensed electrician or gas fitter, and have been certified as safe.
- Do not place fans, heaters, televisions, or other electrical equipment in areas without good airflow, as they may overheat.
- If you are worried about the condition of any appliances (like electric blankets, heaters, air conditioners or fans), have them checked by a qualified electrician.

## Leads and cords

- Do not overload multi-boards. At most, plug in one appliance per wall or multi-board socket.
- Never plug an adaptor or multi-board into another adaptor or multi-board.
- Make sure leads and cords are in good condition and not frayed.
- Never put extension cords under carpets or mats and avoid using them while they are tightly coiled.
- Ensure furniture does not rest on top of

electrical leads.

- Remember that extension cords are not designed to be permanent replacements to your home's internal wiring.

Also, if you are having problems with your smoke alarms going off with steam from cooking or bathrooms then change them to Heat Alarms that are activated by heat from a fire.

Keep safe



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## Help for those in pain

Osteopathic Natural Health, like all other allied health care practices, has once again had to close under COVID Level 3.

"The general stress for people is real", says Osteopathic Natural Health principal David Baskeyfield,

"Nobody has escaped the disruption. We especially feel for those people carrying injuries at this time for whom which their treatment has been interrupted."

His co-principal Jeannie Baskeyfield adds; "The elevated stress levels for people means increased demands on all aspects of their bodies. This often manifests as physical pain and can be difficult to manage."

Osteopathic Natural Health implemented a full Telehealth solution during the first

lockdown and, whilst not a replacement for a face-to-face consultation, this has proved very useful in helping tip the balance for people to manage their pain and symptoms.

Using the online booking system to make a Telehealth appointment, the system will email patients a unique link for access to the consultation at their booked time.

"You will need a computer with a microphone and video camera, a reasonably fast internet connection and somewhere quiet in the house to have the consultation," Jeannie advises.

"During your Telehealth consultation we will take a thorough case history and we may get you to do some simple movements," she says.

David and Jeannie will be able to offer and discuss a working diagnosis, lodge an ACC claim - if applicable, present advice on how to manage your presentation, recommend specific exercises and stretches for you



to help manage your symptoms and will email you this information.

David says; "This is all aimed at helping you survive until we can open again for physical appointments under Level 2."

Level 2 was due to take effect in Auckland from midnight Sunday August 30.

Jeannie concludes; "We cater for all members of your family and offer comprehensive, professional and effective help for all aspects of your well-being. Please take care and stay safe."

Visit [www.osteopathicnaturalhealth.co.nz](http://www.osteopathicnaturalhealth.co.nz) or search Facebook for more information.

## Smashing Promotions' good ideas

Mark Adcock's promotions company in Waimauku Village 'brands anything legal' from apparel, marquees and mugs to the sides of trucks!

Since COVID struck, his business - like almost everyone else's - has had to adapt and diversify.

Teaming up with Waimauku Pharmacy, Smashing Promotions has thrown itself into new territory sourcing and supplying quality hand sanitiser HANZ, [www.HANZ.nz](http://www.HANZ.nz), the WHO formulation (the non-gel one) for customers.

"We've got the option of branding the HANZ bottle, we can also supply in one litre size bottles or small purse size bottles (Pocket Rockets)," Mark says.

"It's a very relevant and well received promotional product for everyone, in all walks of life. We can also supply masks and face shields in bulk. It's worth thinking about, as we'll all be using hand sanitiser for some time to come."

A large part of Mark's promotions business is sourcing and providing apparel, but communities are finding the money just isn't there.

"I've been thinking a lot about how I can help not-for-profit organisations like schools and sports clubs.

"Often schools can't afford their sports apparel at the best of times, let alone during this rocky economic time. I've devised a system called SubHub, [www.Subhub.nz](http://www.Subhub.nz), which finds corporate sponsorship to help with costs, often paying for entire team uniforms."

SubHub has kitted out Matua Ngaru School sports uniforms, with Waitakere Netball, Helensville Primary School, Huapai District School, Massey Rugby Club and many more pending.

"The kids absolutely love their new gear and even all the sponsorship names," Mark says.

"Off-the-rack uniforms often don't fit, as sometimes kids need bigger or smaller uniforms. We make sure to fit out everyone, so no one gets left out."

Mark says it's a very simple process. "I find the sponsors wanting to contribute to their community, I put them together with the teams who needs them. It's a win-win."

Mark has also developed another fundraising

option.

"Fundit ([www.Fundit.nz](http://www.Fundit.nz)) is a fundraising system I've devised. Put simply, if your club or organisation is in need of fundraising I provide a 'pop-up' shop facility online. It's super easy, you choose from a range of products we supply...from car wash kits to tee shirts and tea towels. (You use our art work or yours or the kids).

"All you have to do is choose the products and spread the word, we do the rest. I call it the no-sausage-sizzle system."

Another of Mark's ideas relates to Muriwai Beach. "We need Muriwai specific gifts and merchandise as local shops don't carry giftware or apparel anymore. So I've developed Muriwai.smashingit.nz, which is an online store.

"The range of products include apparel, hats, hoodie-towels, tea towels, sunglasses, fridge magnets, mugs, glasses, etc.

"With Father's Day (September 6), kids overseas, Christmas coming, etc, I think Muriwai merchandise will appeal to all Muriwaiians.

"I've put my products and designs in the shop but I'm keen to host other residents' products and ideas."

Email [mark@smashingpromotions.nz](mailto:mark@smashingpromotions.nz) for more information.

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# Community News

## Nature's Explorers

We sure are grateful to be a part of such a special community that has so many exciting places to discover and explore. At Nature's Explorers we strongly encourage our children to make their own choices, be the leaders of their own learning and to become confident and capable along the way. On this adventure in the local forest, we asked the children to choose which tracks they would like to take, as we went along and which areas they would like to stop and explore. During this experience, they were able to work with and alongside their peers, strengthening their negotiating, turn taking and listening skills, all while building a strong appreciation for the natural world around them. It is so lovely to watch their compassion, caring and helpful natures unfold as they each support one another, to overcome challenges and encouraging each other to give new experiences a try. With all their curiosity, perseverance, determination, energy and love for nature, we made it right to where the trees cleared. The pride on all their faces, was by far the most special part of our adventure.



If you are interested in your child joining our little group of explorers please call Nerys on 09 412 8800 or email of-fice.kindergarten@xtra.co.nz.

## Tennis Waimauku Junior open day

Time for tennis? Well Tennis Waimauku think so. For the start of spring the local tennis club, located at 895 State Highway 16, opposite the Caltex station, is hosting a Junior Open Day for all kids aged 5 to 15 who want to know more about tennis, are interested in lessons or would like to join the club. We would love to see as many children from the community down at our Junior Open Day. This is a free event and there will be fun games, spot prizes, food and drink. Come and meet some of our current members and Eden our friendly coach.



Kids can have a few hits and play some tennis drills with the coach.

Keep the afternoon free on Sunday 13th of September, starts 2pm. The whole family is invited. For further information see our website or Facebook page. (Note: At time of publishing lockdown was at Level 3, please check our media sites if event cancelled due to extended lockdown period).

## Kaukapakapa Village Market

Sunday 20 September 8.30am to 1pm. A great way to spend a Sunday morning catching up with friends and neighbours while you enjoy a coffee and something delicious from our food stalls - doughnuts, cakes, pies, sandwiches, sausage sizzle and more. Enjoy live music from our talented duo



"Take 2" and bring the kids along for free face painting and the craft/activity table. Pick up something unique from our local crafts people or grab a bargain from the car boot area and the Lions book stall. Plus - locally grown plants, native trees, potted colour and vegetable seedlings for your spring planting and fresh locally grown fruit & vegetables.

For more information contact Sarah 0274 831542 or email sarah1@maxnet.co.nz. Kaukapakapa Village Market - 947 Kaipara Coast Highway SH 16, Kaukapakapa. [www.facebook.com/kaukapakapavillagemarket](http://www.facebook.com/kaukapakapavillagemarket).

## The Mobile Car Specialists

Kiwis have been spending up large on new and used cars since level 4 lockdown ended.

So much so that we're sometimes struggling to keep up with demand for our services below - which is a great problem to have.



If you're looking to sell - try having the dents removed first, followed by a professional cut and polish with interior clean for a swift sale at top dollar.

If you're looking to buy - try a ceramic coating to protect, enhance and preserve your new vehicle's good looks for years to come.

Our services include: Dent removal - small to large, High quality paint correction / cut and polish, Contaminant removal (metal grindings, paint overspray etc on the paint work), Ceramic

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# Community News

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## It takes a village

Jojo's is all about family, community and being a part of a village for each of our children and their whānau. As owners, Jo and Russ and their 5 children are a local family and this was their foundation for building a centre that has family at its heart. Coming out of Covid, this has never been more needed to support our families and our wider community. We know that we have people out of work and still need care for their children. While still providing high quality care and education we have plenty of options for discounted and reduced fees as well as fees free options depending on your needs. We have chosen to offer support to many families while they recover from Covid's effects if needed. Please email [admin@jojoschildcare.co.nz](mailto:admin@jojoschildcare.co.nz) or phone the centre on 09 412 5325 for more information.



## Kumeu Library

Calling all local community groups. Is your community group or club being overlooked? How do people find out who you are, or what you do, or how to join? How can they contact you? Kumeu Library is often asked what community groups are available in the Kumeu/Huapai/Waimauku/Muriwai/Riverhead/Taupaki area, and we would love to be able to help our community by connecting people with groups and clubs of interest to them. So our plan is to create a database listing as many local groups as possible, with details about what they do and how to contact them. Then when we are asked, we will have up-to-date and comprehensive information to pass on. What do you need to do? If you are a community group and would like to be listed in this database, please contact Kumeu Library ([kumeu.library@aucklandcouncil.govt.nz](mailto:kumeu.library@aucklandcouncil.govt.nz)) and let us know the name of your group, and we will email you a form to fill in with the details of your group. Or you can drop into Kumeu Library and collect a form, fill it in and return to us. We're also looking at other ways Kumeu Library can be involved with and help promote community groups be more visible to the community, so watch this

**Kumeu Huapai**

## PANELBEATERS



**PHILIP GRIMMER**  
 Ph/Fax: 09-412 8054  
 Mobile: 027-498 7727  
 Email: [khp@xtra.co.nz](mailto:khp@xtra.co.nz)  
 PO Box 737 Kumeu  
 280 Main Road, Kumeu, SH 16

Member of the XTRA Group

space - in the meantime, we look forward to hearing from you!

To keep up with events, programmes and news at Kumeu Library, follow us on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)).

## The fallen

Kaukapakapa's historic All Saints Cemetery is showing the ravages of time and we need your help. As a first stage, eight of the worst affected graves have been selected for repair, these headstones are down and broken and will be cleaned, drilled, pinned, rejoined and then refitted onto their existing bases by Thompson Memorials. Finding descendants is a little challenging, not to mention a lesson in Kaukapakapa's past. The eight graves belong to;



Mary Hannah Mumford. Died 1930's

Maria Cox. Died 1912

Frances, John and Agnes McLeod. Died 1919, 1911, 1884

Annie Drinnan. Died 1917

Margaret Hooper. Died 1935

Ann Elizabeth McGuire. Died 1936

Ralph and Sarah Osbaldiston. Died 1904, 1912

Violet Ellen Jones, née Rapson. Died 1898

Some of these families may have moved on from the area, but it is our hope that we can find enough descendants who are willing to contribute towards the cost of the restoration. We need these people resting in peace, not pieces. If these are your whanau you can contact Megan Paterson - 021 959 017, Zarnie Fergusson - 022 437 4514 or Grev Walker 021 082 90768, for more info.

# ECHO

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# Community News

On Sunday 13th September, weather permitting, the NZ Remembrance Army will be cleaning and restoring the 29 veteran graves in the All Saints Kaukapakapa cemetery. Sponsored by Bioshield and Resenes their mission is for every service grave in the country to be restored to the same standard of the graves of their comrades overseas. Come along and say hello to these fantastic volunteers and find out more about their awesome task of respect.

## Lollipops Kumeu

Lollipops Kumeu are proud to support NZ charities including Cure Kids, HeartKids, Cancer Society and Autism NZ.

This month we participated in Red Nose Day 2020, where we had a PJ dress up, and auctioned off three art pieces created by our tamariki. All proceeds from this day were donated to Cure Kids. A big thank you to Kumeu Art Centre for lending us their art easels, A Gazillion Balloons for the beautiful balloon arch and all our whanau for their generous donations.

Marama Morehu Batiyaka - Centre Manager, Lollipops Kumeu. Phone 09 412 8081 or email [cm.kumeu@ledu.co.nz](mailto:cm.kumeu@ledu.co.nz), visit [www.lollipopseducare.co.nz](http://www.lollipopseducare.co.nz), 7 9 Wookey Lane, Kumeu, Auckland.



