

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCALS FUME OVER SPEED CHANGES

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

KUMEU BUSINESSMAN DOES HIS BIT FOR HOSPICE

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Contact Geoff Dobson on 027 757 8251 or geoffdobson2017@gmail.com

September 2021



Greetings

Local roads and traffic continue to hit the headlines.

Our main story for August 'Highway just the ticket' about former Police Serious Crash Unit head Stu Kearns' criticism of the Coatesville-Riverhead Highway's speed limit reduction to 60kmh brought support (see inside).

And now a proposal to temporarily ban right turns from the Coatesville-Riverhead Highway on to State Highway 16 has come from Waka Kotahi NZ Transport Agency while it works on a design for permanent improvements at the problem intersection, likely to be a roundabout.

In the meantime, those wanting to get off the Coatesville-Riverhead Highway to Kumeu can turn into Old Railway Road then left into Old North Road to reach the Taupaki roundabout, the NZTA suggests.

You can try continuing down Old Railway Road towards Kumeu but remembering you have to turn right at the end of it or go up Old North Road to get into Kumeu the back way.

I've used all those routes (in fact, using Old North Road and Old Railway Road are among my preferred options for getting to and from Riverhead) and, depending on the traffic, I find using the Taupaki roundabout the safest and easiest way.

In an acknowledgement over the frustration in the time it's taking to do key improvements at the intersection, also four-laning SH16 to it from Brigham Creek, a shared cycling/walking path on SH16's southern side, flexible median safety barriers from Brigham Creek to Taupaki and a flush median from Taupaki to Kumeu, the NZTA says it is progressing as quickly as it can.

It says site investigations on private properties for the Brigham Creek to Kumeu SH16 upgrade are nearly done and that talks with landowners and the wider community are planned later this year.

An appeal has yet to be sorted for the Huapai to Waimauku highway stage with an Environment Court hearing imminent.

"We acknowledge that the level of uncertainty has been frustrating but we're taking the time to make sure the design is fit for purpose," the NZTA says in its defence.

Its timeline suggests most of these projects should be done within five years, while the SH16 bypass (Alternative State Highway south of SH16), Brigham Creek interchange, the walking and cycling corridor, and Redhills/Riverhead/Whenuapai "local roads" are all expected within 20 to 30 years' time.

The bypass and SH16-SH18 connections are forecast by the NZTA to improve freight journeys, reduce reliance on cars to ease congestion and improve public transport reliability.

The NZTA admits much of Auckland's growth (adding another 720,000 people within 30 years) will be seen in the Northwest with 30,000 extra houses and 13,000 new jobs expected.

Meanwhile, Auckland Transport aims to speed up improvements to gravel roads in the area (see inside).

It seems to me this area will continue to have to put up with traffic congestion and roading issues for some time yet.

Geoff Dobson, editor



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ENQUIRIES / FEEDBACK:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W www.kumeucourier.co.nz

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People & Places

Kumeu businessman does his bit for hospice

Patrick Hackett has raised nearly \$90,000 for Hospice West Auckland over 10 years.

The Loan Market Kumeu mortgage broker brings together locals and organises the annual hospice fundraiser event 'Back to the 80s' which this year raised more than \$10,000 - the event held at The Riverhead.

"The locals have embraced the event and made it their own," Patrick says. "They dress up each year in amazing costumes and dance the night away with friends."

Patrick not only organises the event but also performs as part of his local band The Backtracks.

"What I love the most is the fact that we are helping the community," he explains.

"Hospice West Auckland performs an incredible job every day and cannot provide the level of service without the generous support of locals donating their time and money.

"Our dance party is just one event on their fundraising calendar each year which helps make a little bit of difference."

Patrick personally knows about the difference hospice can make.

In 2019, his colleague Steve McCullough died. He was cared for by



his family and the team from Hospice West Auckland.

"He was very well known in the local community and is sorely missed," Patrick says. "Hospice West Auckland was there for him, and we look forward to supporting them in the coming years."

Patrick's also involved with business networking group BNI Waitakere.

Hospice West Auckland offers its community-based service caring for the terminally ill and their families in Kumeu and the surrounding areas of greater West Auckland.

"Hospice is a philosophy of care, providing care in the community, in people's homes, the place people call home. It is not just about a building," Hospice West Auckland Chief Executive Officer Barbara Williams says.

The hospice provides physical, emotional and spiritual support to people at the end of their lives. The service extends to whanau, all at no cost to patients and their family.

The government funds about 50% of hospice's work, the rest raised through the generous donations of donors, trusts and grants, community fundraising events, bequests, and revenue from the seven Hospice West Auckland shops.

Hospice West Auckland recently published a video on YouTube, titled 'A Glimpse Into the Lives of a Community Hospice Nurse', which shows the special connection community-based hospice nurses build with patients and their families.

How you can be cared for by Hospice West Auckland.

Call 09 834 9755 to find out if Hospice West Auckland can be of service to you, a friend, or family member.



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You can ask your GP, health professional or community care provider to refer you to hospice.

Visit www.hwa.org.nz for more information.

Hot rods to collect for foodbank

About 100 hot rods will drive around Kumeu, Huapai and Riverhead on Sunday September 19 collecting non-perishable grocery items for the Norwest Foodbank Huapai-Kumeu branch.



The cars from the Huapai Hot Rod Club, Harbour City Hot Rod Club and Wheels Inc depart the Kumeu Community Centre around 11am for the collection drive, with people asked to either leave the non-perishable groceries at their letter box or to come out of their houses with the items when the cars come down their street.

Hot rods will be later displayed at or near the Kumeu Community Centre from 2pm, with entry a non-perishable food item or gold coin. A sausage sizzle and refreshments will also be available there.

The event is being run in association with the Huapai-Kumeu Lions Club, with member Gavin Bertelsen suggesting that anyone missing the street collection is welcome to call at the display, with any further contributions also going to the foodbank.

If the day is very wet the event will be postponed to Sunday September 26.

"There will be some pretty cool cars to look at and talk to the owners about," Gavin says.

Desma Galvin of Kumeu, pictured with her 1938 Chevy coupe, has been a Wheels Inc member for many years and plans to join the drive.

She and husband Ken organise the Kumeu Classic Car and Hot Rod festival, which runs on January 14-16 next year at the Kumeu Showgrounds.

The festival is a huge attraction and has different hours for 2022, running from 1pm-7pm on Friday January 14 and closing at 1pm on Sunday January 16.

The Norwest Foodbank Huapai-Kumeu is a branch of the Northwest Care Trust which delivers groceries to people in need from

Paremoremo and Taupaki to Waimauku and Muriwai Beach.

The foodbank was founded in Massey by Huapai resident Viv Anson seven years ago before a need was seen to set up the local branch in her home area around the second Auckland COVID-19 lockdown in February and March this year.

The lockdowns tend to cause spikes in foodbank requests, the latest being no exception although Viv notices more younger people and families seeking help this time.

In Massey, the first COVID lockdown in August-September 2020 saw the number of foodbank client households rise from 60 a week to about 600. In the Northwest it has gone from about 40 households to more than 60 and counting.

Any leftover food is put in roadside stands or pataka for others to collect if needed.

Viv says the hot rod food collection will go towards Christmas hampers delivered to people recommended by professionals, church organisations and other services.

Any deliveries follow COVID protocols.

"During COVID lockdowns some families tend to use our services just for the lockdown's duration - especially those struggling to pay bills as well," Viv says.

Welcoming the hot rod grocery run, Viv says the foodbank needs more funding especially.

Anyone who can help should contact the foodbank on 022 568 6337, email norwestfoodbank@gmail.com or visit the Northwest Care Trust website.

Lions raise thousands

The Huapai-Kumeu Lions' Book Fair at the Kumeu Community Centre was well supported in both books donated and purchases.



The club was assisted by the Waimauku Scout group and will share some of the several thousand dollars in profit with it for a new Scout den (see August issue).

Hundreds of people visited the Book Fair during the two-day August event.

Two on-going Lions projects are the nationwide collection of foreign

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People & Places

and out-dated coins and the collection of unwanted spectacles.

Many people are holding small amounts of foreign coins as well as obsolete New Zealand coinage which collectively retain significant value.

These can be left in the special red collection tins, including one at The Vintage Shop at the Pomona Hall adjacent to the Kumeu Community Centre in Access Road.

Profits from this project go to New Zealand youth programmes.

The Vintage Shop is also the depository for people to donate used spectacles. These are processed by optometry specialists and then sent to the Pacific Islands for the benefit of people with impaired vision.

Lions appreciates the public's support with these two projects.

Also on the welfare side of life, Huapai-Kumeu Lions are working with local hot rod enthusiasts in a Hot Rod Food Pick-up Project in Huapai, Kumeu, Riverhead and Whenuapai on Sunday, September 19 from noon to 2pm (see story in this issue).

The club hopes that local people will be generous in helping support an increasing number of people in need of groceries.

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

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

Anyone interested can contact President Guy Wishart on 09 412 5261, 021 922 545 or email huapaikumeulions@gmail.com for more information.

Locals fume over speed changes

Our headline story in the last issue about former Police Serious Crash Unit head Stu Kearns' criticism of speed limit reductions on the Coatesville-Riverhead Highway has prompted support for his stand.

"Your article 'Highway just the ticket', and the reality that the number of fines issued has climbed over two years by a factor of 14, from \$340,390 to \$3,828,820, has me fuming," says Allan Maclean of Riverhead.

"As a Riverhead resident (and frequent user of the Coatesville-Riverhead Highway), I can confidently state that moving the entire

length of this highway from 80km/h to 60km/h is a classic case of over-reaction.

"There has been a huge negative response from the public to this wholesale reduction in speed. This has also resulted in general frustration and considerable tailgating over perhaps 10km of road which is largely capable of higher speeds."

Allan says while our "transport moguls waffle on about road safety", the reality is that between 2013 and 2019 there have been only two fatalities, eight serious injuries, 77 minor injuries and 142 non-injury crashes.

"While any crash is one too many, is that really so bad for some 2500 days?"

"It's great to see the support from Stu Kearns, the former head of the Police Serious Crash Unit, stating that he 'would be ashamed to write a ticket on this road for speeds under 80km/h...' (Now that would make a great bumper sticker)!"

Speed limit bylaw changes were consulted throughout the Auckland region last year, although the Auckland Transport board approved the speed limit bylaw in October 2019.

Rodney councillor Greg Sayers also consulted with the public in the latter half of 2020.

He received 1104 submissions, with more than 90% of respondents "strongly opposed" or "somewhat opposed" to the speed limit change.

The detailed breakdown he published to the question asking how much people supported or opposed the 60km/h speed limit was:

1. Strongly oppose 82.79%
2. Somewhat oppose 7.52%
3. Neither oppose nor support 0.54%
4. Somewhat support 2.81%
5. Strongly support 6.34%

A 70km/h limit instead of the 60km/h limit on parts of the Coatesville-Riverhead Highway might have offered a suitable compromise, Allan suggests.



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He says that Auckland Transport, in a response to him last year, stated; "With regards to 70km/h speed limits, the [NZTA] Speed Management Guide and the current speed limit rule strongly discourage the use of 70km/h limits and seek to phase them out.

"At higher travel speeds, people have trouble differentiating speed limit differences of only 10km/h. The advantage of using 20km/h increments between 60 and 100km/h is that fewer and more recognisable speed categories are easier for people to understand and recall.

"This should mean that the road requires fewer speed limit changes or repeater signs."

Perhaps the NZTA and AT have never heard of Cruise Control - or common sense, Allan suggests.

"It's high time that AT and the NZTA accepted that they are supposed to be working for us, not simply for revenue collection," he adds.

"Policing this is certainly not the solution to such a widely unacceptable restriction. All that does is lower our respect for the police."

Greg Sayers adds: "It was disappointing to hear back from Auckland Transport they would not support an application to Waka Kotahi NZTA that an exception should at least be considered for the Coatesville-Riverhead Highway. Especially after my petition clearly showed what public opinion was."

Auckland Transport says it won't revisit this road's speed limits for three years, Sayers explains. "People are angry that their voice isn't being listened to."

Coatesville-Riverhead Highway was selected as part of the Speed Limits Bylaw (2019) as it had devastatingly seen many deaths and serious injuries during the past five years, with the 80km/h previous speed limit identified as inappropriate, an Auckland Transport spokesperson says.

"Auckland Transport is legally bound to review speed limits - this isn't some random exercise. AT, as the Road Controlling Authority for more than 7500km of roads (excluding state highways) in Auckland, is responsible for ensuring all roads under its control have speed limits that are safe and appropriate for their function, design, safety, and use."

The setting of safe and appropriate speed limits via the bylaw process is governed by legislation, AT explains. It includes the Land Transport Rule: Setting of Speed Limits 2017, where AT is obliged to investigate the highest risk roads (according to criteria set down by Waka Kotahi NZ Transport Agency as the national land transport regulator), its Speed Management Guide and data from the Crash Analysis System; along with road risk monitoring tools like Urban KiwiRAP.

Crashes are sadly inevitable - humans are fallible and they make

mistakes, but deaths and serious injuries shouldn't have to be, AT says.

"The limit of 60km/h on Coatesville-Riverhead Highway means that when a crash does happen, the risk of dying or being seriously injured in that crash is now significantly lower."

AT will be looking at delivering the next phase of safer speeds for Auckland soon - so encourages Aucklanders to have their say.

"Every piece of the road safety puzzle - including safer speed limits - can make a real difference and will save lives."

Work needed to boost transport priorities

The Kumeu Community Action committee spent an hour in an online meeting with NZTA-Waka Kotahi NZ Transport Agency (NZTA) Regional Relationships Director Steve Mutton just before the August lockdown.

Steve explained how funding decisions are made to the committee and Rodney councillor Greg Sayers who organised the meeting.

It was clear from the start the process of getting funding for any of the NorthWest's much-needed projects would not be a simple matter.

"It's a bit like needing to get top marks in an assignment where multiple boxes need to be ticked off just to be in the queue for a funding decision," Kumeu Community Action (aka the Huapai Kumeu Residents and Ratepayers Association) Chair Guy Wishart says.

"On top of this, money is tight and the budgeted costs of almost all projects are increasing exponentially.

"Had the NorthWest put up a convincing case to the transport decision makers that would sway their decisions in our favour," Guy adds.

"The conclusion seemed to indicate we were trying hard but had not yet made a convincing case that we were more important than the current projects being funded.

"Steve is a pragmatist, so no amount of local signage, Facebook rants and general unhappiness will provide the mechanism for his organisation to bump us to the front of the queue. We need to do more mahi and complete the arduous assignment in front of us."

Guy believes many people in the local community might feel it is not their role to do this and that it is the local board, councillor, NZTA, Auckland Transport, the Supporting Growth Programme North



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West Auckland and anyone else but Kumeu Community Action that should just get on with sorting the NorthWest's serious problems.

"I can sympathise with this view, but it doesn't appear to be working for us that well," Guy says.

"We are the ones with skin in the game, not the managers and planners that live in Grey Lynn and Sandringham.

"We need a group of locals to help build the case for prioritising the NorthWest and break down the out-of-date evidence and budgets that have so far stymied efforts to get trains to Huapai and fast track the alternative route to Huapai.

"If you think you have the skills and would like to help us build the case for the NorthWest in order to get us to the front end of the funding queue, please contact Guy Wishart at info@kumeucommunityaction.org.nz for more information.

Clean up Week starts

Northwest projects are invited for Keep New Zealand Beautiful - Clean Up Week on September 13-19.

"We'd love to see a clean in Kumeu and surrounds," Keep New Zealand Beautiful says.

Kiwis are asked to 'Do the Right Thing' and make a collective difference by getting involved in this year's Clean Up Week.

The community pride initiative, run annually by Keep New Zealand Beautiful, inspires businesses, schools, community groups and individuals to actively participate in cleaning up their little part of Aotearoa.

Last year 57,936 volunteers collaboratively cleaned up an area equivalent to 4935 rugby fields and collected 561,979kg of litter.

"As New Zealand's largest community led event, Clean Up Week is an initiative that presents a great opportunity for education and litter awareness to reach every corner of New Zealand, and for Kiwis to get involved and 'Do the Right Thing'," Keep New Zealand Beautiful CEO Heather Sanderson says.

"By more volunteers taking part in their local events we can

collectively make a huge difference."

Heather says this year the organisation is pushing for all participants to take a climate conscious approach to Clean Up Week by encouraging them to organise their own reusable and sustainable clean up kits using everyday items such as buckets and gardening gloves.

"We're aware of the carbon footprint involved in the creation, single use and couriering of kits across the country. As much as we want to clean up litter in New Zealand we also want to reduce what goes to landfill after our clean up events. This year we'd like everyone involved to be climate conscious and kit out their own clean up kits."

Previously, Keep New Zealand Beautiful offered free clean up kits to all Clean Up Week participants. However, this year, and with the help of the Mars Wrigley Foundation, free clean up kits will only be available on request for schools, youth groups and Keep New Zealand Beautiful Community and Educational branches which don't have access to their own clean up materials.

People can also purchase reusable clean up kit resources at cost from the Keep New Zealand Beautiful online store.

Auckland City Council is backing the event and its park rangers are happy to assist with clean ups in local community parks, Keep New Zealand Beautiful says.

"They can provide bags and disposable gloves if required and can arrange for the bags of litter to be picked up afterwards from a pre-agreed location in the park that a contractor truck can easily access."

Contact details for park rangers are provided in the Event Guide that event coordinators will receive on registration.

Online registrations close on September 19.

Schools, youth groups and Keep New Zealand Beautiful Community and Educational branches need to register before August 31 to request free clean up kits.

To register a clean-up event for your local area or to join in a public event visit www.knzb.org.nz for more information.

Keep New Zealand Beautiful is a not-for-profit charitable organisation leading the way in litter abatement and educating New Zealanders on how to 'Be a Tidy Kiwi' and 'Do the Right Thing' since 1967.

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The Beer Spot turns it on



The Beer Spot - Huapai has decided not to enter the Northwest Country Business Awards this year.

After winning the 'Best Family, Informal Dining and Takeaway' category two years in a row, the business reckons it's time to share the love, just as the local community has with them for the last two-and-a-half years.

"The support from our friends, and the beautiful families in the area, has been greatly appreciated, especially over the past 12 months," The Beer Spot co-founder and co-owner Jason Payn says.

"We're so grateful to see folk walk through the doors every day. It's a real privilege to show people the way to great beer, and to be accepted by this wonderful, growing, community is really something."

The Beer Spot is the home of the 'Tap 40' - 40 ever-changing taps of handmade beer sourced from all around New Zealand.

"We may not have the best-known beer staples, but we'll find you something delicious, even if it takes a few cheeky samples to get you over the line," Jason says. "We're here to take the fear out of beer because, generally speaking, our greatest fear is of the unknown. We want to show people how amazing great New Zealand beer is."

The welcoming The Beer Spot - Huapai staff are more than happy to guide you through the offerings, which are many and varied.

"There's always something we can start you on," Jason says.

"A crisp, clean lager or Pilsner, then, once you're a bit more familiar, let us show you a delicious, balanced Pale Ale, or something warming like a chocolate, or Imperial Stout.

"The most important thing is to take your

time, enjoy the experience, and keep coming back to see what's new."

The Beer Spot - Huapai also offers wines, spirits and mixers, and a strong range of non-alcoholic options.

Each week, there's a different food truck providing restaurant quality eats... 'We love that,' Jason says.

"It's rare to go to a place that has a different menu each week."

Across The Beer Spot group, five food trucks have transitioned from mobile operations to bricks and mortar - the most recent being 'Hapunan', offering high quality Filipino food just across the road now.

"It's a thrill for us to be a part of these businesses successes," Jason says. "Of course, it means we miss out on a great food truck, but plenty more are coming online to fill the gaps. "The quality of the offering has improved out of sight over the past five years."

A Quiz Night is held every Tuesday and bookings are essential.

"It's a no-screens quiz, which means the banter between the tables is hilarious," Jason adds.

You can grab tickets to 'The Beer Festival powered by The Beer Spot 2021', November 26 and 27, at 'The Cloud' in Auckland City.

The Beer Spot - Huapai is open seven days from midday on Main Road, Huapai.

For details on all The Beer Spot sites, get to thebeerspot.co.nz and sign up for the newsletter.



It's happenin' at Hapunan

Filipino food truck Hapunan now has a bricks and mortar outlet at 316 Main Road in Huapai.

Owners Laura and Aldrin first met at Farro, brought together by their love of food.



Aldrin's passion for South-East Asian cuisine sparked their food truck idea after he took Laura on a trip to his Manila home capital city where she experienced the variety of food and culture the Philippines offers.

Both have been in the hospitality industry for several years, so the pair decided to get a food truck to spread the taste and love of the Philippines in Auckland.

The Filipino food movement is becoming a topic that everyone is starting to talk about globally, Laura says.

Aldrin and Laura believe Filipino food is very underrated in the Asian food spectrum and often gets overlooked. Even though there is a Pinoy community within Auckland the cuisine is just starting to surface.

The duo wanted to bring their take on traditional Pinoy dishes that Filipinos know and love but adding their own modernised spin.