## Slow computer?

We have the solution to satisfy you and your bank account.

If you've got/ experienced a slow operating computer, you will agree it can be a headache. Fortunately we can offer you the most affordable way to boost your computer's operating system that not only reduces loading times by up to 50%, but has options to increase your storage capacity.

Say goodbye to your slow operating system with an SSD drive to fit in any laptop or desktop computer. We can either rebuild your computer with a fresh SSD drive or copy your existing data from your current HDD drive.

In its simplest form, a Solid Slate Drive (SSD) is flash storage and

has no moving parts. SSD storage is much faster than its HDD equivalent. HDD storage is made up of magnetic disks and has mechanical parts inside.

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).

## Learn French, Spanish and Italian in Kumeu

Bonjour, Hola, Ciao! As we can't travel to Europe, now is the time to learn a European language so you are all set to go next year.

Take the time to learn French, Spanish or Italian and enrol in one of our language courses.

All language tutors are native speakers. All language classes are @ Kumeu Arts. Check out the timetable. [www.abclanguage.co.nz](http://www.abclanguage.co.nz) or call Patsy 0274 904 321.



## Play is the work of the child

- Maria Montessori. In order to face the challenges of the 21st century, our children need to be critical and creative thinkers.

Why do preschools encourage children to 'just' play?

Here at Kumeu Montessori Preschool we value play as so much more than 'just play'.

Our environment reflects our play-based approach where children are encouraged to be self-directed and creative.

We arrange resources in inviting ways to encourage exploration, learning and inquiry.

Play contributes positively to a child's sense of well-being. It enhances a child's natural capacity for intense and self-motivated learning. It helps build creative and critical thinkers, and provides opportunities to test social boundaries.



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MP for Helensville

Stop in, the office is open!

365 Main Road, Huapai  
09 412 2496  
[chris.penkmp@parliament.govt.nz](mailto:chris.penkmp@parliament.govt.nz)  
[chrispenk.national.org.nz](http://chrispenk.national.org.nz)

**National**   
Authorised by Chris Penk, 365 Main Road, Huapai, Auckland.



# Community News

Play produces curiosity, openness, optimism, resilience and concentration.

It enhances a child's memory skills, develops their language skills, helps regulate their behaviour, advances their social skills and encourages academic learning to take place.

At Kumeu Montessori our teaching team are dedicated to supporting children's learning through play and fostering a life-long love of learning - come and visit us! Kumeu Montessori phone 09 412 9885 or email managers@kumeumontessori.co.nz.

## Wanted: Quality Childcare

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

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

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

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



## Sparkling memories

Photo albums and pictures on the wall were a traditional way of keeping memories near. Having images available all the time can really help lift spirits, especially for seniors and those with memory issues. Remembering to pull out the old albums can really help but is not always possible and is easily overlooked. At Mindjig we have a Digital Photo Frame which can be set up in advance so someone can enjoy all their pictures every day without any fuss. Visit [www.mindjig.co.nz](http://www.mindjig.co.nz) to see this and other helpful products. Email Julie or Jonathan at [info@mindjig.co.nz](mailto:info@mindjig.co.nz), Phone 09 600 3251, Phone or Text 022 480 3022.



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## Just Kidz Huapai

At Just Kidz Huapai we believe in the Reggio approach to holistic development which is child-directed, choice-driven, and celebrates the experience of discovery and the journey. During the process of exploring and experimenting with the world around them, the final product is always unique and the focus lies in the creation of the work, not the outcome. Our children have recently been exploring sensory play with paint, gloop, glitter, ice and slime. And they have been having a magic time experiencing these media through an infant and toddler lens. For some of these children it was their first time to have something sticky and gooey on their fingers...so it was quite a moment of awe and wonder. Messy play helps children learn about different textures and materials. It can be a soothing activity, and can help children to experiment with colour mixing, patterns, designs and developing hand-eye coordination. Children have the opportunity to practise pouring, scooping, measuring, mixing and beating, developing their fine motor skills and sensory awareness. Our tamariki are learning about the properties of the solutions e.g. does it hold its shape or pour or run? What happens when substances combine? Does it feel lumpy, cold, wet, warm, runny or soft?



What fantastic experiences! - As you can see, they are connecting with the world around them in a safe, nurturing environment. We are so excited and privileged to be part of this learning journey alongside our families and whanau. Take advantage of our '1st Birthday' special, 50% off for your first 2 months fees, or 6 months at 50% off \* if you enrol for 5 days (\*conditions apply). Pop in for a tour at 335 Main Road, Huapai or contact us on 09 412 2025 or Email: [Huapai@justkidz.co.nz](mailto:Huapai@justkidz.co.nz) for more information.

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# In Brief

## Waimauku Scouts annual Horse Race Night fundraiser

The Waimauku Scouts would like to invite you all to come along and attend our annual Horse Race Night Fundraiser. This year it is on Friday the 18th September at the Muriwai Golf Club.

It is a fantastic fun night out, at just \$ 20 a ticket, a table of 8 is discounted at just \$ 140.

This includes a light dinner of pizza, hot & cold finger food items, tea/coffee & baking.

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

The horses are raced on a wooden track, the Scouts roll giant dice, and the race caller calls the races; the TV screens will show the races & the odds for the bets. It is a really fun night that sells out quickly.

We would like to thank our Premium Race Sponsors, so far we have 7 out of 8 races sponsored.

The Horse Race Night is always heaps of fun and very popular, with around 150 locals in attendance, and all those who attend have a community focused 'support local' attitude.

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

We would appreciate any support you are happy to give, big or small, as we will be requiring donations of vouchers & product for our prizes, auctions & raffles.



## WAIMAUKU BOWLING CLUB



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

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

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

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

Please contact Tanya on 021 2549 169 with any questions, or email [waimauku.scouts.committee@gmail.com](mailto:waimauku.scouts.committee@gmail.com)

We would love to have you along this year, and look forward to hearing from you for ticket sales, or donations.

## Reiki – Time to recharge your batteries

In these uncertain times, it is time to stop and take a look at ourselves. It is time for you to go deep within and spend some time looking at what is causing you stress and what you need to do to recharge and re-energise yourself.

Reiki is one of the tools you can use to recharge your batteries.

Reiki is defined as "Universal Life Force Energy". A Reiki session is performed by a trained Reiki Practitioner who has received an attunement from a Reiki Master. A session usually last for about an hour, the recipient remains fully clothed, and the Practitioner gently places their hands on various parts of the body and allows the Reiki energy to flow. A great way to give yourself some time to recharge.

Reiki is becoming very popular in hospitals, rest homes and is used at palliative care centres. Studies have shown that Reiki can assist people with cancer and other illnesses. Animals love to receive Reiki.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher Jason Mackenzie. Having practiced and taught Reiki here in New Zealand and internationally for over 20 years, he would like to introduce you to the stress-free art of Reiki. Regular classes are available for those who wish to learn and a mobile service is available for those who wish to receive a treatment. Check out our website: [www.astramana.com](http://www.astramana.com) or email [astramana@gmail.com](mailto:astramana@gmail.com) with any questions or to find out when our next workshop is. Remember you owe it to yourself to look after yourself and be fully recharged!



## SeniorNet Kumeu

It's disappointing to find ourselves back in "Lockdown", but for SeniorNet Kumeu this does not mean "Shutdown".

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



Grant Castle



P (09) 412 8239  
M 027 299 7054

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

# In Brief

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

We are also provided Zoom training sessions and holding occasional Zoom "quizzes" for members

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

You are welcome to join our friendly and informal, club even during lockdown, just contact: Brian Lacey on 022 183 1811 or e-mail [brian@lacey.nz](mailto:brian@lacey.nz).

## Kumeu Blend

Did you know that Kumeu has had its very own local choir for more than fifty years? Well, it's true. It started with the Country Women's Institute competitions, which were for ladies only. Over all these years, there have been mountains of music, hundreds of hummings, countless concerts, singers who have come and gone, plus others who have joined and stayed. Rona Attwood holds top honours for being a foundation member of the original Kumeu Women's Institute Choir, and still attends rehearsals on Monday nights. Somewhere along the line we roped in some blokes to further enrich the calibre of our choristers. Hence, an all-inclusive name, "Kumeu Blend". We are like a good West Auckland wine - not old, dry and fit for a headache, but mature and full-bodied, with sweet notes and a lingering finish.



New members are always welcome. All you need is enthusiasm and the ability to hold a tune. Currently - back in Lockdown #2 - we are all suffering from choral withdrawal. Practising at home, alone, is just not the same. Our weekly practices are on hold, and we are disappointed, again, to have to reschedule previously planned concerts. Fingers crossed for a swift and successful return to Covid 19 "normal". RB.

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

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

## Famous Scouts

Scouts started in 1908 and over half a billion people around the



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world have since taken the Scout promise.

Scouts come from all walks of life, from astronauts, politicians, royalty, business leaders, scientists. It's a very long list.

Below are some famous Scouts. How many do you know and a bonus point if you know why they are famous.

Sir Richard Branson, John Craven, Betty Boothroyd, Ken Dodd, Delia Smith, Ainsley Harriott, John Major PM, Paul McCartney, Cliff Richard, Keith Richards, Buzz Aldrin, Bill Gates, Princess Anne, Princess Margaret, Michael Parkinson, Jeremy Paxman, George W. Bush, Queen Elizabeth II, Jamie Oliver, Richard Hammond, Robert Irwin, Peter Garrett, Sir David Attenborough, David Beckham, Tony Blair, Russell Brand, Billy Connolly, Barack Obama, Steven Spielberg, David Walliams, Harrison Ford, Martin Luther King Jr., Jack Black, Bear Grylls, Jamie Oliver, David Bowie, Bob Geldof, Lee Kuan Yew, Neil Armstrong, Steve Fossett, Jim Lovell, Michael Jordan, Jay Leno, John Lithgow. Terry Wade (QSM) (Terry is a Leader in our Zone)

Some of these people are still active in Scouts today, as Leaders, mentors or ambassadors for the movement. Were you a Scout? Do you want to be the next Leader that may mentor the next famous Scout? If so, please get in touch.

To find out more visit [www.scouts.nz](http://www.scouts.nz) or email me [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz). Craig Paltridge. Waitoru Zone Leader.

## Abuse and technology red flags

It can be hard to know whether things in your relationship related to technology are normal or abusive. Sometimes as part of a pattern of abusive behaviour, someone may use technology to hurt, control and monitor their partner or someone close to them. If you are worried that you, a family member or a friend may be experiencing abuse, this advice may help understand the potential risks and what can be done about them.



If your partner/ person knows things about you that you haven't told them, if they have access to your phone or other device, if you find that email or text messages are marked as read when you haven't seen them, if your passwords are being reset when you haven't done this, or messages are disappearing when you haven't deleted them, it could be a sign that things are not right in the relationship. To read more about this issue, go to [netsafe.org.nz](http://netsafe.org.nz) and search for "tech facilitated abuse". You can text any concerns to 'Netsafe' to 4282, call 0508 NETSAFE (0508 638 723), email [help@netsafe.org.nz](mailto:help@netsafe.org.nz) or report online on their website. There are many sources of support available in the Netsafe article, but if you or someone else is in immediate danger, please contact the Police on 111.

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# Property

## Getting your family trust fit for the new Trusts Act

The new Trusts Act comes into force at the end of January 2021. With it comes to the obligation on all trustees to provide some basic information to all potential beneficiaries of the trust. In some cases, this will mean parents are legally required to give information to their own children about the trust deed and the assets of the trust. However, in many cases trust deeds include more than just the children of the settlors as potential beneficiaries. It may include siblings of the settlors and de facto partners of the settlor's children all of whom could have remained blissfully unaware of their potential interest in trust assets up to that point. For this reason, it is often necessary to get legal advice about whether your trust deed is fit for purpose under the new act. That advice can include taking the necessary steps to confine the beneficiaries of the trust to children and grandchildren and removing the more remote beneficiaries before they become entitled to such information.

Luke Kemp - Kemp Barristers & Solicitors phone 09 412 6000 or [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## Property market report

Over the last 10 years Auckland house prices have increased by 6.3% annually.

The Auckland property market is so unique that when the Real Estate Institute of New Zealand (REINZ) publishes its market updates, it includes a figure for all of New Zealand - excluding the Auckland market.

The median house price in the Auckland region was \$848,000 (Sept 2019), \$208,000 (32.5%) more than the next most expensive region, which is Wellington. The reason that the Auckland property market out-performs the rest of the country is population growth. Auckland's population is expected to grow by over 30% in the next 20 years, whereas other towns and cities are static or in decline.

Auckland's residents are set to make up 40% of New Zealand's total population; it is the economic powerhouse of the country, and its economy is diversified. These are all factors that we associate with a property market that is geared for higher house prices. Auckland homeowners have done very well over time. Between Sept 2014 and Sept 2019, the median Auckland house price grew by \$228,000 (from \$620,000 to \$848,000). This is a 6.46% average annual increase. The interest earned on money invested with a recognised bank on a term deposit over two years is 1.6%

So before you start listening to the conspiracy theorists and the

doom merchants, take a moment to understand the population factors driving the greater Auckland property market and consider investing your wealth in the support of your children's future as property values seldom go down in cities around the world like Auckland.

Let's take a look at the numbers:

Coatesville Lifestyle	\$6,900,000
Helensville Residential	\$635,000 to \$740,000
Helensville Lifestyle	\$1,135,000 to \$2,315,000
Huapai Residential	\$825,000 to \$1,199,000
Kumeu Residential	\$620,000 to \$1,220,000
Kumeu Lifestyle	\$2,300,000
Muriwai Residential	\$715,000
Parakai Residential	\$595,000 to \$719,000
Riverhead Residential	\$995,000 to \$1,450,000
Taupaki Residential	\$1,010,000
Taupaki Lifestyle	\$1,417,000
Waitakere Residential	\$787,000 to \$920,000
Waitakere Lifestyle	\$1,300,000
Waimauku Residential	\$800,000 to \$1,400,000
Waimauku Lifestyle	\$1,398,000

Call Graham McIntyre on 0800 900 700, text 027 632 0421 or look me up at [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## New Privacy Act comes into force in December 2020

The Privacy Bill becomes law on 1 December 2020 and replaces the current Privacy Act 1993 and updates the law whilst reflecting continually-evolving needs in a digital age. Personal information is held by many types of organisations ( i.e. agencies such as, for example, businesses, doctors, banks, government departments) and technology has enabled large quantities of personal information to be stored, retrieved, used and disclosed. The new Act provides more protection of an individual's personal and sensitive information. The key changes relate to both agencies and individuals and include: a) reporting data breaches - if an agency has a privacy breach posing a risk of serious harm to people,



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# Property

the agency must notify the people affected and the Privacy Commissioner; b) compliance notices - the Privacy Commissioner can issue compliance notices to an agency requiring it to do or stop doing something to comply with privacy laws; c) decisions on access requests - if a complaint is made about being unable to access certain information, the Privacy Commissioner will make a decision on the complaint; d) strengthening overseas connections - at least one permitted category must be satisfied for an agency to disclose information to an overseas agency. In terms of cloud storage, this isn't considered a disclosure for the purposes of the privacy principles, but the disclosing agency is responsible for the cloud storage provider's compliance with the Act; e) new criminal offences - these include misleading an agency to obtain access to another person's information and the destruction of documents by an agency who has been asked to provide information by the person entitled to it. Fines has been raised to a maximum of \$10,000. Privacy laws are important and the recent Covid requirements where, for example, information was provided to a restaurant when dining out, have highlighted the importance of privacy laws. As individuals we entrust others with our private data and, as a result, the Act is now strengthened to increase compliance with privacy legislation. If you have any questions, contact Gina Jansen Lawyers West Auckland team on phone 869 5820 or visit our website at [www.ginajansen.co.nz](http://www.ginajansen.co.nz).

## Trusts Act 2019

Continuing on our Trusts series, it is timely to just consider some of the common terms associated with trusts. As there are different types of trusts, we will refer in this editorial to the "Mum and Dad" discretionary family trust.

A trust is usually set up by a trust deed signed by the parties known as the Settlor and the Trustees.

The Settlor is the person who establishes the trust and transfers assets into the Trust. For older trust deeds, this may not be the case however. For the "Mum and Dad" family trust, this is usually the Mum and Dad who set up the trust. It is also their family home which is transferred into the trust along with any other assets i.e. their holiday home, shares in a company etc usually in consultation with their financial adviser and/or accountant.

The Trustees are persons who manage the trust assets for the benefit of the beneficiaries. The Trustees have wide powers to act and their powers can be found in the trust deed. They are ultimately answerable to the beneficiaries of the Trust but have discretion to



make decisions how they see fit.

The beneficiaries of the trust stand to benefit from the assets of the trust. This term is used to refer to discretionary beneficiaries, final beneficiaries, primary beneficiaries and secondary beneficiaries. Their definition and meaning can be found in the trust deed. Only the beneficiaries of the trust are able to benefit from the assets of the trust. As trusts evolve over time, most trust deeds have provisions to allow for the appointment and removal of beneficiaries.

Due to the upcoming changes in the Trusts Act, if you have a trust, it is timely to consider reviewing your trust and trust documentation. You will need to understand what your obligations are, whether you are a trustee or a beneficiary of the trust.

Please contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre) on 09 973 5102 or email [admin@cslegal.co.nz](mailto:admin@cslegal.co.nz) to make an appointment to discuss your trust and the way forward.

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# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	830,000	698M2	190M2	740,000		980,000	525M2	181M2	930,000
	2,375,000	1.8HA	680M2	2,315,000		1,025,000	600M2	205M2	1,102,000
	670,000	880M2	140M2	645,000		1,025,000	514M2	199M2	965,000
	700,000	460M2	110M2	739,000		1,200,000	727M2	254M2	1,220,000
	580,000	399M2	106M2	635,000		850,000	356M2	163M2	880,000
	670,000	518M2	107M2	690,000		920,000	361M2	193M2	912,500
	690,000	628M2	130M2	695,000	MURIWAI	700,000	832M2	100M2	715,000
	2,100,000	1.51HA	218M2	1,300,000	PARAKAI	510,000	0M2	140M2	630,000
	1,800,000	2HA	336M2	1,299,000		460,000	1011M2	78M2	595,000
	730,000	5210M2	50M2	660,000		640,000	1011M2	130M2	719,000
	650,000	652M2	143M2	715,000		600,000	669M2	125M2	605,000
	1,325,000	1.52HA	145M2	1,135,000	RIVERHEAD	1,225,000	610M2	208M2	1,225,000
	570,000	0M2	106M2	650,000		1,200,000	809M2	182M2	1,110,000
HUAPAI	1,050,000	603M2	209M2	1,012,000		1,375,000	800M2	244M2	1,450,000
	1,200,000	690M2	267M2	1,151,000		1,050,000	800M2	172M2	995,000
	890,000	860M2	95M2	878,000	SWANSON	970,000	460M2	184M2	999,000
	920,000	651M2	160M2	835,000		970,000	633M2	236M2	1,050,000
	1,080,000	607M2	212M2	1,199,000		870,000	617M2	162M2	880,000
	720,000	600M2	96M2	825,000		970,000	474M2	187M2	1,000,000
KUMEU	610,000	162M2	82M2	625,000		520,000	605M2	61M2	556,000
	610,000	109M2	82M2	620,000		790,000	816M2	140M2	837,000
	1,000,000	525M2	186M2	970,000		1,250,000	638M2	348M2	1,460,000
	900,000	206M2	163M2	838,000		1,250,000	642M2	334M2	1,339,000
	930,000	405M2	180M2	931,000		660,000	931M2	90M2	710,000
	1,025,000	601M2	209M2	1,036,000		885,000	1396M2	154M2	850,000
	2,225,000	3.9HA	170M2	2,300,000		625,000	1356	107M2	870,000
	980,000	525M2	181M2	930,000	TAUPAKI	1,500,000	3.94HA	200M2	1,417,000
	1,025,000	600M2	205M2	1,102,000		940,000	1012M2	160M2	1,010,000
	1,025,000	514M2	199M2	965,000	WAIMAUKU	850,000	1812M2	91M2	820,000
	1,200,000	727M2	254M2	1,220,000		1,075,000	1236M2	240M2	1,061,500
	850,000	356M2	163M2	880,000		1,325,000	1786M2	276M2	1,400,000
	920,000	361M2	193M2	912,500		980,000	5959M2	169M2	800,000
	2,225,000	3.9HA	170M2	2,300,000		1,050,000	2010M2	138M2	980,000

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

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

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Graham McIntyre  
Brand & Territory Owner  
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FOR AN EDUCATED DISCERNING BUYER 4 5 3 **\$2,800,000**

**2 Koraha Road, Kumeu**  
Offers Over \$2,800,000

North facing, this home has been crafted to suit a family or mature couple offering an adult wing and Children/Guest wing. Open plan designer kitchen with breakfast bar and scullery, lounge area with gas fire place and dining area, separate formal lounge and family room, a generous designer space that flows through to the covered patio and beyond to the in-ground heated pool.

[www.mikepero.com/RX2249624](http://www.mikepero.com/RX2249624)



**Graham**  
027 632 0421  
graham.mcintyre  
@mikepero.com



LOVED FOR THE RIGHT REASONS 4 2 2 **By Negotiation**

**2 Vintners Close, Huapai**  
By Negotiation

Traditional ¼ acre section peppered with a variety of shrubs and shade trees. This beautifully presented corner site has an elegant, flat and fully fenced yard that is functional, low maintenance but makes the most of its attractive outlook. The home has an extensive and open plan kitchen, dining and lounge while a central corridor links the four generous rooms, main bathroom, laundry and double garage.

[www.mikepero.com/RX2469599](http://www.mikepero.com/RX2469599)



**Graham**  
**McIntyre**  
027 632 0421



QUARTER ACRE SECTION - CUL-DE-SAC LOCATION 4 2 2 **\$989,000**

**3 Vintners Close, Huapai**  
Asking Price \$989,000

A very well presented cedar home delivering open plan living/ dining area with alfresco to decking and step down to the lawn. Galley kitchen with breakfast bar with function and views. Four bedrooms - Two bedrooms and main bathroom, laundry and double garage access while upstairs enjoys a sun filled master with en-suite and walk-in wardrobe and single bedroom.

[www.mikepero.com/RX2349593](http://www.mikepero.com/RX2349593)



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SEA VIEWS, 4 ACRES, AFFORDABLE LIFESTYLE 4 1 1 **By Negotiation**

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

Set high with sea views and land on the exclusive Tupare Estate. This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idelic Kaipara Harbour make this home more than a lifestyle option but a picture paradise.

[www.mikepero.com/RX2486586](http://www.mikepero.com/RX2486586)



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WHEEL CHAIR ACCESS PRIVATE AND SECURE 4 2 2 By Negotiation

### 18 Josh Road, Huapai

By Negotiation

Flat, single level and near new construction delivers an environment that is easy, accessible and warm. While the design has created options for office, two living rooms or lounge and media room. Open plan entertainers kitchen-dining that links seamlessly to westerly patio and all season low maintenance lawn. Four generous bedrooms, bathroom and ensuite.

[www.mikepero.com/RX2387002](http://www.mikepero.com/RX2387002)



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027 632 0421



EXPANSIVE WATER VIEWS- ESPLANADE WATERFRONT 6 4 4 Auction

### 76A Ireland Road, Mount Wellington

Auction - 10:30am, Sunday 6th September 2020 (unless sold prior).

Set on 979 square meters of flat land with a wide uninterrupted water-side view of the tidal Panmure Basin as it gently fills and empties. Peppered with a variety of trees on the esplanade reserve this property delivers an income today while you plan for tomorrow. An expansive six bedroom home over two levels delivers an excellent rental income.

[www.mikepero.com/RX2473072](http://www.mikepero.com/RX2473072)



**Graham McIntyre**  
027 632 0421



PONY, POOL AND PANORAMIC PERFECTION - LIFESTYLE 5 4 2 By Negotiation

### 161 Mangakura Road, Helensville

By Negotiation

Situated high on the rolling hills, offering the best of privacy and spectacular 180 degree views. The home is Hebel construction, easy living by design, open plan entertaining kitchen-dining-lounge, outside dining/ entertaining alfresco area and in-ground pool, formal lounge and a separate office. Offering five large bedrooms, three w/c's, bathroom, large ensuite and dedicated laundry.

[www.mikepero.com/RX2421084](http://www.mikepero.com/RX2421084)



**Graham McIntyre**  
027 632 0421



LAND - NO COVENANTS - VIEWS \$575,000

### 56E Kaipara Coast Highway, Helensville

Asking Price \$575,000

A truly stunning 1.6 hectare lifestyle block offering a serviced flat building platform and outstanding views to the North West. It delivers a site that is perfect for an entertainers home with extended views and privacy. The site has easy and established driveway access and title is issued and ready. In addition to the two grassed paddocks the land has a small covenanted native bush area.