Filipino cuisine holds a special place in both their hearts and they wanted to put the spotlight on a cuisine rich in culture and diversity.

During three years living the food truck life, Aldrin and Laura were selling out of food wherever they went and knew it was time to expand and level up from the food truck to a permanent location and site.

While 316 Main Road is now that site, they will continue the food truck for private events and weddings with the occasional venture to market days coming into summer.

Drop by their flagship store to try a range of delectable Filipino flair from Tuesday to Saturday, noon till 8pm.



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Safer Communities

The Waitakere Volunteer Fire Brigade went back into operating in bubbles to safely be able to respond to incidents while the country went back into Alert Level 4. This meant no training or social activities at the station, but we can respond in our bubbles to any calls for assistance.

Chances are, you have got dozens of electrical 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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Deputy Chief Fire Officer
Waitakere Fire Brigade
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Community News

Kumeu Friendship Club

Last meeting, we had a wonderful talk by a guest Stuart Russell called "How did they DO that" which went down very well.

We also had an outing to Ryders in Avondale to have a lovely roast and then went next door and watched a film which was enjoyed by all. If you would like to join us for an enjoyable morning with guest speakers, members ramblings, tea, or coffee but importantly friendship, and much more, please come and see what we are all about on the fourth Thursday of the month at 10 am in St Chads Church Huapai all welcome.

The Mobile Care Specialists

Take a look at your car's headlights and take note of their condition. Are they foggy? Cloudy? Yellowed? There is a good chance they are, or they're showing the first signs of ageing creeping in.



Foggy headlights occur sooner or later in all cars with polycarbonate lens covers (which is pretty much all cars these days). UV rays and pollutants break down the lens coating causing them to deteriorate to the point that road lighting is impaired at nights, and your local garage will fail a WOF.

Headlight units on a typical modern car tend to cost around \$1000 to replace - ouch! Or, for between \$99 - \$159 +gst you can have us come to you, restore the lens clarity on both lights, and apply a UV protective coating to prevent any erosion setting in too quickly. This brings back the lens to like-new condition - without the huge cost.

We are a fully mobile operation, meaning we come to you to make

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Village Kindergarten

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We offer sessional and day care options for 2 – 5 year olds, Monday to Friday 8am to 4.30pm. 20 ECE hours available. Our dedicated, highly experienced teachers, strong focus on literacy and numeracy skills will give your child the best start to meet their future learning needs. Come and see us or give us a call to find out how we can help.

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Kaukapakapa Village Market

Sunday 19 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. Enjoy live music from the talented Jessica on the piano keyboard and bring the kids along for free hair plaiting. 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, fresh locally grown fruit & vegetables and much more.



For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.

Kumeu Library

It's September and spring is officially here.

Spring is a great time to think about the garden again, and Kumeu Library has a huge range of gardening books, magazines, DVDs, eBooks and eMagazines available. Come and browse our shelves or check out the online catalogue at www.aucklandlibraries.govt.nz, and get inspired. It's also a great time to get outdoors, and we have a great selection of items to help you plan travel throughout New Zealand (and maybe dream about travelling further).

Do you want to learn basic digital skills to make life easier? Kanorau Learning is running a free course at Kumeu Library in September. You will learn how to: send and check emails; use tools to create, organise and connect to the digital world; solve common problems using online resources; explore day-to-day tasks such as online shopping and banking; and stay safe when you are online. The course involves two sessions on consecutive Tuesdays from 11am to 2pm, and takes place on Tuesday 21 and 28 September - you will need to attend both sessions to learn all the course content. This is a great opportunity to learn new skills and gain confidence with digital skills. Bookings are required as numbers are limited. To

Kumeu Huapai PANELBEATERS

PHILIP GRIMMER

Ph/Fax: 09-412 8054
Mobile: 027-498 7727
Email: khp@xtra.co.nz
PO Box 737 Kumeu
280 Main Road, Kumeu, SH 16



Community News

book, please phone Kanorau Digital ph. 0800 526 672, go to www.kaorau.nz, or book at Kumeu Library.

Keep up with all Kumeu Library news and activity on Facebook (www.facebook.com/kumeulibrary).

Arts in Action

On September the 18th between 11am and 2pm join us for Arts in Action, our free, family arts festival. Over the years this event has become a local institution which is always hugely popular with our visitors. Sadly, last year we were not able to run the event due to Covid but now we're bringing it back with a bang. Adults and children alike can try a range of different art based activities offered by our skilled tutors, completely free of charge. This fun and educational experience has something for the whole family including clay, face painting, art for under 5's, food and coffee trucks. So, save the date. Also in September, we'll have a display by the students of Timatanga Community School called 'Elemental Freedom'. All this along with other exhibitions, workshops and concerts. For more information on any of this visit us behind the library or online www.kumeuarts.org.



Scouts

In August we held a Sandford course. What is a Sandford course you may ask?

A Sandford course is a leadership course for the Scouts. The Scouts are taught a range of skills, ranging from communication, team building, building confidence, working together and having some fun along the way too. The skills gained on this course not only help them to be better Patrol leaders at their Scout groups, but how to use these skills throughout their adult life. It was held over a weekend and was a mixture of classroom and outdoor learning. The Scouts were also treated to a formal roast dinner with apple crumble, ice cream and custard for dessert. Not something the Scouts have on every camp. The Scouts completed the course with



a video presentation to the parents of what they did on the course and then off home to a well-deserved rest and sleep.

In September the Auckland Gang Show takes place at the Selwyn College Theatre. 203-245 Kohimarama Road, Kohimarama. The Gang Show is a combination of Scouts and Guides that come together along with a wide range of crew that make the outfits, build the sets and produce an amazing show for anyone to enjoy. If you are interested in knowing more about the Gang Show, then visit <https://gangshow.co.nz/>

The Waitoru Scout zone covers an area from Kaukapakapa to Te Atatu Peninsula, has 8 groups and over 450 members. If you are interested in knowing more about Scouts, or what you can do as an adult to help NZ's largest youth organisation by volunteering as Leader we would love to hear from you, then head to www.Scouts.nz or send me an email: zl.waitoru@zone.scouts.nz Craig Paltridge. Waitoru Zone Leader.

Good Sports

Kaukapakapa Historic Library - Sunday 19th September, 9am to 1pm.

Long before the days of virtual reality there were actual families and communities connected by organised recreation. In a time when travelling any great distance was difficult, there was a need to make your own fun closer to home, and make fun they did. Gatherings took place which were as much about socialising as exercising and competing - a way to keep up with the news of village life.



In 1885 the Kaukapakapa Jockey Club was formed and the first race meeting held which was attended by over 300 people. School swimming was a 'boys only' affair, which involved stripping off behind a hawthorn hedge, swimming naked and then running up and down the paddock to dry off. That's until the girls wanted in..... Next came a tennis club with courts marked out at the school, the Kaukapakapa Rifle Club in 1914, the Bowling Green in 1929 and the school pool in 1953. Add to this rugby, croquet, horse riding, hockey and cricket to name a few, and you can conjure up an image of a thriving active community.

Come along to the library and view old photos and more from Kaukapakapa's sporting past. If you have any old photos or trophies bring them along, we love to take copies to add to the Library's archives. For more info contact Megan, 021 959 017, threehorses@xtra.co.nz. Library open in conjunction with the Kaukapakapa Village

Community News

Market. Photo from the Dye family collection.

Waimauku Scouts Horse Race Night

We welcome you to come along & support our Annual Waimauku Scouts Horse Race Night on Saturday 11 September 2021 at the Muriwai Golf Club

In 2019 we had around 140 participants, whilst 2020's was cancelled (twice) due to Covid.

The event is a fabulous night out for a group of friends, and/or a fantastic Team building evening for your team

Tickets are just \$20 each, or \$140 for a table of 8, (so works out at \$17.50 per person)

We are including pizza, and other light finger food, tea/coffee & home baking.

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

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

The bar will be open, and if you wish, we can provide a local shuttle transfer home with Lucie's Little Bus for local van transfer home to



Muriwai/Waimauku/Kumeu/Huapai at \$7.50 per person - you need to prebook for this service.

For ticket sales, please contact Tanya, email tanya@ttb.co.nz, or phone on 021 254 9169

If you have any products, or vouchers for services that you would like to donate to us so that we can raffle or auction them off, this would be very much appreciated.

Thank you so much for supporting our youth, and our "new hall" project of moving & renovating our new Scout Den home; this is a huge project that has been 5 years in the planning and we are so excited that it is finally happening. We have set up a givealittle page: www.givealittle.co.nz/cause/waimauku-scout-group-our-journey

Tennis season coming up

So, what's going on at Waimauku Tennis club? We have a couple of free community events leading up to the playing season. Firstly, for the kids we have invited all children from local schools to come down to the club on Wednesday 15th of September starting at 4pm. The afternoon will be an opportunity to meet the coach and find out what Junior programmes are available along with fun games, prizes, and refreshments. Then, on Sunday, 19th September the Waimauku club will once again participate in the LOVE Tennis National Weekend, starting at 10am. Open to all families in the community this will be a day of finding out about the club and great special membership offers. We will have social tennis, giveaways and a BBQ. Waimauku Tennis Club is located on the main state highway opposite the Caltex.



SeniorNet

We welcomed back Graham McIntyre who gave an interesting talk on defibrillators what they are and how to use them. We then watched an excerpt from Back to the Future when our hero lands in the future and sees all the things that we will look forward to. Then we watched an amazing billboard from Japan of a cat which is like the one in the film. As usual we watched presentation on the IT News where we watched



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Community News

how computers are amazingly changing our lives. We also had to short presentations from Brian and Nigel on the courses they are running this month, Cloud computing, what is it and how you can use it and moving pictures from your phone to your computer. We meet the first Wednesday at 10 am in St Chads Church Huapai all welcome.

Keith Robinson tribute

A pillar of the Northwest community and stalwart of the Kumeu Rugby Club, Keith Robinson has died aged 86.

"For many of us we cannot think of the club without him," the Kumeu Rugby Club says in a Facebook post which brought hundreds of comments and tributes.



A life member of the club, Keith could often be found there helping out, including presenting trophies at the recent senior prizegiving.

He was named North Harbour Rugby Volunteer of the Year in 2002 and had at one time been president of the Helensville Bowling Club and served as a volunteer firefighter in Helensville and Kumeu for a total 24 years.

That included five years at Kumeu fire from 1984 to 1989, and he participated in the volunteer fire brigade's 50th anniversary celebrations in October last year.

A butcher by trade, Keith had been working with Andy Cummings at River Valley Meats and Kumeu Meat Processors, Andy sharing a photo of Keith with All Black prop Ofa Tu'ungafasi under the heading "two legends".

Keith had a Queen's Service Medal (QSM) for community services and Andy lauded Keith's community work at the North Harbour Business Awards last year.

He and wife Lynn had been married 60 years, the couple having three children, eight grandchildren and 14 great-grandchildren.

Keith was renowned for his sense of humour and was frequently out and about in the local community.

The national COVID level 4 lockdown prevented many from commemorating Keith's life, but the rugby club plans an event in his honour once circumstances allow.

\$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.

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In Brief

Nature's Explorers Kindergarten

Recently at Nature's Explorers Kindergarten we celebrated our own Italian Day. This included encouraging our tamariki and teachers to wear the colours of the Italian flag, red, white and green. Children were invited to play Italian themed games, draw the Tower of Pisa and make their own individual pizzas. The children thoroughly enjoyed getting involved with the pizza making process. At the beginning they learnt the importance of washing hands prior to preparing food. They helped contribute towards the food preparation, including; carefully picking pieces of basil, chopping ham and grating cheese before applying to their mini pizza base.



At group-time we visited where Italy was located on a world map and showed where New Zealand is in relation to this. We also learnt more about the Leaning Tower of Pisa and the Colosseum. One of our tamariki brought in a couple of her special Italian books to share. Enabling her to share her culture and for us to learn some basic Italian words with our tamariki. Once group-time was finished, the tamariki were eager to go to the dining room to taste test their delicious pizzas.

This was a fun filled day for everyone involved. We look forward to holding more cultural days in the future, to learn more about the cultures of our tamariki and their families within our centre. As we believe this is important for children to develop a sense of belonging, and also it gives our tamariki the opportunity to learn

and develop an understanding about the diverse cultures within our community.

If you have any queries, or wish to visit our centre at Nature's Explorers Kindergarten, please contact Angela on phone 09 412 8800.

Welcome to Kumeu Flower Farm

Don't despair if you don't see any flowers. They are all waiting patiently in the greenhouse.

We cut every order fresh off the plant.

So please call or text us if we are in the greenhouse 09 412 7606 or 027 519 7108 and we will come running.

If you need a special bouquet or a standard mixed bunch of flowers in a hurry we encourage you to pre-order via phone 09 412 7606, or email shop@flowerfarm.co.nz

Remember we don't use nasty chemicals and grow in a more natural seasonal way, working with nature, not against it.

"We grow for the birds and the bees, the superheroes of our food security"

Flippin' Fun gears up

Looking for a more stimulating environment for your group function or party? Flippin'Fun's huge mezzanine area is an ideal separate space featuring a large screen TV, ample seating and exclusive toilet facilities makes it perfect for large group functions. We're busy taking bookings for end of school year sessions and Christmas parties so for an event your people will talk about for a long time afterwards, contact us now.



Of course the October school holidays are up first and it's sure to be busy with children enjoying fun on the tramps and getting a good dose of energy burning exercise. Make sure you check our booking page for session space availability.

It's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity

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In Brief

classes to suit you and your schedule. Check these out for Term 4 (kindly note, we suspend classes during the holidays)

Flip Fit Classes - with summer on the way it's time to start thinking about getting back that beach bod.

Flip Classes - Fly with the best! For age 8 yrs+. Learn new tricks to impress your friends.

Junior Flippers - a fundamental movements programme for kids aged 5 -7 yrs teaching skills core to many sports.

Little Flippers - a super fun toddler session for the 5 & unders - no older kids allowed.

Need a cool gift idea for your bounce crazy child? We have Christmas Gift 10 entry concession cards available in store for only \$100.

For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 833 6880. Also follow our Facebook page for summer specials.

What are accounts payable?

If your business purchases goods/services and doesn't pay for them upfront, you will receive an invoice from the supplier. These are your accounts payable, i.e. the bills you owe. A payable is an invoice you need to pay: a short-term liability.

Why do you need to manage your accounts payable? Well, it's about having better control and management of your business' finances, especially your cash flow and profitability. Accounts payable aging reports are easily generated by most accounting software packages. They show you who you owe, the amounts due, and how old the invoice is. You can also set up a simple spreadsheet to track this data.

Tracking bills and monitoring your accounts payable aging helps you to:

1. Maintain good supplier relationships and credit history by paying bills on time
2. Prioritise to avoid penalties and interest
3. Take advantage of opportunities like early payment discounts
4. Take action if you know you can't make a payment deadline, such as asking to pay in instalments
5. Budget for bigger purchases

For all of your accounting needs please contact the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyn.co.nz.

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Waimauku Lions' new community directory

Waimauku Lions are appealing to Northwest people to provide their mobile numbers for their new community directory due out later this year.

About 8000 copies are printed for distribution in the Riverhead, Taupaki, Huapai, Kumeu, Waimauku, Muriwai Beach areas, also to Kiwitahi Road in Woodhill near Helensville.

"We've been doing the community directory more than 20 years now," says Grahame Edmonds of Waimauku Lions.

"But fewer people each year use traditional landline phones, most just relying on mobile phones.

"So please let us know by email (directory@waimauku-lions.club), text (021 084 37890) or by scanning our QR code and including your name. We will then call to confirm."

Grahame says last year's community directory was late out because of COVID and a similar fate may befall it this year.

"We're hoping to put it out in October - but it could be later."

Advertisers or sponsors are also sought for the latest directory which is distributed by Lions members to letterboxes around the area.

Save on agent fees, sell your land to us please

We are a loving family of four looking for land in your wonderful area of Kumeu, Riverhead & Taupaki so we can give our boys space to run around in and be part of this great community of people.

We are looking for anything over 1 hectare for \$1M. Please contact Allana - 021 891 984 if this is of interest.

We will take good care of your land and love it as you have done for decades before.



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Property

Property market report

Overheated housing market likely to cool.

All the statistics tell the same story, the housing market is "clearly cooling," even though the national average dwelling value hit a record high of \$952,078 in June.

That was up by 4.3% compared to three months earlier and up by 26.4% compared to July last year. The cooling effect can be seen in the amount average dwelling values are increasing.

July's national average value of \$952,078 was up \$8895 compared to June's national average value of \$943,184.

But June's average value was up \$11,256 compared to May. And May's average value was up \$18,719 compared to April.

So over that three month period, the amount by which the country's average dwelling value increased each month has declined from \$18,719 to \$8895.

On a percentage basis, the three monthly growth rate has declined from 8.8% in May to 4.3% in July.

The market is clearly cooling now as a result of government and Reserve Bank policy initiatives aimed at dampening the enthusiasm of investors. With looming interest rate rises, we'll likely see a continuation of this trend.

All of the 16 major urban centres tracked by the House Pricing Index showed a reduction in the rate of growth in July compared to June, with two areas, Rotorua and Marlborough showing declines in average values.

In Auckland's generalised data, the average value sits at \$1,352,677 and over the past 3 month period experienced growth at 3.5%. This value is also attributed to high numbers of new home sales and developers purchasing higher priced mixed urban areas being in high demand for duplex development. A year on year decline in real estate listings is causing further restriction in people's ability to purchase freely.

The fundamentals of the property market are still strong, so we're unlikely to see a wholesale reduction of values anytime soon, but we may begin to see quarterly value growth taper off in some localities altogether, and even some small reductions as we come to the end of the current growth cycle.

Coatesville	\$4,650,000
Helensville	\$830,000 to \$2,440,000
Huapai	\$798,000 to \$1,443,500
Kumeu	\$990,000 to \$11,288,888
Muriwai	\$2,800,000
Parakai	\$1,090,000 to \$1,150,000
Riverhead	\$1,250,000 to \$2,170,000
Swanson	\$900,000 to \$1,345,000

Taupaki	\$1,436,000 to \$4,600,000
Waimauku	\$1,380,000 to \$3,500,000
Waitakere	\$980,000 to \$1,900,000
Whenuapai	\$860,000 to \$2,000,000

The conversations we are having with all our clients at present is to secure the property you want before you sell, its proving a lot harder to buy than to sell. Use an agent that can navigate both the purchase and the sale, and get your ducks in a row before you get underway. Give me a call today on 0800 900 700 for more information. After 16 years of making people my priority in real estate, you will benefit from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre.

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

Bright-line property rule update

By Sheryl Ali

North-West Auckland is experiencing a rapid rate of development and growth. How will the Government's new bright-line property rules impact both developers and families who buy and sell land?

The bright-line property rule assesses whether the property was acquired:

- On or after 27 March 2021 and sold within the 10-year bright-line period.
- Between 29 March 2018 and 26 March 2021 and sold within the 5-year bright-line period.
- Between 1 October 2015 and 28 March 2018 and sold within the 2-year bright-line period.

Some exemptions will apply, for instance when the property being sold is your family home or the property belongs to a deceased estate. There is also an indication that new builds will only be subject to a 5 year bright-line period rather than 10 years and this will apply to property purchased after 27 March 2021 provided a Code of Compliance Certificate was issued no more than 12 months prior to your purchasing the property.

There is a new provision for change-of-use for the Bright-line test. Previously if you occupied the property as your main home for the majority of the time you owned it, then you were eligible for the main home exemption. This is now changing so that if your main home changes to a rental property then you will pay a portion of tax on the capital gain to match the length of time the property was a rental.

If you are thinking about selling a property, we recommend that you get some tax advice before signing an agreement for sale of your property about how the bright-line property rule may affect you.



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Property

If you need help with the sale and purchase of your property, please get in touch with ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist. Phone 09 973 5102.

Selling a property when you're splitting up

I appreciate the end of a relationship is tough on you and those around you. Many find it hard to divide their assets, big and small. If you are struggling to find common ground it's a good idea to get legal, accounting and banking advice so you clearly understand your position, your rights and your responsibilities. Often the real cost is in how you feel and express yourself, so having a strong network around you is a priority. Your team should involve the following a) Level headed friend or confident, b) Solicitor, c) Accountant, d) Banker or Mortgage Broker, e) AREINZ qualified Real Estate Agent. These are the individuals that can provide accurate and measured advice and provide structure around you when things don't look right. Many of these people and services look sensible but many may ask why an AREINZ qualified Real Estate Agent? The point is this, you need the best experience and the best advice when you're in a time of change. You may be selling and buying property, you may be renting, and having someone alongside you that can assist in the decision making provides clarity and peace-of-mind. It may be the assurance you need to move ahead. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/. Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

Paying GST when purchasing a property

When purchasing a property, the parties to the sale and purchase agreement elect whether the purchase price includes GST or not. A vendor such as a developer may be GST registered. Accordingly, the purchaser will be liable for GST on the purchase price (unless the price is agreed to be GST inclusive). Zero rating can be a possibility where:

- The vendor is GST registered at settlement;
- The purchaser is GST registered at settlement;

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4a Shamrock Drive Kumeu, Auckland

- The purchaser (or any associated person) will not be using the property as a principal place of residence; and
- The purchaser will use the property to make taxable supplies.