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



**Graham McIntyre**  
027 632 0421



**BRICK HOME, OFFICE/STUDIO** 4 1 2 **\$1,159,000**

**325 Hobsonville Road, Hobsonville**  
Asking Price \$1,159,000

The home has three generous bedrooms, large and fully renovated bathroom with his and her shower, and open plan kitchen/ dining leading out to north west facing decking. An extensive formal lounge which also opens to the decking area adds flow and fantastic natural sunlight to the home. The studio/ office is fully insulated and presented to a high standard. It also has a single garage next door.

[www.mikepero.com/RX2349581](http://www.mikepero.com/RX2349581)



**Graham McIntyre**  
027 632 0421



**3222 SQUARE METERS - BIG OPPORTUNITY** 4 1 2 **\$1,545,000**

**44 Puriri Road, Whenuapai**  
Asking Price \$1,545,000

Often sought but seldom found, a generous land lot in the middle of Whenuapai Village. This gently sloping fully usable property ticks the boxes for a sensible buyer interested in adding value and creating a return, based on the size of the land and the two driveways. The property has multiple improvements including a very well presented period bungalow, office, workshop, sheds and garaging.

[www.mikepero.com/RX2204835](http://www.mikepero.com/RX2204835)



**Graham McIntyre**  
027 632 0421



**TRADITIONAL WEATHERBOARD BUNGALOW** 3 1 1 **By Negotiation**

**9 Lowtherhurst Road, Massey**  
By Negotiation

Set in a cul-de-sac street close to everything but far enough away to remain quiet and secure. This well presented, traditional bungalow offers the value of old-school 1960's building quality with the option to create a magnificent home to satisfy the whole family. Open plan dining and stepdown lounge with refurbished kitchen and bathroom. Three generous rooms, separate laundry, single garage.

[www.mikepero.com/RX2477672](http://www.mikepero.com/RX2477672)



**Graham McIntyre**  
027 632 0421



**BLANK CANVAS - THIS IS THE MONEY SHOT** **\$759,000**

**Kiwitahi Road, Helensville**  
Asking Price \$759,000

Hill top location, overlooking the Woodhill Valley over to the Tasman Sea and up to the Kaipara Harbour. This truly spell binding, toe tapping and ear tingling opportunity to purchase the "full package" with over 2.9 hectares (7 acres) of rolling hill country delivering full fencing, good/ easy access. And power on site, title through and Vendor motivated.

[www.mikepero.com/RX2066456](http://www.mikepero.com/RX2066456)



**Graham McIntyre**  
027 632 0421

# Home & Garden

## Laser Whenuapai to the rescue at Taupaki Primary School

Taupaki Primary got in touch with us for what appeared to be a blocked drain in the staff facilities area. No problem. We carried out a hydro flush but the blockage remained. It turned out to be a little more complicated than we thought.

The Taupaki Primary students were fascinated with what we were doing.

After much investigating, we were able to pinpoint where the blockage was located by using our CCTV and locating equipment. The blockage was found to be directly underneath the admin block.



We needed to come up with a plan to repair the drain without cutting a large hole in the office block. We came up with the solution to undertake a temporary repair by re-routing all drainage through an old sewer line that we were able to unblock to sufficiently take away the waste in the short term.

Next step was a permanent solution. We had to re-run all the drainage to a new location to prevent this happening again.

For the safety of the school and students, we were able to carry this work out during the school holidays. Happy to report the solution was a success!

Laser Whenuapai offers complete solutions for all your drainage, plumbing and roofing needs. No job is too big or too small - our team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

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are open five days a week from 7am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## Waimauku Garden Club

Buds are forming, bulbs are popping up, the orchid is flowering, tui and keruru are returning to the garden and starlings are visiting their nesting boxes.

Spring is on the way with the promise of warmer days. Our monthly events are organised till the end of the year.

September 17- Kumeu River Winery Tour and Tasting; Westbrook Winery for lunch: October 15-Clevedon. Riverland Sculpture and Garden plus a private garden: November 19- Ramarama Gardens-Addenbrooke and Winsford: December 17- Christmas buffet lunch at The Brigham, Whenuapai.

New members welcome.

Please write these dates on your calendar.

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

## Rhododendrons at Awa Nursery

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



Rhododendrons do well with direct light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The rhododendron has shallow root systems and needs moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to

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# Home & Garden

the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits weed growth. Prune your rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties or call in and see us at Awa Nursery and pick up your favourite coloured rhododendron.

Phone Awa Nursery: 09 411 8712, email [info@awanursery.co.nz](mailto:info@awanursery.co.nz) or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

## Privet

Spring is upon us and those of us with asthma or respiratory illness will be dreading spring and the flowering of privet.

There are two main types of privet that are a pest in New Zealand that cause the most trouble to us all and they are Chinese privet and Tree privet. Both produce copious numbers of small white flowers with a strong pungent odour, and pollen that is cloying and can make it hard to breathe.



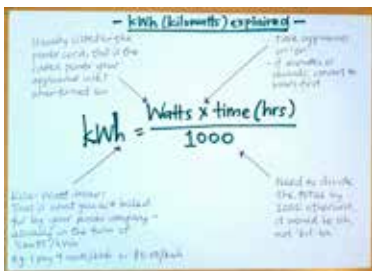
Many privet grow on roadsides and end up being ignored as nobody is sure what to do with them but New Zealand Biosecurity Services can help. Our team can come to your property and get rid of your privet easily - either chop it down and put herbicide on the stump, or kill the tree standing. Please contact us on 09 447 1998 to talk to one of our team.

Thanks to Weedbusters and Carolyn Lewis for the photo.

## Solarcraft - the glossary - Part #1 - the kilo-what?

Time to learn a few terms to help you decipher your power bill.

- Kilowatt (kW) - a measure of 1000 WATTS of electrical power
- Kilowatt hour (kWh) - is a measure of how much energy you're using



It doesn't mean the number of kWhs you're using per hr. It's simply a

unit of measurement that equals the amount of energy you would use if you kept a 1,000W appliance running for 1 hr.

A 100W light bulb would take 10 hours to rack up 1 kWh of energy.

A 2,000W appliance would use 1kWh in just ½ hr.

A 50W item could stay on for 20hrs before it used 1 kWh.

Similar appliances can have very different wattages; 1kWh =

- Using a 10,000W electric shower for 6 mins
- Cooking in a 2,000W oven for ½ an hour
- An hour's ironing with a 1,000W iron or 45mins with a 1,500W iron
- Less than 1hr using a dishwasher (1,000-1,500W)
- Around 3hrs watching a plasma TV (280-450W)
- Keeping a fridge-freezer (200-400W) on for about 3hrs
- Keeping an electric blanket (130-200W) on all night
- Using a laptop (20-50W) all day
- Keeping a broadband router (7-10W) on for 5 days

Call us ANY time with any Solar Power questions! Email [info@solarcraft.co.nz](mailto:info@solarcraft.co.nz), phone 0508 272389 W: [www.solarcraft.co.nz](http://www.solarcraft.co.nz).

## Bee keeping workshop

Sunday 20th September (9.30am to 11.30am)

If you are thinking of establishing hives on your property or would just like to know some more about these amazing little creatures then this is an ideal workshop for you to attend.

This event will give a great overview not only of the techniques employed to nurture bees but also what you can do in your gardens to enhance their health and wellbeing and therefore your garden's appearance.

Our guest presenter is Kim Kneijber who has worked with bees for over 15 years, is a life member of the Auckland Bee Keeping Club and has a long time association with APINZ.

Kim will cover many facets associated with this fascinating subject including: Challenges facing the bee population. Hive maintenance & positioning. Equipment required. Pros & cons of bee keeping. Rules & compliance issues. Safety considerations.

There will also be a working hive on site plus the centre has now established a "bee friendly" plant section.

Booking is advised as this event is very popular and numbers are limited.

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through (including the new bee friendly plant section).

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.



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# Home & Garden

This event will of course only go ahead should the prevailing Covid alert is at level 2 or better on the scheduled date.

1481 Kaipara Coast Highway (SH16). Tickets: \$20 per person. To Book: [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz) or 09 420 5655.

## Sustainable Landscapes

Covid-19 is with us again. Hopefully, just briefly and we kick it to touch quickly. During the last lockdown, our landscaping skills were put to use in adding an eco-glamping site to our complimentary business, Warblers Retreat.

Having lost all our overseas bookings, Barb and I have been planning new platforms to suit Kiwi's needing an escape. Our eco-glamping site uses a 1970s NZ made, Pioneer caravan. Privately positioned overlooking forest and bush, we have landscaped around it using whatever materials we can lay our hands on.

To enable that feeling of natural ambiance we have used old recycled native timbers, bamboo from our property, and anything we could possibly recycle. As with the majority of our landscaping projects, we design as we go, this was no different. Our glamping site is like walking into a blast from the past - the groovy 70s. There's an outdoor spa, outdoor shower, compost toilet and more. Almost finished, it's soon to be on our website. [Warblersretreat.nz](http://Warblersretreat.nz), [sustainablelandscapes.nz](http://sustainablelandscapes.nz). Call Dave Milina, 0275 1962 19 [www.sustainablelandscapes.co.nz](http://www.sustainablelandscapes.co.nz), [warblersretreat.nz](http://warblersretreat.nz).



## Jim's Mowing

Hopefully you have been able to take a break and recharge. The Jim's Mowing team are back from our breaks and re-energised ready for the spring. And yes, working outside away from anyone means Jim's Mowing is able to keep operating safely under L3 in

Auckland, however we do miss the cups of tea and chats that we are used to.

Spring is just around the corner and the bulbs are starting to bloom in many areas. When walking past these flower beds the fragrance is delightful. It's time to get ready for the flush of growth coming for the grass too. With all the extra growth comes a need for extra nutrition for the grass, so feed the grass. You'll help get it in the best condition possible by giving it a good boost of fertiliser right now. This'll support that rapid growth and help you to have a lush, healthy, green lawn bursting through and ready for summer. Give Jim's Mowing a call 0800 454 654 or book online at [JimsMowing.co.nz](http://JimsMowing.co.nz).

## Tile and grout cleaning

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



Grout is porous, and dirt, grime and bacteria soak into the surface leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour your grout to look like new again.

Colourseal is a highly durable coloured coating that adheres to the surface of the grout creating a water and stain proof barrier that will keep the grout looking like new.

We can replace the porous cement grout with an epoxy grout which too is stain resistant and waterproof. We offer shower glass restoration and apply a durable protective coating afterwards.

We can also apply relative sealing to your tiles, both interior and exterior.

Another service we offer is a high-quality Belgian garage carpet (suitable for office spaces and rumpuses, etc.)



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# Home & Garden

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Drainage...with all the excess water around now, a sure remedy is installing Marley Drainflo or Draincoil - drainage lowers the ground water level whilst retaining moisture in the pores of the soil.

Our store also now stocks four of the most common diameters of Euroflo Culvert Pipe.

Prepping a driveway/gateway? Ensure you install Landtex Mud Cloth, Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas and farm access and races. Landtex spreads the vehicle wheel loadings and prevents mud being pushed up and the gravel lost into the soil or ground below.

Water line sprung a leak? We carry the complete range of Hansen Easy Fit Poly fittings.

Our store also stocks a vast range of Hi Vis Wet Weather gear, gumboots and socks.

For further advice or information visit us instore today or visit [www.westernitm.co.nz](http://www.westernitm.co.nz) today for a free online quotation. Locals, Supporting Locals. Western ITM Kumeu - 154 Main Road, Kumeu. Phone 09 412 8148. Open Mon-Sat.

## Muriwai Tide Chart

Date	High	Low	High	Low	High
Tue 01 Sep	-	03:18	09:24	15:37	21:42
Wed 02 Sep	-	04:01	10:05	16:18	22:20
Thu 03 Sep	-	04:40	10:42	16:55	22:54
Fri 04 Sep	-	05:16	11:15	17:30	23:26
Sat 05 Sep	-	05:50	11:46	18:03	23:56
Sun 06 Sep	-	06:22	12:17	18:35	-
Mon 07 Sep	00:27	06:54	12:48	19:07	-
Tue 08 Sep	01:00	07:27	13:22	19:43	-
Wed 09 Sep	01:37	08:03	14:02	20:23	-
Thu 10 Sep	02:20	08:46	14:49	21:14	-
Fri 11 Sep	03:12	09:39	15:48	22:19	-

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Sat 12 Sep	04:16	10:46	17:02	23:39	-
Sun 13 Sep	05:33	12:06	18:21	-	-
Mon 14 Sep	-	00:54	06:52	13:19	19:30
Tue 15 Sep	-	01:57	07:58	14:19	20:26
Wed 16 Sep	-	02:50	08:52	15:11	21:15
Thu 17 Sep	-	03:39	09:41	15:59	22:01
Fri 18 Sep	-	04:25	10:27	16:45	22:46
Sat 19 Sep	-	05:10	11:11	17:30	23:30
Sun 20 Sep	-	05:54	11:55	18:14	-
Mon 21 Sep	00:14	06:39	12:39	19:00	-
Tue 22 Sep	00:58	07:25	13:25	19:48	-
Wed 23 Sep	01:46	08:13	14:15	20:40	-
Thu 24 Sep	02:40	09:06	15:13	21:42	-
Fri 25 Sep	03:45	10:10	16:25	22:55	-
Sat 26 Sep	05:04	11:23	17:43	-	-
Sun 27 Sep	-	00:09	07:19	13:35	19:51
Mon 28 Sep	-	02:14	08:23	14:38	20:47
Tue 29 Sep	-	03:08	09:15	15:29	21:35
Wed 30 Sep	-	03:54	10:00	16:14	22:16

Source: LINZ.