Importantly, residential rental is not a taxable supply. Therefore even a GST registered purchaser may not claim the transaction to be a zero rated transaction.

We recommend that when buying or selling a property that you obtain advice on any tax issues before signing the agreement. For more information on this or any other legal issues contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Sharing fence costs with your neighbour

The Fencing Notice - By Nathan Tetzlaff.

The Fencing Act 1978 provides that neighbours must each pay half the cost to do work on an adequate fence. This includes building a fence where there isn't one, replacing a damaged fence, or doing repairs. Neighbours can often agree on these matters without further assistance. Any agreement is enforceable and may be registered as a fencing covenant on the properties' titles.

Even if the neighbour has agreed, a fencing notice should then be handed to them (or be sent to them by registered post) and should include reference to: The boundary to be fenced; The type of fence proposed; Who and how the fence would be constructed; The estimate of costs; and When the work will be done.

The notice should also be clear that your neighbour has 21 days to serve a 'cross notice' or else they will be deemed to have accepted the terms in the fencing notice, including liability to pay the amount proposed.

Smith & Partners, phone 09 837 6844 or email nathan.tetzlaff@smithpartners.co.nz.

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09 412 6000

25 Orahua Road, Kumeu



Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	3,382,500	6.97HA	458M2	4,650,000		940,000	1038M2	263M2	1,090,000
HELENSVILLE	655,000	1497M2	113M2	950,000	RIVERHEAD	1,050,000	792M2	168M2	1,250,000
	630,000	810M2	110M2	830,000		2,425,000	6.54HA	160M2	2,170,000
	750,000	822M2	181M2	970,000		1,325,000	2136M2	130M2	1,820,000
	1,375,000	1.82HA	270M2	1,380,000		1,250,000	2HA	90M2	1,660,000
	1,900,000	2HA	506M2	2,440,000		1,280,000	801M2	243M2	1,709,000
	1,175,000	2028M2	376M2	1,640,000		900,000	637M2	170M2	1,275,000
	1,065,000	2.74HA	173M2	1,350,000		1,600,000	796M2	278M2	2,120,000
HUAPAI	940,000	633M2	175M2	798,000	SWANSON	890,000	1012M2	228M2	1,270,000
	1,025,000	769M2	215M2	1,405,000		800,000	912M2	139M2	1,220,000
	1,050,000	725M2	211M2	1,443,500		635,000	595M2	100M2	1,090,000
	1,100,000	604M2	204M2	1,352,250		950,000	614M2	193M2	1,356,000
KUMEU	1,950,000	1.12HA	100M2	1,050,000		645,000	472M2	125M2	900,000
	800,000	151M2	153M2	990,000		1,075,000	370M2	229M2	1,140,000
	820,000	345M2	166M2	1,136,000	TAUPAKI	1,075,000	1618M2	206M2	1,436,000
	1,030,000	603M2	195M2	1,400,000		2,750,000	8HA	180M2	4,600,000
	1,075,000	601M2	209M2	1,400,000	WAIMAUKU	2,725,000	7.29HA	377M2	3,500,000
	780,000	8101M2	100M2	1,345,000		1,200,000	801M2	211M2	1,453,000
	490,000	400M2	180M2	1,260,000		1,075,000	1HA	197M2	1,380,000
	800,000	151M2	153M2	1,035,000		1,375,000	1878M2	269M2	1,860,000
	1,100,000	602M2	209M2	1,410,000		1,325,000	817M2	278M2	1,600,222
	1,075,000	656M2	201M2	1,330,000		1,900,000	8857M2	406M2	2,340,000
	2,450,000	6.6HA	290M2	5,710,000		1,400,000	3.44HA	150M2	1,410,000
	1,000,000	700M2	202M2	1,495,000	WAITAKERE	1,200,000	5.72HA	132M2	1,900,000
	990,000	400M2	198M2	1,300,000		945,000	3091M2	116M2	1,250,000
	960,000	483M2	192M2	1,300,000		1,250,000	3HA	260M2	1,350,000
	1,025,000	623M2	205M2	1,353,000		675,000	809M2	92M2	980,000
	930,000	433M2	179M2	1,255,000		940,000	3893M2	170M2	1,240,000
	2,700,000	5.1HA	300M2	3,985,000		510,000	986M2	114M2	1,160,000
	1,025,000	601M2	207M2	1,374,000	WHENUAPAI	1,225,000	1351M2	197M2	2,000,000
	940,000	434M2	192M2	1,248,000		670,000	121M2	88M2	860,000
	920,000	400M2	160M2	1,212,000		2,165,000	7280M2	140M2	3,530,000
	735,000	8.83HA	240M2	11,288,888		880,000	1153M2	130M2	1,280,000
MURIWAI	2,225,000	7HA	180M2	2,800,000					
PARAKAI	900,000	1130M2	203M2	1,150,000					

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

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.



Graham McIntyre
Brand & Territory Owner
027 632 0421

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ALFRESCO, CONTEMPORARY LIVING IN KUMEU

3 2 2

By Negotiation

127 Matua Road, Huapai By Negotiation

Large land lot and expansive three bedroom home with established low maintenance gardens and lawn. This near new home in the heart of Huapai offers a high standard of design, flow and convenience. A flat 766sqm fully fenced site that is landscaped to provide easy-care and privacy. The home is an infusion of clever design that pulls the expansive westerly decking into the kitchen and lounge delivering a seamless indoor-outdoor flow. A clever separation with three generous bedrooms access off a central hallway. The bathroom and en-suite are delightfully styled and modern. A large double garage and workshop ensure that your tools and toys are catered for in the most deserving way possible.

www.mikepero.com/RX2940151



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES

6 6 3

By Negotiation

911 Old North Road, Waimauku By Negotiation

The property is available for purchase however is tenanted with any settlement incorporating the tenancy term or negotiating terms that may suit the Tenant. Set on one of the highest points in Waimauku with commanding views to the North and the South East / West. A near new, quality, commercial-style two-story, build with high-end features, well insulated and double glazing. Downstairs offers a sunny open plan lounge, spacious modern kitchen and dining flowing out onto a large covered patio (with a set-in BBQ) and lawn area. It has the master bedroom (with en-suite and walk-in wardrobe), which opens out onto another courtyard area with a fire pit and concrete dining table, two further bedrooms, separate bathroom, two toilets and the laundry. Internal access to the extensive six-car carpeted garage.

www.mikepero.com/RX2769416



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

Central's Tips

September 2021



The growing season has started – control aphids, feed citrus and berry plants and stake fruit trees. There's a great variety of vegetable seedlings available now, and it's a good time to sow pumpkins.

Weed control now will reward you in a few months by giving desirable plants plenty of room to grow. Plant spring flowering shrubs, adding water storage granules. Stake tall growing perennial plants so they don't fall over in spring winds.



In the Edible Garden

- **Check for aphids on young seedlings**, particularly brassicas – carefully wipe them off or spray with a natural pesticide
- **Feed strawberries and blueberries now**; also citrus which require plenty of food as they begin to flower
- **Stake newly planted pip and stone fruit varieties** as spring wind can destabilise them and halt growth
- **Pumpkin patch**: got a spare sunny corner of the garden, where a crop can spread? Then dig it over with some compost and sheep pellets and sow some pumpkin seeds. You'll need to spread pea straw when the pumpkins start to form in early summer
- **Seedlings of old-fashioned tomatoes, capsicum and other summer crops** are available at garden stalls at farmers' markets now. Plant directly into Garden Mix in a sheltered area, placing tender young seedlings under cloches (cut off plastic drink bottles will do)
- **Get the leafy herbs cranking**: coriander and parsley are best planted before it gets too warm – but basil is much more susceptible to cold, so wait a month or so
- **Liquid feed all edible plants with Aquaticus Garden Booster**, particularly at the root area as everything begins to grow

The rest of the Garden

- **Great time to control weeds, knocking them back and allowing desirable plants to thrive.** It's tricky spraying amongst plants that you want to grow, so choose a sunny day and pop the headphones on and get digging!
- **Many shrubs and annuals can be planted now.** Plant into weed-free Garden Mix and liquid feed straight after planting. Larger shrubs and trees in exposed areas need to be staked
- **Pretty spring-flowering shrubs enhance the seasonal change.** Californian lilac (ceanothus), Mexican orange blossom (choisya), viburnums and lavender all provide good early spring displays
- **Place stakes** alongside tall growing perennials such as delphiniums, heleniums, salvias, phlox etc. These plants grow quickly and new growth can be soft, so they need anchoring
- **Water-wise:** use Aqua Turf Max granules in the planting holes to enable plants to maximise use of water, as it gets hotter
- **Feeding garden trees, shrubs and roses is best done now.** Roses, which use a lot of food to produce their beautiful blooms, will benefit from both rose fertiliser and a dressing of sheep pellets

Project for September

Paved patio

Dreaming of sitting outside on a beautiful paved patio this spring? See our new generation NZ made Feinwerk paver range which are stronger, with a high cement content and fibre reinforcement. Being lighter and thinner, Feinwerk pavers are easy to transport and install.

See our great paving range here:

centrallandscapes.co.nz/collections/paving-retaining





Garden Mix in spring. Summer beauty.

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Hot Property



Alfresco, contemporary Jalcon home in Huapai

Huapai is a locality north-west of Auckland, New Zealand. State Highway 16 and the North Auckland Railway Line pass through it. Kumeu is adjacent to the east, Riverhead is to the north-east, and Waimauku to the west.

The locality is part of the Kumeu wine growing district, with grapes first planted at Huapai by Nikola Nobilo in 1943.

In harmony the word Huapai means - the place of excellent fruit, and

the skeletons of orchards long past can still be seen today, retired largely to land bankers.

Within this thriving fruit bowl of new homes is one that is a little bit different, a purpose built home offering a quality pedigree, an excellent footprint, and set on over 700sqm of land.

This near new home in the heart of Huapai offers a high standard of design, flow and convenience. A flat fully fenced site that is landscaped to provide easy-care and privacy complete with electric gate and mature plantings.

The home is an infusion of clever design that pulls the expansive westerly decking into the kitchen and lounge delivering a seamless indoor-outdoor flow. A clever separation with three generous

Hot Property



bedrooms access off a central hallway. The bathroom and ensuite are delightfully styled and modern.

A large double garage and workshop ensure that your tools and toys are catered for in the most deserving way possible. Everything in its rightful place in this up-spec, entertainer's home which is sure to impress.

A genuine and honest offering that is designed to deliver an unrushed and easy living in a world of busy, fast and crazy.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Home & Garden

Tile Wright

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms and laundries. We specialise in all things tiling; we provide high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 5 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all. Call us today on 027 260 8225 for a free no-obligation quote.