## \$85 = Exposure for a month

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

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# Central's Tips

## September 2020



It's getting warmer so it's time to start planning for spring and summer planting. Feed fruit trees, lawns and new seedlings with fertiliser, plant edible flowers and make sure to get on top of those pesky snails and slugs.

### Set a beer trap

Snails and slugs love a good beer... bury a jar in your veggie garden and pour some beer in it. That's a truly organic snail and slug trap



### In the Edible Garden

- **Fruit trees** such as citrus, pip and stone fruit need plenty of sustenance now. Exclusive to Central Landscapes in Auckland, **Fertco Organic Boost** is a fertiliser you can topdress existing trees with, plus it's great for mixing through the vegetable garden ahead of planting
- **It's edible flower time too:** calendulas, heartsease, carnations, nasturtiums are just a few of the prettiest flowers that you can harvest and put in salads this summer. Plus, they'll attract bees to pollinate the vegetables
- Give all **new seedlings a liquid feed** as soon as they're planted using our favourite **Organic Garden Booster**. It's organic certified, so no chemicals here
- **Pest control time:** slug and snail colonies are in full action and will eat newly planted seedlings in one night! Try using pet and bird friendly pellets or this organic method: Leave a tilted jar of beer half buried in the soil overnight, near your lush seedlings. Attracted to the yeast they drown in it

### The Lawn

- **Fertilise the lawn with Prolawn Turfmaster Gold.** This is the fertiliser the turf experts use that will keep releasing through the growing period to ensure a healthy lawn

### The rest of the Garden

- **Flowers for summer:** Lavender hedges, dalias, daisies in pots and gardenias at the door – these flowers are stalwarts of summer and available in garden centres from now on
- Remember to **stake newly planted trees and shrubs** because the force of spring winds can stop the roots establishing in the soil, leading to poor plant growth

### Get the summer flowers in

Lavender, daisies and dahlias are good to go in now for a colourful summer garden



## Project for September

### Raised Vegetable Beds

The reason why so many gardeners choose to grow food in raised beds is because the soil remains warmer and it's easy to water and mulch. Building a raised bed with wooden sleepers is an easy DIY project. Central Landscapes stocks Trustwood pine sleepers that are a great option to use. They are treated with a special process - MCA (copper based) that renders them long-lasting and safe to use for growing food.

<https://centrallandscapes.co.nz/products/trustwood-sleepers>





# We dig organic fertilisers

Give your plants a chemical-free boost this spring!

Central Landscape Supplies Swanson loves organic products and we've added this great liquid fertiliser to our extensive organic range. It's packed full of nourishment for the plants and the soil, just not full of chemicals!



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# Build New

## Choosing the right white for your walls

While it may seem far-fetched to some, there are many different types of white. Each variation can have a striking effect on your decor, so it's important that you choose the best shade to suit your interior design. From warm tones to stark styles, white has a huge range of potential uses, and selecting the right white in your home can be difficult. With so many subtle shades and different temperatures to choose from, knowing which paint will best suit your walls takes an educated eye.



Fortunately, there are a few simple rules you can follow to ensure your rooms are painted the ideal shade of white. Here are four quick tips to help you choose the right white for each room in your home:

**Know the mood** - There is a fine line between introducing a white into the bedroom that conjures up an atmosphere of rest and relaxation or painting your walls a sterile and bright shade. A good place to start when selecting whites is the temperature. Imagine brighter tones are like an ice-cold glass of water - drinking this is likely to perk you up and give you energy. In contrast, a warmer white is much like a mug of tea - less stimulating but very comforting. Deciding what

the room will be used for is perhaps the most important aspect of choosing the right shade of white. Depending on where you are painting, your white needs to reflect the purpose of the area.

**Establish your style** - When painting, you will likely have a particular style in mind. While white is a neutral tone, this colour can make or break your decor, so it's important to complement the chosen design with the right shade. For instance, a modern and abstract lounge is better supported by a cooler hue, while classic and country designs should be given warmer backdrops. It is therefore vital that you decide on your room's intended style before you select the paint for the walls.

**Complement the ceiling** - If going for a white-based decor, don't forget the ceiling. When your walls are painted in a neutral tone, the ceiling can become an integral part of the overall look and feel of a room. Leaving the classic colour on the ceiling can drastically alter how the whites look on your walls, so consider giving the ceiling a lick of paint while you are doing your walls. Ceilings are naturally darker than your walls, so using a lighter version of your wall colour is a good place to start to lighten the room and achieve a cohesive design.

**Try, try, try again** - It can be tricky to get colouring right the first time. Try a few Resene testpots on a large piece of A2 card leaving a border around the edge and then move from wall to wall at different times of the day and night to see what works best. By testing a variety of hues, you can train your eye to see the subtle differences during different times of the day. View the large A4 swatches of the paint colours at your local Resene ColorShop. Slip a piece of printer paper in between the samples - it will help you to see the underlying tone of each colour. If you're finding all your choices are

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# Build New

clashing with your existing paintwork and it's tricky to imagine going lighter, it can be a good idea to paint one coat of white over the entire surface. This will give you a clean slate so you can choose your new colour without the old colour distracting you.

When you build a Signature Home you have your own interior designer and colour consultant to help you choose the right white (or any other colour you are dreaming of) to take the guess work out.

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

## Why choose G.J.'s

At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure. Your only surprises will be happy ones.

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So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey!

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# We're locals like you



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

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



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**G.J. Gardner.** HOMES

# Pets

## Tips to avoid dog bites

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

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

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

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

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

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

Side and Back - remember where the bite end of the dog is and



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

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

Please contact me if you have any questions or if you know of an organisation that could use our assistance.

jo@dogsafeworkplace.com or www.dogsafeworkplace.com.

## On-location pet and family photography

Never work with kids and animals. That's what they say anyway. I'm the crazy one that absolutely loves taking on that challenge! I run a little photography business called Dog&Co Photography and specialise primarily in pet portraits, as well as involving pets in family and occasion photos such as engagements, maternity, and pre-wedding photos.



I am based in Taupaki, but don't have a studio as my passion lies in on-location photography, and using natural light to create vibrant portraits in my unique style. And why not utilise all of the stunning locations we have in Auckland. We are especially lucky out West with amazing spots like Bethells and Muriwai beaches, Riverhead Forest, Sanders Reserve and more.

In an age where everyone has the capability of taking their own photos thanks to the cameras in our phones, I make it my mission to take and hand-edit images in a way which I call photographic art. They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall

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# Pets

at home! I love being able to create art which families are able to treasure forever.

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

## Kanika Park Cat Retreat

Getting your cat ready for spring.

Shorthair cats shed just as much as longhair cats. The fur is more noticeable for longhair cats. It's also a natural part of thinning out their winter coats. Shedding will make your cat feel better

When more hair starts to show up, consider brushing your cat more frequently. A brush, comb, mat remover, or grooming glove used for a few minutes every day will help collect dead hair. It's important to note that unusually high shedding may be a sign of a bigger problem, such as a skin disorder, stress, etc. In these situations, consult your vet



And while it's likely be an unpleasant experience, you should also give your cat a bath from time to time as well to keep her skin, undercoat, and main coat fresh and clean. Taking these steps as spring approaches will help expedite your cat's shedding and keep her feeling great.

Spring is also a time when unwanted insects start to arrive – ticks and fleas, in particular. Fleas and ticks can affect humans, too, and the last thing you want is to have your cat suffering as well as your household. Phone 09 411 5326, email [info@kanikapark.nz](mailto:info@kanikapark.nz) or visit [www.kanikapark.nz](http://www.kanikapark.nz).

## Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai.

Can you spare two or three hours once a week?

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

Donations appreciated at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). Phone 09 412 2636 or 021 929 999 for further information.



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# Food & Beverage

## Soljans

Dobro Došli! Join us for the first themed dinner in our new monthly series - Croatian night. Journey back to our Homeland of Croatia through a delicious four course set menu, designed by our award winning Head Chef, Paul Reid.



Experience the traditional tastes loved by the Soljan family for generations, and now, shared with you!

Bookings are essential so head to our website to check out the menu and book now! [www.soljans.co.nz](http://www.soljans.co.nz) or call us on 09 412 5858.

## Allely Estate's tips for a brilliant work Christmas party

Whether you believe in the big man in a red suit or not, Christmas parties are definitely something to look forward to. A work Christmas party is a great opportunity for colleagues to blow off some steam, celebrate the end of a MASSIVE year, and enjoy each other's company outside of the office. It's also a great way for employers to say thanks for the past 12 months, in particularly trying circumstances (we're looking at you, NZ lockdown!).



Having held tons of Christmas parties at Allely Estate over the years, we've got a few tips we can share on what makes for a successful Christmas party. Here's some things to consider:

Having held tons of Christmas parties at Allely Estate over the years, we've got a few tips we can share on what makes for a successful Christmas party. Here's some things to consider:

- Want to do something more formal, at night? You can go as full-on as you like! We have had businesses choose a sit-down silver service meal, complete with awards ceremony, while others have gone for a fun dress-up theme, a DJ, and a big night on the dancefloor. We can bring in karaoke or entertainers (comedy, impersonators, you name it!) or you could opt for the full casino set up - when we can't get to Las Vegas, we can bring Las Vegas to us.

- How about a day event? Choose the right venue and you have sooo many options here. Create a relaxed festival vibe with music, bean bags and garden games. Have a high-tea or long Italian lunch under the trees. Make up your own wine festival, with bottles from

the local vineyard. Kill two birds with one stone and pair team building games with a gourmet BBQ and speeches to close. Just remember to provide sunscreen!

- If you're using your work Christmas party to recognise people, do it early on. Do your speeches, thank yous, prizegivings or gift-giving early on, before the festivities hit full swing. This is your chance to talk to your company about the year gone, the year ahead, the contributions made and what they should be proud of. Do it early to make sure you have their full attention - and memory.

- Don't underestimate games. Entertainment is great - giving people something to do eases the social awkwardness for many and can help temper the drinking. There's heaps of great non-creasing games you can get now, like Kubbb, boules or large Jenga or Connect 4. Go hard and turn it into a tournament for some easy team-building fun.

- Make sure you pick the right sized venue for your team. Too big and it feels like no one wanted to come to your party (awkward); too small and it looks like you went cheap. Having your party at work is often a cost-effective option but some people can never quite relax at their workplace while others sneak off to "send a quick email". Treating them to an off-site celebration will have them talking for months.

- Get someone else to organise it. Things like this can be a thankless time-sucker, right when you have a tonne of others things on your to-do list. Look for a venue that will help you organise everything, so you can put down the clipboard and enjoy the party too.

See [www.allelyestate.co.nz](http://www.allelyestate.co.nz) for the rest of our tips on how to hold a Christmas party that's memorable - for all the right reasons. And if you're looking for a special end-of year function, we'd love to help - contact us with ideas, dates or for a tour of our beautiful estate.

## Natural laxative liquorice and molasses balls

These tasty bite-sized treats are a great natural way to relieve constipation. Both liquorice root and molasses have a gentle laxative effect on the colon. These are easy to make and can be stored in an airtight container in the refrigerator for up to a month.



Ingredients: 2 tablespoons liquorice root tea (100% dried liquorice herb), 2 tablespoons non-sulphured molasses, 1 teaspoon coconut, and approximately 4 tablespoons of additional coconut to roll the

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# Food & Beverage

balls in.

**Method:** Mix all of the ingredients together except for the additional coconut using a small bowl. You may need to add a little more coconut if the mixture is too wet or a little more molasses if the mixture is too dry. Take a small amount of the mixture, equivalent to about the size of a large blueberry, and push the mixture together between your fingers to form a ball, then roll the ball in coconut. Wash and dry your hands after every 4 or 5 balls as the mixture is quite sticky.

**Directions:** Chew 2 balls well, then wait at least two hours before having another 1 ball.

Liquorice root, (*Glycyrrhiza glabra*) is a great natural sweetener and can be used in cooking and baking, also to sweetener hot drinks and taken as a tea on its own. The root of the plant is harvested after approximately two years of growth and it is dried then cut or shredded for both medicinal and culinary use.

**WARNINGS & CONTRAINDICATIONS:** This recipe is suitable as a short-term solution to constipation - if symptoms persist or you have a history of constipation, please consult your healthcare professional. Long term use of liquorice root is not recommended due to its potassium-depleting effects. Please check our website for a full list of warnings and contraindications before you purchase liquorice root.

Liquorice Root Tea (certified organic) is available from our website: [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## 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 complements ham, bacon and corned beef; delicious with strong cheeses, sausages and mash and is 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 follow Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

## Peko Peko

It's been such a difficult and uncertain year for many of us. But we are lucky enough that we could keep running our business with your support. We take pride in continuing to serve our community quality Japanese food, our food is all house made and we only cook fresh by order so you are able to have our food in the same quality with our takeaway option. Please check our Facebook and Instagram page for any changes. Thank you for your support and we look forward to having you. 102c Hobsonville Rd. 09 416 1197.



## Westbrook Winery

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

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



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# Health & Beauty

## Cancer Rehab Awareness Week

7 - 13th September 2020. There are so many people missing out on cancer rehab services due to a real lack of awareness. This has to change to minimise the risk of preventable long term disability and suffering for anyone affected by cancer. The side-effects of cancer and cancer treatment are real but often it's only the survivors and their loved ones who know the ongoing difficulties cancer treatment can bring.



Difficulties that can be helped, if only people knew!

No one should be left to rehabilitate from the effects of treatment alone.

With your help we can help more people live MORE and fear LESS after a cancer diagnosis. No one should miss out.

Contact Laura (certified PINC & STEEL cancer rehab physiotherapist) at NorthWest Physio+ on 09 412 2945 to find out how she can help you.

## Sparkling white teeth are just one phone call away!

If you have found yourself indulging in colourful eating over the level 3 lockdown, don't worry you are not alone. Delicious curries, yummy coffees and deep red wine can stain your teeth rapidly. Luckily Kumeu Dental is here for you. We have four amazing options tailored to suit all different types of patients:



The Professional Package: In office whitening achieving instant results for when you're too busy or have an event tomorrow.

The Boost Package: Take-home whitening when you're in control & can take your time.

The Premium package: In-office whitening (instant results) combined with the take-home kit for optimal pearly white results.

The Mega Boost package: Our take-home whitening system with double product.

Why not come in for a free consultation with Kumeu Dental's whitening guru oral therapist, Ashley and she will take care of you and put you on the right sparkly white path. Depending on your teeth sensitivity and the results you want to achieve Ashley will recommend an option that will suit you best. Call Kumeu Dental on 09 412 9507 to have all your questions answered.

## Tinted or Clear?

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



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

Bring your eyes out of lockdown with an eye examination with Matthew or Molly Whittington at For Eyes in the Kumeu Village. For appointments phone 09 412 8172, or book online through our Facebook page or [www.for-eyes-optometrists-nz.au1.cliniko.com/bookings](http://www.for-eyes-optometrists-nz.au1.cliniko.com/bookings). \*Conditions apply.

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

\$5,000 prize package - summer's 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 increased in fitness and strength.

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

# Health & Beauty

This challenge has something for everyone. Now's the time to achieve your ultimate health, fitness and wellbeing goals.

What's 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 3rd October to Saturday 28th November - Information Night: Tuesday 29th September - 6.00pm.

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.

## Hand Institute

If we are under lockdown and unable to see you in clinic, please call us on the usual telephone number. We can see you via Telehealth

on your digital device or can often help over the telephone if you don't have one. We can have splints delivered directly to you. Phone 09 412 8558.

## Life's ups and downs

We all experience ups and downs. For many of us the down times help us appreciate the up times. Without a cold rainy winter, we can't appreciate a hot sunny summer day. Without the darkness, we would not know what light was. The recent reduction in our freedom with Auckland going into Level 3 COVID restrictions has certainly been a down time for many people.

How well we tolerate that down time can depend a lot on our perspective. This lock down might burst into a beautiful spring season. Like a sprinter huddling down into a small ball, we will be bursting out of the blocks and racing down the track again shortly.

Personally, I know my life gets out of balance from time to time. I have two children based in Australia and it is difficult to have gone so long without being able to visit them or for them to visit us. I am getting hug-withdrawal! But I know we will eventually get control of this pandemic and our family will be reunited with great joy.

Extra Support

While perspective is very powerful, sometimes you need a bit of help to get through. If you or someone you love needs an extra



## SHAPE UP FOR SUMMER 8 WEEK CHALLENGE

**Starts: Saturday 3 October 2020**

SHAPE UP  
FOR SUMMER!

**Info Night: Tuesday 29 September 2020**

**Cost: \$395.00**

OR

**\$56 / week** (Direct Debit over 8 Weeks)

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  - Individual & Team Challenges
  - Weekly Motivational Tasks



# Health & Beauty

support to get through these up and down times, then pop into Massey Unichem Pharmacy and talk to our Pharmacist Health Coaches. We have lots of nutrients that can support your health and well-being and give you a boost to see you through. Like tyrosine to give you a boost of dopamine. Or SAME to quickly uplift your mood. Or theanine to calm your farm. We are open no matter what level we go to. Feel free to message us through our website or to order products through our website if you prefer to stay away: [www.MasseyPharmacy.co.nz](http://www.MasseyPharmacy.co.nz). We have your back. Martin Harris 396 Don Buck Road, Massey 09 833 7239.

## New staff member

Hobsonville Optometrists has been gifted this wonderful Labrador from the Blind and Low Vision Association.

Nina is almost 2 years old and other than avoiding very small children, she is perfect. She is our front person - she meets and greets when she isn't asleep.

We invite you to visit us all - and book an eye exam too.

413A Hobsonville Road, Hobsonville. Phone 09 416 3937.



## Invest wisely

It is no secret that we live in a time where technological advancements, business entrepreneurship and the never ending buzz of social media entice us toward investing our money and time into a variety of products and trends. Whether it's the newest smartphone or designer clothes we are constantly drawn to the latest "thing" that's revealed to us.

But what if there was something you could invest your time or money into that could add greater value to your life? Something that is more fulfilling than transient products or trends? Something that has been right in front of you all along? That something is YOU, Y-O-U!



More specifically invest in your HEALTH. Seek treatment for the pain you have been experiencing, get back to the gym, start your own organic vegetable garden, meditate, achieve a new personal best, and take up yoga. Whatever it is that you do, the more you invest your time and money into your own personal health and wellbeing, the happier and healthier you will be! If you want to overcome those aches and pains that are holding you back and you want to live life to the fullest, then the team at Hobsonville Chiropractic Centre are here to help! Phone 09 416 7589, 295 Hobsonville Road, Hobsonville, Auckland.

## Need a new pillow? Consider this first

Choosing a new pillow is tough. There are tons of different brands, materials, prices and shapes of pillows out there. But which one is best for you? If you are currently on the lookout for a new pillow and not sure which one to get, then the question you need to ask yourself is, 'What is my preferred sleeping position?'

Once you answer this question, you can then narrow down your choices. Each of the 3 main sleeping positions (front, back and side sleeping) require a slightly different pillow to get the best support.

To find out more about this you can watch the video on our website, [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz). We also have a detailed eBook all about choosing the right pillow available from the website. Download it today.


For more information or to make an appointment, call the clinic on 09 413 5312.

## Bunions

Do you suffer from painful bunions? Or have pain in your big toe joint but not sure why? Can't figure out how to relieve your pain? Or daunted by surgery? We may be able to help you!




What are Bunions? Bunions, clinically referred to as Hallux Abducto Valgus, are defined by the movement of the big toe moving towards the smaller toes. The misaligned joint puts abnormal stress and load on the big toe joint which leads to an inflammation of the overlying bursa. A Bursa is a fibrous sac which sits between the bone and tendon and acts as a protective cushion. A bunion becomes painful when the bony deformity progresses in angulation and the



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# Health & Beauty

bursa becomes inflamed. This leads to swelling around the bunion, redness and pain.

A bunion has progressive stages and the associated symptoms can vary from person to person. In the early stages a bunion can be flexible and have no associated pain. However, over time the ligaments and tendons surrounding the big toe joint can shorten and lengthen accordingly. This eventually leads to a fixed positioning of the bunion and can have pain associated with it.

**What Causes Bunions?** Incorrectly fitting footwear can contribute to formation of bunions. Narrow shoes place increased pressure on the big toe joint which can lead to increased inflammation and pain of bunions.

Familial history has been shown to contribute to the development of bunions as foot type (shape and structure) is hereditary, and some foot types are more prone to bunions. Inflammatory conditions such as gout, rheumatoid arthritis and septic arthritis cause trauma to the joint and can result in the development of bunions. Biomechanical abnormalities such as excessive midfoot pronation and hypermobility can also lead to overloading the big toe joint and cause soft tissue stress and possibly joint damage.

**What are my treatment options?** Many people believe surgery is the only option for bunion treatment, however, depending on the stage and severity of your bunion there are many ways to reduce pain prior to opting for surgery. The sooner conservative measures are implemented, the better results are likely to be. Treatment revolves around creating stability for the big toe joint, this is achieved first through changes in footwear and orthotic devices, then through addressing weaknesses and tightness in the muscles of the foot through exercises. In some cases, foot mobilisation of the surrounding foot joints is indicated to help loosen and reduce pressure on the big toe joint.

If you are concerned about your bunions or have pain in your forefoot but you're not quite sure what it is, give us a call at Hobsonville Podiatry - 09 390 4184.

## Broken dentures? We do same day repairs

Often we get asked about broken dentures that the person has tried to glue back together but it doesn't seem to hold. Can this denture be repaired? In most situations yes, this can be repaired depending on the severity of the damage. The worst part of the glued denture is not the damage done but rather the harmful chemicals that are in the glue; this isn't healthy! The good news is that even when the denture has been broken and glued back several times in the wrong

position, sometimes we can re-orientate the broken pieces in the right position with an impression of your mouth. People often think that it's too far gone to be repaired if it's been glued but this isn't necessarily true.

Dentures that are constantly cracking or breaking may need to be reinforced with something stronger than the high-impact acrylic the dentures are constructed of. If you are wearing a full denture, you can do this by reinforcing the denture with a cobalt-chrome alloy: none of which is visible when you smile. When it comes to partial dentures that break frequently, these too can be made from cobalt chrome to allow greater strength and thinner feel.

We do same day repairs meaning you do not need to go overnight without your dentures.

Call us at DT Denture Clinic for a free consultation 09 416 5072.

## Clear giveaways your child may have vision issues

Studies show that 80% of information presented at school during a child's learning is through visual means - therefore it is of the utmost importance that they are able to see clearly and comfortably. But determining vision problems with your child can be tricky, so we have assembled a few clues you can watch for:



**Straining/squinting:** If your child is straining or squinting to see clearly, chances are there is some level of defocus or prescription in their eyes. **Sitting close to the TV.** Lack of interest in reading: When

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# Health & Beauty

eyes are not focusing correctly it requires a great deal of effort to focus on finer detail, for children this generally means they aren't able to concentrate on what they're reading, let alone enjoy it. Frequent headaches. Using a finger to guide, or often losing their place whilst reading. Covering one eye or turning their head to focus: if your child's eyes are conveying two different images, it gets very confusing for their brain, which will then struggle to produce one clear image. Closing one eye shuts out one of the conflicting images, which will in turn make their overall picture clearer. The appearance of a white reflection in their eyes, most noticeable in photos: it is perfectly normal for the reflective light in photographs to appear red. However, if you are noticing on more than one occasion that one of them appears white, or lighter in colour this could indicate a focusing or misalignment issue.

So those are our helpful hints. If one or more of these are ringing a bell phone the friendly team at Westgate Optometrists on 09 831 0202 to arrange an appointment. Located at 4/46 Maki Street. Opposite NorthWest Shopping Centre and the Kiwibank, around the corner from Goode Brothers Restaurant.

## Forget Happy Feet....this is smart feet

Some clever people have created a smart insole that instantly turns any shoe into a portable gait-analysis laboratory.

The work could benefit clinicians by providing a new way to precisely measure walking function in patients with movement disorders or musculoskeletal injuries, in their living environments. The technology could also lead to significant advances for athletes, by helping them improve their running technique. A real time analysis in a real world environment!

Taking a single step might seem simple, but capturing reliable information about a person's gait in real-life environments remains a major challenge for clinicians. Gold-standard gait-analysis technologies, such as camera-based motion-capture systems and force plates, are expensive and can only be used inside laboratories, so they offer few insights into how people walk around in the real world. Emerging wearable technologies such as smart shoes, pods, and insoles can potentially overcome this limitation, but the existing products cannot provide accurate gait data.