Triangle Park Community Teaching Garden

385 Don Buck Road, Massey (next to the Massey Community Hub).

Things are starting to feel warmer in the garden and the trees are showing signs of a life as they soak up the season. Winter was a productive one for us as we worked to install a new shade house. This will mean we can grow seedlings



on site to support our teaching and learning, and because we consume hundreds and hundreds of seedlings each season. Made possible with the support of Henderson-Massey Local Board, The Lottery Grants Board, Bunnings and our most valued volunteers who contributed their time and expertise to the project.

Our upcoming workshops and events are:

Garden Market Day - Saturday 02 October 2021, 10am - 2pm.

This is a free event for the whole community. A wonderful opportunity to get your friends and family together and meander your way around your local community garden. Come meet the people behind the greenery with garden tours, and special activities. Plants and seedlings for sale, bake sale, and more garden related products.

Spring Gardening Workshop - Every Wednesday and Saturday, 10am - 12pm.

Want to learn how to grow your own kai? Come join us for a morning of organic gardening- seed-raising, sowing, planting, harvesting, composting, worm farming and more spring garden projects.

Whether you have lots of gardening experience, or none, this is a great opportunity to share your knowledge, learn new skills and gain practical experience with organic gardening.

What to bring: sturdy shoes, hat, drink and something to nibble on.

Keep up to date with all events on Facebook- Triangle Park Community Teaching Garden, email us triangleparkgarden@gmail.com or just pop along to one of our weekly practical gardening workshops on Wednesday & Saturday 10am - 12pm.

Laser Plumbing and Roofing Whenuapai

Introducing Jonny, our new maintenance plumber. Jonny has been with us since May and we have received great feedback from our customers on his performance and tidy workmanship.

Just some of the feedback from some of our happy customers:

- * Jonny is very nice and did a great job for us. Much appreciated!
- * Well trained and articulate young man who could not have been more helpful.
- * The prompt service and Jonny who was sent to sort out our leaks was very polite and tidy and very thorough. Thankyou.
- * The personal service of a happy plumber. THANK YOUR TEAM.
- * On time, did job and left the site tidy.



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Home & Garden

* Prompt service, friendly, professional and approachable, work excellence. We're very happy with the outcome. Thank you.

Jonny also celebrated his birthday this month - happy birthday Jonny.

If you are in need of some general plumbing maintenance please get in touch and we can arrange for a plumber to attend. Laser Plumbing & Roofing Whenuapai has all your drainage and roofing issues covered too. No job is too big or too small.

For all your service needs please contact us on 09 417 0110 or whenuapai@laserplumbing.co.nz. We are open 5 days a week from 7.30am to 4.30pm and are located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for more information.

Blackout Electric

Established in August 2020, Blackout Electric is a local family owned and operated business, run by Sebastian Weaver, a registered electrician with over 16 years' experience in the industry.

After completing his apprenticeship and spending a number of years working for various companies, learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business from the ground up - since then, he hasn't looked back.

After being in business only a few months, Blackout Electric had generated enough business to bring on an apprentice, and approached Kaipara College and their Gateway Programme. This is where we found Branden, who is currently enrolled in his first year of an electrical apprenticeship. Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves. Branden has been a fantastic addition to the Blackout Electric family and continues to develop his skills under the ongoing



guidance of Seb.

In December 2020, Seb's wife Toni joined the team in a full time capacity running the Office and Administration side of the business.

Since starting Blackout Electric, we have experienced a huge amount of loyalty from local customers and businesses alike. Customers who not only continue to use our service, but refer and recommend us to their own family and friends. This is a testament to the service we provide, and the reason we continue to grow as a business. Blackout Electric are striving to be the number one choice for local electrical services. We hope that as time goes on, when people think of electricians they will think of Blackout Electric.

We specialise in all forms of residential and commercial electrical work. Including new builds and renovations, alarm systems, CCTV and AV, and general maintenance - From something as simple as a new power point, to an entire house rewire, Blackout Electric is happy to help.

Seb is highly experienced in delivering cost-effective, high quality workmanship - Offering solutions, not problems. At Blackout Electric, we pride ourselves on exceeding client's expectations. We build a relationship with our customers that begins on the first day of contact, and only ends once they're fully satisfied with our work.

Contact Blackout Electric for all your electrical service needs. We can be found at www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

Tank Water

Everybody's tank should be full, or close to full this time of year.

When was the last time you cleaned your tanks?

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





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Home & Garden

the tank should be cleaned.

We can clean tanks when they are FULL of water.

This method of cleaning involves vacuuming the sludge from the bottom of the tank, leaving you with plenty of clean water - very similar to cleaning swimming pools.

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

Having sludge in the water tank can make the water quite unpleasant, especially when the level in the tank is low.

If you do get a water delivery in summer and your tank is dirty, the sludge gets stirred up and can make you ill.

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

So if you feel you are due to clean your tanks, do it now before the pressure is on.

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

Western ITM

With over 40 years of experience, we take pride in supplying a quality range of hardware and building materials to assist in completing your building project to the highest possible standard. Our locally owned and operated network of three Auckland stores ensures we can provide our products and services with prompt delivery to your site.

Our Kumeu store also specialises in the stock and supply of lifestyle block and farm supplies including a comprehensive range



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- PLUS we decipher all the technical jargon along the way!

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of portable electric fencing systems with leading brands such as Strainrite and Gallagher. We carry wooden and galvanised farm gates in a range of sizes and stock a complete range of fencing and gate hardware.

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Whether you are a large commercial operation, thinking of building or renovating the family home or doing a weekend project, our Sales Team has the knowledge and experience to see your job through from start to finish.

Do you have a project or plans you would like priced? Then contact our experienced Sales Team today. Email: kumeu@westernitm.co.nz or phone 09 412 8148.

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Solarcraft - Solar Systems made simple

Hello everyone, We write this editorial in lock down Level 4 when everyone is focusing more on health, well-being and food security rather than power security!

In saying that, the interest in solar electricity is on the rise and not likely to go backwards from here.

After 11 years in this business, we have gained a good feel for the industry as a whole. There have been peaks and troughs. Some in the biz call it the 'Solar-coaster'!

We have recently witnessed the rapid rise in popularity of Residential Hybrid systems (grid connection with battery back-up), Off-Grid systems (especially our 'Solarcraft Off-Grid-In-a-Box solution) and Commercial Systems, both grid-connected and off-grid (for the 100% eco-conscious businesses.)

It's happening. It's exciting and the Solarcraft team continues to work hard to provide great service, excellent products and education on what the best system will be for your home or business.

We are taking a break from the Kumeu Courier for a spell while we deal with Covid calamity. WE ARE STILL RIGHT HERE though,




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for over 40 years

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providing the best systems for your budget and custom power requirements.

Contact us for quote any time on info@solarcraft.co.nz Phone 0508 272 389 or visit us at www.solarcraft.co.nz.

Standard Roses

With spring underway, it is so nice to see the deciduous trees leafing up, along with the ever popular Standard Iceberg roses. Awa Nursery currently has a good stock of these stunning roses, Iceberg, Margaret Merrill and Burgundy. These classics look great. Plant in a location that enjoys full sun.



Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthy flowers. Regular dead heading will encourage more flower buds to develop. If you are developing your orchard, there is still time to plant fruit trees. It is a great time of the year to be planting, and your plants will be getting established before the dry summer months. Spray your stone fruit trees with copper to protect from leaf curl disease, and prune back your citrus after picking the fruit, to open up the plant for more light to get to the centre. It is also a good time to fertilise your plants and mulch your gardens to aid moisture retention over summer. Come and see us at Awa Nursery and get your garden looking great.

Kumeu Community Gardens

Give what you can, take what you need. That's the motto of Kumeu Community Gardens at 45 Oraha Rd. It's a hub of growing goodness now that spring is on its way. Last month at our community planting day (first Sunday of the month 2-3.30), we ate raw broccoli straight from the beds, and there was enough 'tropical salad' for us all for the week. We're expanding our garden beds, and growing salad greens, kale, herbs, and flowers.



Our founding gardener Martin and his family are shifting (sadly for us). They will be replaced by Rebecca who will be gardening on Sunday afternoons. Pop along and catch up on what's growing, pull a weed or two or admire progress. Share the harvest.

People can help by impromptu weeding whenever they have the time, by donating plants - fruit trees are welcome, with cash donations via our Givealittle page, good quality tools, soil and mulch, and a strong back and green thumbs. Or just a love of nature and a growing community.

<https://givealittle.co.nz/cause/Kumeu-community-garden>.

Spring has arrived

Spring has arrived and plant growth is starting again with gusto. That means our farms and gardens will be full of weeds, and possums and mustelids will become more active in their search for food to support their young. Our nesting native birds are at risk of predation, especially eggs in nests. Now is the time to make sure you have a range of traps out with some attractive bait to lure pest animals to your trap instead of to those nests. If you have a large property, especially a covenanted bush block, keeping on top of all of this work can be time consuming and unachievable. At NZ Biosecurity Services Limited we want to make this as easy as possible. We can come and visit your property and develop a plan to take the hassle away. Chat to us now on 09 447 1998.



Waimauku Garden Club

All of a sudden we're in the 8th month of the year and spring is in the air.

Daffodils, iris, snowdrops and fuchsias flowering and buds appearing on the trees.

As I write we are looking forward to travelling to see the Weta Workshop, Commercial Bay and the RNZYS and the America's Cup.

Last month we enjoyed morning tea at the Bridgeway before seeing '6 Minutes to Midnight'. The Northcote Tavern put on a beautiful lunch. It's worth going there.

To top it off it was a beautiful winter's day.

Trips coming up:

September 16: Cornwall Park and Farm, Bistro Lunch and Astrodome.

October 21: Maungaturoto and Matakoho.

November 18: Lavender Hill and a local member's garden.

December 16: Botanical Gardens for morning tea; Puriri Garden, Drury; Ardmore Cafe for lunch and McNicol Homestead, Clevedon.

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Home & Garden

Our outings are on the third Thursday of the month. You're invited to join us.

Contacts: Ann 021 035 7406 Diana 027 478 8928 Donna 021 233 0974 Judith 027 272 9994 Moira 027 498 9152.

Drain Ninjas

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Property value optimization

Sunday 26th September (9.30am to 11.30)

Whether you live in a town house, on a traditional quarter acre or lifestyle block your home is likely to be your most significant financial asset. Consequently maintaining or enhancing its utility to achieve optimal resell value is of course very important.

We ran a similar presentation, which proved to be extremely popular, around 18 months ago and given the prevailing property environment thought it worth repeating as a useful alternative to our

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usual Sunday workshop topics.

Our presenters this time will be Jane Burmester and Brendon Smith. Jane is owner of Burmester Realty, a local independent agency specialising in the Auckland, Rodney and Waikato areas. Brendon is co-owner of Parallax Consulting in Warkworth who specialise in most aspects of surveying, project management and civil engineering.

As a business owners with high levels of experience within the property space Jane and Brendon will be able to offer relevant and knowledgeable information.

Whilst Jane and Brendon will be making a brief presentation this is a great opportunity to question them about areas of personal interest regarding your home and the current market and thus gain some independent insight into both opportunities as well as potential property strategies to avoid.

After the workshop you can stroll through our beautiful, recently extended 3.5Km nature trail which contains over 40 marvellous sculptures created for our 2021 exhibition by local and international artists on display. *

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

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

* Trail not suitable for wheelchairs or walking frames; additional entry charge applies. 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Entry: \$10 per person. Contact: info@kaiparacoast.co.nz or 09 420 565.

Tile and grout cleaning and re-colouring

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

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Home & Garden

restoration and apply a durable protective coating afterwards.

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

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I've been a franchisee of The Pro Group for 5+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email mark.b@theprogroup.co.nz.

Window furnishings and floorings at new store

A world of stylish products, fantastic specials and inspiration awaits you at the brand-new Carpet Court / CurtainStudio showroom in Kumeu. Whether you are renovating, building new or just want a few attractive accents in your decor, the beautifully laid out store offers a wide range of window furnishings and carpets for everyone - from students to first time home owners, right through to retirees. With Carpet Court being one of New Zealand's largest flooring suppliers to residential, insurance and commercial



markets, together they are a one stop shop that offers the complete interior package.

CurtainStudio offers a wide range of readymade curtains as well as customised products. So, you have the option to get something that is manufactured to your specific requirements and home environment.

As New Zealand's Gold Award Winner in Flooring Quality Service, the business brings unparalleled knowledge and provides customers with the world's best flooring products through a number of established local and international partnerships.

Interested? Come and meet one of the friendly team and experience the passion and enthusiasm they have for colours and interiors or book a free measure and quote via our website today.

The Carpet Court / CurtainStudio showroom is at 2/190 Main Road, Kumeu. Phone 09 869 7659, email kumeu@carpetcourt.nz. Visit www.carpetcourt.nz and www.curtainstudio.co.nz for more information. Opening hours Monday to Friday 9.00am - 5.00pm and Saturday 9.00am - 1.00pm.

\$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.

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Pets

Cat lovers urgently needed

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

Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats.

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



College Students teach Dog Safe 4 Kids

In the past couple of Issues of The Kumeu Courier or The Westerly you will have seen articles on the new programme Dog Safe 4 Kids and the great work they are doing in the community.

To take this one step further, Dog Safe 4 Kids are currently working with two students from Kristin School on Auckland's North Shore. Both Edie and Alicia are in Year 10 and are working on a Community Project. They are developing a 3 Stage Programme that they will be delivering for age 7-8-year-olds teaching them about dog safety. "This is something very close to my heart" says Jo. "I was very pleased when the girls reached out to me for some advice, and we are very happy to assist them. I always hoped that the programme could one day be picked up by college students and then retaught to younger children. Edie and Alicia are doing a great job and they both have huge potential. They have even given us some great ideas for activities for our programme".

The girls ran their first session on Tuesday (just before lockdown). They have broken the programme into three sessions, each session deals with a Golden Rule. They dressed up in Dog Onesies and started by doing a fun quiz that the children all participated in. They then played a game where they gave the children scenarios all relating to the 1st Golden Rule "Always Ask Permission" before touching a strange dog. This encouraged the children to think about how they would feel in the same situation if a stranger approached them.



At the end of the session they gave the teacher three different styles of masks and bone cut outs for name tags so they can have them ready before the next session. At the second session they will talk about the 2nd Golden Rule, where to touch a dog.

"The girls are doing a fantastic job" said Jo Clough the Director of The Dog Safe Workplace. "I am looking forward to seeing the next two sessions".

If you would like to know more about the programme contact jo@dogsafeworkplace.com or call 0508 DOG SAFE

Kanika Park Cat Retreat

Hairballs and should I worry?

As a cat owner, you'll have heard a wet hacking noise coming from somewhere in your house, and you know you're about to find a puddle containing a long hairy sausage



What are hairballs?

The reason for hairballs (or 'trichobezoar') lies in your cat's grooming routine.

Adult cats can spend up to 50% of their day grooming themselves. When grooming, the fur passes through their stomachs and usually comes out with their stool.

Hairballs occur when the hair doesn't pass through the stomach and forms a mass that has to be regurgitated. Their oesophagus squishes the fur into a sausage shape.

Do all cats have hairballs?

Not necessarily! Long-haired cats such as Persians are more likely to have hairballs as they have more hair to groom.

How often should my cat cough a hairball?

One or two hairballs a year is considered normal for cats. Even long-haired cats shouldn't be experiencing more than this.

Are hairballs a cause for concern?

Hairballs can be a cause for concern. If they are experiencing them regularly then it could be a sign of an underlying health problem. So make sure to get any unusual symptoms or behaviour checked out with your vet.

What can I do to prevent hairballs?

- Brush your cat daily to remove loose hair
- Ensure your cat always has access to fresh water so that they can stay hydrated
- Don't give your cat any medication (including laxatives) unless prescribed or advised by your vet



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Pets

If you notice anything unusual get in touch with your vet.

Kanika Park Cat Retreat - phone 027 550 1406, email info@kanikapark.nz, www.kanikapark.nz.

Dog&Co

This month I am so excited to share some exciting news I recently received. I am stoked to say that I was an overall category winner and judge's choice in the "International Pet Photographer of the Year Awards". I've shared with you the photo that won it for me in the "pets and their people" category. A photo taken of Rupert the dog and his mum running down Bethells Beach at sunset.



I am totally self-taught in all things photography and editing so the fact that I have won an international award is something I wouldn't have thought possible when I first started my little pet photography business six years ago. I remember back in high school, my art teacher told me that I couldn't photograph dogs for a big photography project because they weren't interesting enough subjects...what? Just goes to show that you should never

doubt your passions regardless of what others think or how left-field they are. I am so passionate about my job and just love getting to photograph Kiwi dogs all around Auckland and in my studio. So if you are interested in booking a pet or family photoshoot, get in touch for a spring session asap.

Visit my website or flick me an email any time. Website: www.dogandco.nz Email: kirsty@dogandco.nz Instagram: @dogandco.photography.

Raw Essentials

Cats and dogs will heed the call of the wild, and bound into Raw Essentials once they hear what is on offer. A specialist pet food store; we stock chicken, turkey, duck, veal, rabbit, fish, possum, wallaby, venison and more. New Zealand-grown or hunted, with free-range, wild, organic, and human-grade options: this is real raw food; nutrient-dense with nothing added.

Raw Essentials is focused on education. Our friendly, highly-trained staff will answer all your questions, and provide ongoing support.

"At Raw Essentials, we truly believe raw, meaty bones are the best way to feed your pets - it's what carnivores are designed to eat. Our role is to provide a convenient, easy way to feed your pets a well-planned, species-appropriate diet."

So, if you want to find out more about a raw food diet for your pet, pop in to see the Raw Essentials team at your local store. www.rawessentials.co.nz.

Feeling taxed by investment challenges?

Ask Quinovic

Professional property management advice is more important now than ever. At **Quinovic West Auckland**, we have an expert understanding of property legislation backed by a team of property management experts. As a nationwide property management company, our singular focus on a complete property management service is integral to our high quality of service and excellent investor returns.

If you're feeling concerned about new legislation, including the extension of the Bright-Line Test and changes to interest deductibility, ask Quinovic.

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Food & Beverage

Hallertau Beer Banger Challenge

Congratulations to the team at L'Authentique who are the winners of Hallertau's eighth annual Beer Banger Challenge. After over 120kg of sausages served and some spirited debate and public voting the L'Authentique Hallertau Feijoa Sour, Chicken, lemon zest & pepper came out on top. The winning butcher gets a keg of Hallertau beer and the winning sausage joins the Hallertau menu. Come to Hallertau for a sausage and stay for a beer.



Using Hibiscus Flowers in baking

Hibiscus Flowers have a delicious fruity flavour and a beautiful crimson colour. They can be infused in either hot water or spirits to impart their flavour and colour and be used in baking, cooking or beverages. This is a lovely recipe that is great for those cooler nights served as a warm dessert, or serve chilled in summer.

Hibiscus & Orange Syrup with Baked Pears

Ingredients - Syrup

1 heaped teaspoon Hibiscus Flower Tea, zest and juice of a small orange, 1 tablespoon maple syrup, 3 whole cloves, 3 teaspoons corn flour to thicken the syrup, 1 cup boiled water

Method - Syrup

Make the hibiscus tea by infusing the flowers in the boiled water for 5 minutes. Strain and add to a small pot. Add the orange zest and juice, the maple syrup and cloves and bring to the boil. Turn down the heat. Mix the cornflour with a small amount of water to make a runny paste, then add it to the pot stirring constantly. Continue stirring until the mixture thickens and becomes clear. Remove from



the heat and allow to cool.

Ingredients - Baked Pears

4 ripe pears peeled, 1/4 cup chopped almonds, 1/4 cup chopped dates, 2 tablespoons butter

Method - Baked Pears

Carefully remove the core of the pears, leaving the stalk intact. Mix the almonds and dates together. Stuff each pear with the almond and date mixture, packing it firmly into the pear. Place in a baking dish and add the butter to the dish. Bake at 180C for approximately 1 hour - take care to check them regularly to ensure they don't burn. Wrap the tops with foil if they are getting too brown. Remove from oven and arrange on plates; spoon over the syrup. Serve with Cointreau-infused chocolate avocado mousse and whipped cream.

Hibiscus Flowers can be purchased through our online store www.NewZealandHerbalBrew.co.nz.

A successful fundraiser at Allely Estate

When Dr Shalini Karan approached us to enquire about a Think Pink fundraiser for breast cancer, we were immediately 100% on board and committed to helping produce an exceptional day.

Our event's organiser Athina reached out to our vendors and asked them to help by reducing their costs for the event - it speaks volumes that every single one said yes so thank you to our generous partners Event Styling, Let's Celebrate, Lopstream (who offered his live-streaming services for free), and Delectable Cuisine with glassware. Allely Estate offered a reduced rate so we could help Think Pink raise more money for the cause.

Shalini explained that many of the guests would be Indian and vegetarian so our talented chefs included a few Indian vegetarian dishes along with delicious Indian Chai tea to finish the night.