However this smart insole can deliver real-time data on the length, speed, and power of a wearer's stride with better accuracy than existing foot-worn technologies -- and at a fraction of the cost of traditional laboratory equipment.

This smart insole uses accelerometers and gyroscopes to monitor its own movement and orientation in space, and an array of force

sensors to detect foot pressure, allowing it to capture 500 readings per second - around 5 times smarter and faster than present day analysis tools.

Outside the shoe those 500 measurements per second get fed into a Brainiac algorithm narrowed down to just a few key features and voila!, the perfect gait analysis is born giving an accurate representation of the wearers foot strike in real time.

This insole also works regardless of whether the wearer is walking or running, and generates accurate results without requiring calibration or customization for individual users. It even works with children as young as three years of age and elderly.

This previous level of gait analysis would cost upwards of \$1000 a session however this new smart sole is a tenth of the cost at \$100 for an off the shelf insole.

This unobtrusive, wearable gait monitor could help researchers optimise treatments for people with movement disorders, allow remote monitoring of vulnerable populations, or offer important insights into the safety and efficacy of new treatments that might affect gait and balance or give athletes the extra 1% in performance analysis which may be the difference between gold and silver at the Olympics.

Story Source: Stevens Institute of Technology

Level 1, 124 Hobsonville Road, Hobsonville, Auckland. Phone: 09 416 4455. Book Online: [physio@hobsonvillephysio.co.nz](mailto:physio@hobsonvillephysio.co.nz).

## Free dental for teens

All eligible teenagers in New Zealand are entitled to one free dental check-up per year. From a registered provider, this free dental includes annual check-ups and x-rays, teeth cleaning, scaling and polishing, fillings, root canals, non-orthodontic tooth extractions and preventative dental treatments like fluoride or fissure sealants.

What's also important at these annual appointments is to teach your teenager how to take care of their teeth by showing them the right brushing and flossing techniques. The aim is to set them up with good oral hygiene habits they will have for life.

So take full advantage of this free dental care for your teen. Make sure your dental provider is covering off all the bases and setting them up with good oral hygiene techniques. It can go a long way towards reducing the risk of any major dental issues developing.

For family, general and cosmetic dentistry, orthodontics, dental implants, tooth extraction, oral surgery and more, contact the friendly Fraser Dental team on 09 416 5050.

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# Area Columnists

## Craigweil House

Midwinter Christmas arrives at the Henrikwest Care Group's facilities - Craigweil House, The Beachfront Home & Hospital and Catherine Lodge Retirement Home.

Residents and staff had a ball at the Midwinter Christmas Festivals held at Craigweil House, The Beachfront Home & Hospital and Catherine Lodge Retirement Home. Traditionally a halfway milestone in the year, Midwinter Christmas parties are looked forward to by residents and for good reason.

This year was all about enjoying the freedom that lockdown restricted.

"Our residents had a brilliant time dancing, laughing, and singing along with their favourite old songs"

Marie, a long-term Catherine Lodge resident and recently turned 101-years-old, was very excited to discover the infamous and long serving entertainer Joe Fingers was headlining the Midwinter parties. Joe Fingers, renowned for his great voice and engaging tunes, sang her favourite song, "You are my Sunshine."

There were lots of impressive moves on the dance floor at Craigweil House, from the graceful stylings of Virginia, to our rock and roller, Catherine. At Catherine Lodge, Olive donned her Hawaiian dress and performed a beautiful hula.

Staff had great time too, sharing delicious desserts and savouries, getting up for a dance and even getting up to sing. May our (Regional Manager) and Wilson (Chef) each had a turn singing on the microphone at The Beachfront Home & Hospital - the more the merrier!



Many residents and staff said that they had an amazing time and that this year's Midwinter parties were the best yet. With what is happening around the world, we all need reasons to celebrate life and just smile. The Midwinter Christmas Festivals chase away winter blues bringing warmth and festive cheer into the heart of winter.

## Looking after our wildlife during winter

Country Bears philosophy emphasises nature as a vast and wonderful classroom, encouraging empathy and respect to all living things through relationships and connections to Papatūānuku (Mother Earth).

As the seasons change, our tamariki (children) are noticing differences in flora and fauna, and the absence of wildlife, particularly native birds, in our forest. Through conversations and an interest in finding out more, teachers and children embarked on a collaborative learning journey. We discovered that for some wildlife, natural food sources are limited. Birds must maintain a specific body temperature and need extra energy to get them through the winter. To help our wildlife access the energy they need during these winter months, the provision of food and sugar water stations helps supplement food supply.

One of the childrens' (nga tamariki) favourite activities is to make bird feeders, using pinecones collected from our forest, coating them with peanut butter and then rolling them in a specialised bird seed. We use the Topflite Birdseed, which contains energy-rich seed, fruit and nectar, and is balanced with vitamins that are tailored to meet the nutrition requirements of different bird species. After securing the pinecones with twine, children hang them from trees and wait for the birds to come! Children get an added bonus by getting to lick the peanut butter off their fingers and hands! Yum!

Learning is a lifelong journey for everyone, and we were reminded of this as we gathered further information on appropriate nutritional supplements for birds. Forest & Bird recommend using nectar and fruit as a supplement for native birds and explain that seeds and grain are attractants for introduced birds, who out-compete our native feathered friends. Having instant access to reliable resources and information is advantageous, as it brings learning to life, and life to learning.

Learning is a lifelong endeavour, and as teachers, we are constantly



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# Area Columnists

learning from others - some who may have expert knowledge about subjects, and also those who have a different perspective of the world, like children. They naturally invite us into their awesome world as they question, explain, and describe 'how and what things are'.

Our Elements of Life Programme enhances learning by inviting children to experience the rich diversity and wonder of an authentic outdoor environment. This is Country Bears Nature Learning. Our inquiry-based, emergent curriculum incorporates environmental practices and exploration through nature within the daily programme, which supports our vision of children becoming confident and competent by learning in and through nature.

Through our nature-based curriculum, we provide daily educational experiences for tamariki to develop awareness and understanding of the natural world around them. As they engage in meaningful contexts, they form 'working theories' - knowledge of the world according to previous understandings and experiences. What better way to learn about the world, than to be immersed in its grandeur.

We provide daily educational experiences for children to be deep in hands-on activities that foster meaningful connections to a nature based curriculum, which helps to build the foundation for a love of learning; developing an understanding and awareness of the connections between people, places and things in their world (te waihangā hononga).

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time,

give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our website [www.countrybears.co.nz](http://www.countrybears.co.nz) or our Facebook page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc)

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

## helloworld Travel

Here we are back in Level 3 and working remotely again. We will again be in the office from Level 2 and we have our QR codes up and hand sanitiser at the front of our office if you wish to visit us. It is extremely disheartening to be back at this Level. However we have been organising holidays around New Zealand for our clients

and this will resume once we are allowed to travel again so please call us if you have something in mind. There are some lovely tours available such as Stewart Island and the Chathams. Do follow us on Facebook as we place our tours there that we think are of interest [www.facebook.co.nz/helloworldhobsonville](http://www.facebook.co.nz/helloworldhobsonville).

It doesn't look like the Pacific bubble will happen this side of Christmas but let us know if you are wanting to travel so we can let



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# Area Columnists

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## Local Board Update

Important information for tank water users.

Are you a tank water user?

There are three things to consider ahead of what is predicted to be another dry summer:

1/ Understand your usage. Fit a tank level indicator and monitor usage in the periods between significant rain events. You must know your normal and then learn what steps you can take to reduce usage to make your storage capacity last longer.

2/ Consider additional storage capacity NOW. Adding additional capacity will reduce your requirement for water delivery during long periods without significant rainfall. However there will be no point in investing in additional storage capacity unless it is installed before the summer. There are often lead times for delivery of new tanks



and installers need to be booked as well. If you are considering additional capacity act now...

3/ Lastly, don't leave it until the last minute to book a water delivery. Water carriers will be very busy this summer just as they were last year.

Helensville is currently unaffected by the water restrictions that apply to Watercare's metro network as it has its own independent supply. However last summer the huge demand from tank water suppliers meant that at times the Helensville filling station had its flow limited to ensure there was adequate pressure to fire hydrants. This slowed down deliveries making the demand situation worse. This situation will repeat itself this summer if there is another drought.

Some people have asked why Watercare doesn't make a guaranteed provision for rural tank users? The simple answer is because Watercare's services and infrastructure are paid for by its urban customers. To hook up to the urban supply requires an infrastructure growth charge fee of thousands of dollars and then there is the ongoing annual fees and water charges. These are not paid for by rural tank water users though our general council rates, urban water supply is a user pays service. In order for Watercare to cater to rural users they would have to work out how much water was required. We would need to come into a charging regime and it would probably have to be an 'everyone in' service. Those on tank supply that manage OK through droughts are unlikely to be happy about this sort of arrangement.

Council is looking at how it can assist with rural supply by developing additional capacity from suitable private bores. If you have one of these and would be interested in discussing this with Council please contact me on the email address below and I can put you in touch with the right staff.

Emergency 20lt filling stations will be available this summer however the supplementary tanker service provided will not due to budget cuts. This is why we are urging people to think about their tank supply now, get in touch with your local tank supplier now, leaving it until the end of the year or mid-summer will be too late!

Phelan Pirrie, Rodney Local Board Chair: Phone 021 837 167 or email: [phelan.pirrie@aucklandcouncil.govt.nz](mailto:phelan.pirrie@aucklandcouncil.govt.nz).

## Zero waste

Auckland welcomes a \$10 million investment in new zero waste infrastructure.

Resource recovery diverts valuable materials from landfill for a second life.

Auckland Council welcomes the Ministry for the Environment



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announcement of \$10.67 million for improvements to the Community Recycling Centres as part of the Resource Recovery Network across the Auckland region.

This \$10 million Central Government funding will fast track the effectiveness of Community Recycling Centres through developing fit for purpose infrastructure. It will expand employment by increasing the volume of materials and the number of related activities they can undertake to work towards zero waste.

Mayor Phil Goff said the \$10.67 million would be invested in capital projects across Auckland to make its resource recovery network more effective. "Sending stuff to landfill wastes valuable resources that can be recycled and reused; it also contributes to climate change by creating carbon emissions," he said.

"This investment will fast track the effectiveness of the Resource Recovery Network by building fit-for-purpose sites to enhance resource recovery activity towards a circular economy. It will also create around 50 jobs, much needed given the Covid-19 recession. It's about creating a sustainable environment and economy that takes account of the needs of future generations and not just our own," Phil Goff said.

## Cashflow levers

A basic Facebook poll has shown that the biggest concern faced by businesses in my local area is the ability to pay expenses and debt repayments on time.

With cashflow being so important right now, I will be focusing on some levers you can use to improve your cashflow.

Payment of invoices by customers. The first rule: the quicker you invoice, the quicker you will get paid.

I had a plumber visit to fix a toilet. It took 7 working days to be invoiced for the job. If I had been invoiced within one working day, the plumber would have the cash in his bank account to be able to pay the staff member's wages the following week.

Other ways to get paid faster: have clear information on your invoice so that the customer knows what they are paying for, shorten your payment terms (3 days, 7 days, 30 days), put bad payers on cash in advance or cash on delivery, make it easy to pay (EFTPOS machine or equivalent, online credit card payment etc), include terms of trade on your invoice, follow up slow payers straight away, don't let it get to 60 days.

A few small tweaks will reduce the lag between doing the work and getting paid.

Reducing wastage - Another lever to create cash is having more profit left over after paying your direct costs, ie improving your gross

profit.

There are many ways of doing this depending on your business. One area of focus is to reduce wastage.

Wastage comes in many forms: Unbillable time due to time waiting for materials, rework, training/inexperience, multiple visits, unclear instructions, interruptions etc. Unbillable materials due to rework, wrong materials, damage. Unbilled variations.

Find the causes of wastage in your business, and work with your team to plug the leak.

Increasing revenue - There are three ways to increase revenue: a higher price for what you are already selling, selling more products/services to existing customers and attracting new customers.

Price - When was the last time you reviewed your prices? How do your prices compare to your competitors? Unless you have a high volume business (eg KMart) you do not want to compete on price, but instead the value of your product or service. Are you eroding your margin by offering discounts?

Existing customers - Do your customers know everything you have to offer? How many customers do you have on your database? When was the last time you communicated with them?

New customers - I will focus more on this in future articles, but think about who your target market is, and where they spend their time. How many ways and how often can you make yourself visible to your target market so that when they are ready to purchase they already know who you are.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with improving your cashflow, growing your business, or for a free Business Diagnostic, contact Ann at [ann@oxygen8.co.nz](mailto:ann@oxygen8.co.nz) or 021 682 014.

## Community charities struggling

Large numbers of community groups are struggling to meet basic operating costs including; power bills, PPE and water rates according to new figures.



New funding application data shows the average amount of funding sought by Auckland charities to cover their current overheads is almost \$8,000. The figures also reveal that operating expenses were higher among community & wellbeing groups as well as environmental & arts charities.

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Over 100 charities who have seen a significant increase in demand for their services, and are struggling to meet their operating costs as a result of COVID-19, will now receive a share of more than \$500,000 - thanks to a new emergency fund.

The diverse range of community organisations which operate in the Auckland region have applied for a grant from The Trusts Your West Support Fund to cover a wide range of expenses.

Trusts CEO Allan Pollard says the high volume of funding requests received in the past two weeks suggests many local charities are struggling to stay afloat.

"We know that the pandemic has had a significant impact on the normal income streams of community groups.

"These are organisations providing blankets, food and support services to the most vulnerable members of our community.

"What was particularly concerning to see was that many of these organisations have asked for help to cover their fundamental operating needs such as power, internet and rent.

"For many of these groups, this funding will be an essential lifeline to help them continue to support their community in a post-COVID environment," he says.

Pollard says the requests for support exceeded more than \$1.1 million and cover a wide range of organisations including food charities, whanau-based support, elderly and youth support services, hospice as well as environmental and sporting groups.

## Lottery's support to Citizens Advice Bureau Helensville

A vital boost to continue providing a high quality service has come to Citizens Advice Bureau Helensville.

The office, with a coverage area from as far as Kumeu to Wellsford, has received a \$5000 grant from the Lottery Grants Board.

Bureau manager Karen Rutherford says this annual funding is greatly appreciated.

"Our trained volunteer interviewers can help people with information on almost any issue including consumer rights, employment issues, finance and tax, benefit entitlements, housing and tenancy, and much more. No problem is too big or too small."



The Lottery Grants Board benefits the community by distributing the profits from state lotteries such as Lotto, Instant Kiwi, and Daily Keno. They are a major ongoing supporter of Citizens Advice Bureau New Zealand Inc (CABNZ) and its 82 member bureau/branches.

"We are grateful that with Lottery support we can continue providing free, confidential and impartial information, advice, advocacy and support which helps over half a million people nationally every year," says CABNZ Chief Executive, Kerry Dalton.

Citizens Advice Bureau Helensville is located at 27 Commercial Road. You are welcome to phone us on 09 420 7162 or toll free on 0800 367 222 or email us at [helensville@cab.org.nz](mailto:helensville@cab.org.nz). We're open Monday to Friday 10am to 3pm. You can also find information on a range of issues on our website [www.cab.org.nz](http://www.cab.org.nz) for more information.

## Sayers says it

By Greg Sayers, Rodney Councillor. An independent review, initiated by the Mayor, of Auckland Council's five Council Controlled Organisations (CCOs) has highlighted a number of faults along with a lack of adequate management controls.

The damning report confirms inefficiencies with the CCO model, which was created in 2010, but also concludes the model remains the right one for Auckland providing better controls are implemented.

The five CCOs - Auckland Transport; Watercare, ATEED, Regional Facilities Auckland and Panuku Development Auckland - run 75 per cent of council services and account for 55 per cent of the council's operational budget.

While the CCOs must operate in a commercially efficient way, the report states they are still public bodies funded by Aucklanders and they needed to better balance looking after public interests.

It also stated CCOs are public sector entities, not private commercial companies, and their chief executives' remuneration should more appropriately reflect that.

The review looked at better alternatives including merging CCOs, or bringing some of their activities back within the council itself.

For example, Regional Facilities Auckland (RFA) was recommended to be merged with Auckland Tourism, Events and Economic Development (ATEED), saving almost \$7 million a year.

An idea originating from Wellsford sheep farmer Gordon Levett





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received high praise about the public's inability to challenge CCO or council decisions. Instead a "People's Panel" of experienced mediators could be considered to hear and resolve complaints and disputes, short of court proceedings or a complaint to the Parliamentary Ombudsman. Other sectors have such proactive dispute resolution mechanisms.

I felt missing from the report was the original Royal Commission's recommendation to have an Independent Performance Auditor overseeing the Super City's effectiveness. Also missing was any recommendation to the appointment of a Clerk-of-Works to sign off the quality of council work before contractors get paid.

Unsurprisingly the council, especially its politicians, came in for some criticism for their failure to exert better oversight and control over the CCOs.

The report found that despite the many Auckland Council plans and strategies, there was almost no strategic direction given to the CCOs. In some crucial areas such as water and property there were no strategies at all.

In a nutshell, the findings concluded council's governance of, and liaison with, CCOs is not working as it should.

This included Auckland Transport not being collaborate enough with the council or local boards on transport strategy, and that its handling of smaller projects was far from satisfactory.

The reviewers found little evidence of a "council family", with silo-thinking appearing to prevail.

The report gave very clear direction for improvement by concluding

trust and confidence with the council and CCOs was low, and emphasis should be on achieving actual results, and moving away from "seemingly endless processes and procedures" which the public have to endure and fund. An excellent challenge for the city leaders to deliver upon.

The full report can be found at the library, Council Service Centres or can be downloaded from the Auckland Council website.

## Stop scams spreading

Scams, like pesky weeds, keep coming up in the nor-west.

The key is identifying them before they spread their havoc.

Citizens Advice Bureau Helensville has a national database which includes plenty of detailed information about scams, including from many official sources.

Board secretary Rani Timoti says scams with sophisticated and professional presentations have been happening in the Helensville district, mainly through phone calls. "Local police say scams are covered under fraud and cases are investigated."

Reporting scams is the best defence, especially to organisations like NetSafe: [www.netsafe.org.nz](http://www.netsafe.org.nz) or for cyber security, Cert NZ: [www.cert.govt.nz/about/contact-us/](http://www.cert.govt.nz/about/contact-us/)

NetSafe chief executive Martin Cocker says the simple message of 'If it seems too good to be true, it probably is' no longer reflects the



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reality of the online scam and fraud landscape.

"It would be more accurate to say: 'Even if it seems like a reasonable deal, stop and think is this real or a scam.'"

The Commission for Financial Capability warns of scamming tactics: Phantom riches - "You'll make a lot of money from this opportunity."

Social consensus - "Everyone is doing it."

Scarcity - "Hurry, time is running out."

Comparison - "You're getting a really good deal."

Friendship - "Do this for me as your friend."

The organisation advises reporting the fraud, even if you are embarrassed, because you help prevent others being caught in the same trap.

Common online scams include: tech support, romance, cold calling, email phishing, investment opportunity and employment or work-at-home and business email compromise.

Basic precautions include realising scammers want your personal details, ultimately to take your money and even steal your identity.

Know who you deal with- research the one (group, organisation, company) contacting you.

Delete suspicious texts, pop-up windows or emails.

Practice updating computer security- Visit: [www.business.govt.nz/risks-and-operations/it-risk-and-avoiding-scams/protecting-business-data/](http://www.business.govt.nz/risks-and-operations/it-risk-and-avoiding-scams/protecting-business-data/) or [business.govt.nz](http://business.govt.nz)

Always stop and think instead of being pressured into making a quick decision.

Citizens Advice Bureau Helensville is located at 27 Commercial Road. You are welcome to phone us on 09 420 7162 or toll free on 0800 367 222 or email us at [helensville@cab.org.nz](mailto:helensville@cab.org.nz). We're open Monday to Friday 10am to 3pm. You can also find information on a range of

issues on our website [www.cab.org.nz](http://www.cab.org.nz) for more information.

## Drugs and alcohol have an effect on your workers

No matter what changes to the law are made, drugs and alcohol impede a worker's ability to work, long after taking them.

The effects of being hungover from taking drugs or drinking alcohol becomes a major safety concern for all at the workplace. Fatigue, poor decision making, impaired vision, loss of hearing, loss of muscle coordination.

Add loss of alertness and attention to detail, and a recipe for harm or a serious injury is heightened, especially in high risk work - and driving.

It is important to note that both legal, and illegal drugs can have an influence on the ability to work safely.

Some prescription drugs warn about not using heavy machinery or driving for a specified period to avoid potential incidents. Such directives need to be adhered to.

To confirm that a person has an alcohol or drug issue needs careful and trained observation in order to avoid unsafe behaviour.

The respectful manner in which you approach your workers about such a sensitive matter needs to be addressed in advance so as to protect all parties' long-term positions and relationships.

Non action is just as dangerous.

Doing nothing may lead to a serious accident perhaps involving others.

While many organisations have in place a company policy and position on drugs and alcohol at work, and may carry out pre-employment and possibly random drug testing, companies do not realise that they can carry out reasonable cause testing.

This is "reasonable" suspicion testing, also known as "cause" drug testing.

It is performed when management or supervisors have evidence, or reasonable cause, to suspect a worker of drug/alcohol use.

Evidence is based upon direct observation, either by a supervisor or another employee.

Signs that alcohol or drugs may be affecting a worker can include: sweating, weight loss, chills or shivering, physical deterioration and/or change in appearance, excessive talking, poor coordination and concentration, lack of energy and motivation, unpredictable

### Anna Jeffs

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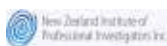
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behaviour, arguments and sudden outbursts, withdrawal from others, increased aggression, high anxiety, apparent stress, denial of issues, depression, paranoia, frequent absence from work, changes in attitude, poor time keeping or careless and frequent accidents.

In terms of health and safety it is important that unsafe behaviour in the workplace is addressed as soon as possible in order to prevent injury.

The most powerful tools you can use to ensure everyone knows what is expected, and the potential outcomes if ignored are: Management direction, open communication, reporting channels without ramification, education.

Let's face it, we all want to head home safely after work to our families, at the end of a day's work.

For further information on health and safety aspects, please contact your John Riddell, Securo Health and Safety consultant, email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check the website [www.securo.co.nz](http://www.securo.co.nz).

## RMA: Repeal, replace, rejoice

By Chris Penk MP. Today's column is brought to you by the letters 'R', 'M' and 'A'.

There aren't many issues on which all mainstream political parties agree but the need to reform the Resource Management Act is surely one. Based on countless conversations with constituents these past three years, I'd say that the repeal and replacement of this particular piece of legislation would be almost universally popular.

Passed with good intentions in 1991, the RMA has evolved in ways that have seen its processes become ever more complicated, cumbersome and costly. Its aim was to promote sustainable development by balancing environmental protection with socially acceptable outcomes, including economic growth. These are all very worthy ideals but the reality has been somewhat different on the ground.

Problems with the supply of land for housing have bedeviled successive governments, with frustration felt across the board. Central and local government alike - together with citizens young and old - have struggled to break free from the RMA's metaphorical red tape, all while genuinely needed infrastructure remains lacking.

Both of the major political parties have undertaken to move the nation beyond the RMA's grip on what's often described as "urban planning". Of course that term that fails to take into account the



need for good governance of rural land too, a point that should not be lost on Wellington-based policy advisors.

A month ago, a 600-page review of the RMA was produced. Known as the Randerson Report, it recommended two new pieces of legislation be introduced: a Natural and Built Environments Act and a Strategic Planning Act.

These changes would effectively split the RMA in half to help recognise the need to reconcile strategic long-term perspectives with the need for immediacy in decision-making.

Given how many residents within the boundaries of the Helensville electorate have sought the help of my office in relation to RMA issues, I hope that everyone interested in the subject looks into the political parties' respective plans in this space, ahead of the election.

## New vaping legislation

New vaping legislation creates conflict with lockdown restrictions & panicked smokers concerned about cessation efforts

Smokers may be at risk of having their efforts to quit smoking derailed as new Government legislation conflicts with current COVID-19 restrictions.



New legislation passed recently will significantly restrict the range of vaping products available to the public through dairies and service stations in the coming weeks. At the same time, specialty vaping stores are not considered an essential service provider during a Level 4 lockdown.

Nabhik Gupta, spokesperson for NZ owned Shosha the country's largest retailer of e-cigarettes says weeks under lockdown can place additional stress on smokers.

He says they had a surge in calls from panicked customers concerned about their access to retail supplies of vaping products and the potential impact on their efforts to quit smoking.

"We know that smokers can be highly susceptible to changes in their routines or increased anxiety and when you couple this with easier access to cigarettes than their alternatives, it is easy for their efforts to quit smoking to be derailed overnight.

"The new Smokefree Environments and Regulated Products Vaping Amendment Bill came into effect August. If we are at Level 4 smokers will have reduced access to alternative products."



### Marja Lubeck

Labour List MP Based in Rodney

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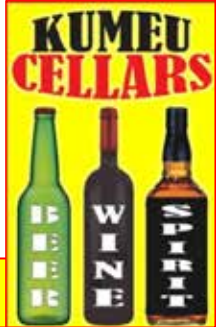
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