On the day we hosted 310 guests who enjoyed inspiring speakers, comedy, a magic show, auction and raffles. They raised over \$35,000 for breast cancer - an incredible result

What the client said:

"Thank you so much for all your help and support in making our breast cancer fundraiser a successful event. You went above and beyond in helping us secure additional vendors and services. Your attention to detail, your care and concern for guests, and the support you provided the hosts during the event was simply unbelievable."



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Food & Beverage

Dr Shalini Karan

We love helping out with fundraisers so please reach out to our events planner if you're interested in Alley Estate as a venue for your charity event: athina@allelyestate.co.nz, www.allelyestate.co.nz.

Peko Peko

Our new dine-in menu is going well. New popular dishes are ramen noodles and beef bowls. Our ramen noodles are a combination of chicken, pork and fish stocks and of course it is home-made like all other dishes at Peko Peko. Customers are enjoying them with Asahi tap beer, Japanese sake and New Zealand wines. Please check our new menu via our Facebook page and photos from Instagram. You can find us @pekopekonz Please call us to book your table as we only have 20 seats. We hope to see you guys soon. 102c Hobsonville Rd, next to Hobsonville Primary School. 09 416 1197.



Westbrook vineyard

September in the Westbrook vineyard is an exciting time - after the hard work throughout winter, pruning and tying the vines down, we all hold our breath as we await budburst - that first glorious burst of green on the vines with all the promise they hold of future delicious award-winning wines. On the home estate, the Malbec, Chardonnay, and Pinot Gris are poised ready to deliver another great vintage.

Our block of baby Albariño has another couple of years to go before we expect fruit off it but our vineyard manager Michael says the vines are growing well. With spring also comes the slow transformation of our twenty acres of park-like grounds back into the beautiful green leafy paradise we all enjoy over the warmer months, and fluffy ducklings on the pond. Have you tried our brand new Crackling Rosé 2021 yet? Just released in August, it is flying off



the shelves! It goes so well with our wine-matched Crackling Rosé platter. Thinking about visiting? Book online today www.westbrook.co.nz/book-now or give our friendly team a call on 09 411 9924.

Kumeu Food and Vines Festival

Kumeu Food & Vines Show for the 13th November 2021.

Calling all wineries, breweries and local restaurants. Please book your spot today for a spot at our 1st Kumeu Food & Vines Fest.

If you are local and would like to be a vendor, please contact Lizelle on 021 0403218 or email info@kumeushow.co.nz before the 1st August.



Oxymels for winter health and more

Oxymels are an old-fashioned herbal remedy, typically taken a teaspoon at a time to aid with all kinds of ills. Their versatility doesn't stop there. They can be used in salad dressings and to create interesting cocktails. You can use any of your favourite dried medicinal or culinary herbs to create a tasty blend. The recipe below creates a deep crimson, rose-scented oxymel which is delicious on its own or in a salad dressing.

Rose, Hibiscus & Lemon Balm Oxymel Recipe

Ingredients: 20g dried rose buds, 9g dried hibiscus flowers, 7g dried lemon balm, 1 cup apple cider vinegar (or enough to cover your herbs), 1/4 to 1/3 cup honey

Method: Add the dried herbs and apple cider vinegar to a clean jar with a plastic lid. Shake well and leave to steep for approximately 2 weeks, shaking daily. Strain the liquid from the herbs ensuring you wring out any liquid. Add the honey to taste.

Certified Organic herbs are available through our online store: www.NewZealandHerbalBrew.co.nz.





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Health & Beauty

Spring is coming - are you ready for a bright smile?

Is whitening for you?

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



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.

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.

Call Kumeu Dental on 09 412 9507 to have all your questions answered. Follow us on Instagram @kumeudentalsurgery & Facebook to see our spring specials.

Chronic Diarrhoea

Maybe it's BAD and Not IBS?

If your doctor can't find a cause of your chronic diarrhoea, chances are you will get a diagnosis of irritable bowel syndrome (IBS). But 30 to 50% of people with chronic diarrhoea have something called Bile Acid Diarrhoea (BAD) and not IBS. The distinction is important because the treatments are different.

Diet Suggestions for BAD. Hint; it's Not FODMAPS:

The most common diet for IBS is a low FODMAPs diet, which excludes a variety of sugars from the diet. However, this diet is not

going to be helpful if you have BAD. People with BAD have high levels of bile salts in their intestines in response to normal levels of fat in the diet. These bile salts cause watery diarrhoea in many ways.

Rather than lower FODMAPs to treat BAD you should restrict the amount of fat in your diet to about 40g per day and spread this evenly throughout the day. The fat in meat tends to be worse than plant-based fats, so keeping meat intake to small amounts would be helpful.

Treatment for BAD diarrhoea:

Colestid is a prescription medicines that can bind to bile salts. It can be helpful to reduce BAD diarrhoea. Foods such as beets and asparagus can also bind to bile salts but only weakly.

Berberine to the rescue:

As well as improving cholesterol and diabetes, berberine has shown great abilities in improving bowel function. Berberine has been shown to activate the Farnesoid X-Receptor (FXR) which is one of the underlying mechanisms in BAD.

Other Treatments:

Probiotics and prebiotics are likely to be beneficial because the balance of the microbiome will have been disrupted from years of BAD. The Total Gut Restoration Programme is a great follow on to rebalance your gut health after you have settled your BAD. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

Dr Jake McEntee – Kumeu Chiropractic

Hi, my name is Jake McEntee, and I am one of your local Chiropractors at Kumeu Chiropractic.

I have been living in Kumeu now for almost two years and it has been great serving the community over this time. The Kumeu area is great as it reminds me a lot of my hometown of Matamata, located in the heart of the Waikato region.

Growing up I was interested in football, a sport which I have got back into this year as part of a resolution to become more active. Not only has this helped with my own fitness, but this helps



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Health & Beauty

to highlight the importance of the role Chiropractic care has with aiding performance and injury prevention when exercising or playing sport.

We see a lot of people come to our office for help with injuries, back pain, headaches and other symptoms, but it is also very exciting to see improvements in other aspects of their health when starting Chiropractic care. What we know is that a better functioning spine and nervous system can lead to an improvement overall health and wellbeing.

Instead of waiting for your body to become symptomatic, why not get a spinal check from a Chiropractor today and see how we can help you achieve your on-going health goals.

Call us now for an appointment at Kumeu Chiropractic 09 412 5536.

Living longer and bloating less

Eating veggies! Yes your mum was right to make you eat your veggies.

We all know that eating fruit and vegetables is good for us but knowing how much has always been contentious with different recommendations made. WHO, World Cancer Research Fund and the UK recommend 500g of veggies and fruit, 600g in Denmark and the US recommends up to 800g, NZ and Australia recommend only 400g.



A fantastic study from the UK set out to analyse all the studies on fruit, vegetables and health to find out if there was a specific amount that really improved health.

This is what they found:

Even a small amount of fruit and veg had health benefits (200g -2.5 serves) such as a 4% reduction in the risk of cancer.

Anywhere between 600-800g saw massive reductions in the risk and death from disease.

But the amount that made the biggest difference was 800g including

24% reduced risk of heart disease, 33% reduced risk of stroke, 28% reduced risk of cardiovascular disease, 13% reduced risk of cancer and 31% reduced risk of premature death (due to illness).

Zash Hair

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800g is about the equivalent of 10 serves.

The reason behind this is because of the specific chemicals found in plants that are anti-inflammatory, antioxidant, detoxing, and antibacterial. They are also fuel to the 'good bacteria' in our gut and so can help ensure we lessen the risk of a dysbiosis (unbalance of bacteria) and 'leaky gut'. They are also full of fibre which again fuels the healthy bacteria and cleans out the gut by moving everything through- no more traffic jams!

If you want to know more about what 10 serves actually looks like and what fruit and veg was specifically singled out then please come and join my free Facebook group - Women's Wellbeing Circle - www.facebook.com/groups/thewomenswellbeingcircle and listen to talk on this.

Putting your best foot forward

Twenty to 90% of all runners will sustain an injury and the rates of injury over the past 40 years has not changed despite advancements in training, shoes and recovery strategies. The question is why are we still experiencing such high rates of injury?



The forces that cause injury can logically be attributed to the moment when the foot collides with the ground. The size of that collision, repetition and how we cope with that force will determine if damage occurs or not.

At foot strike, the ground reaction forces can be as much as 2-3 times our body weight which we are able to handle. More than

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Health & Beauty

this and tissue damage will eventually occur. Put more simply our running technique, training volumes and possibly our equipment or shoes contribute.

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Verruca pedis (plantar warts)

Do you have lesions in your foot that cause you pain? Painful to put weight or pressure on it? Can't figure out how to relieve your pain? We may be able to help you!

What is a verruca pedis? Verruca pedis is a viral infection caused by

the Human Papilloma Virus (HPV). The virus enters the skin through small cuts and abrasions. HPV is spread by direct contact so when the wart is scratched or picked, a wart may develop under the fingernail or a virus may spread to another area of skin. Communal bathing facilities, sports centres, gyms and pools are common places to catch this virus.

Verrucas are commonly seen in children, particularly when they are growing rapidly. They usually resolve spontaneously, however, if your child is in pain from their verruca it is important to seek treatment with a Podiatrist.

Signs and symptoms

- Verrucae are viral lesions that have a cauliflower-like appearance.
- Hard, thickened skin over a well-defined "spot" on the skin, where the wart has grown inward.
- Black pinpoints, which are commonly called wart seeds but are actually small, clotted blood vessels.
- Pain or tenderness when walking or standing.
- Pain can be reproduced by squeezing the outside margins of the wart.

Treatment options - The first and most important information is ensuring you do not pick or dig it out with your finger or non-sterilised tools. Also, you're more likely to develop warts and verrucas if you have a weakened immune system so taking supplements to support your immune system may be beneficial. If you continue to have pain, give the team at the Hobsonville Podiatry a call on 09 390 4184. They can help determine why the pain won't settle & then provide appropriate treatment.

Happiness chemicals

We all need a little happiness in our lives and here are ways to increase the happy hormones in your body.

Dopamine is the reward chemical and boosts our drive & focus: complete a task & praise yourself for it, do something to care for yourself, eat healthy food, get enough sleep and celebrate your wins!

Endorphins are the pain killers which reduce stress and increase the feel good factor: laugh, watch comedy, listen to music, eat small amounts of dark chocolate and exercise.

Oxytocin the love hormone impacts our relaxation and has positive



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effects on our behaviour: physical touch, hug someone close to you, hold hands, give a compliment, help others, socialise or play with a pet.

Serotonin the mood stabiliser contributes to our wellbeing and happiness: meditate, exercise like swimming, running or cycling, get out in the sunshine and walk in nature.

Need help being happier - get in touch. Lorraine Maguire - Rapid Transformational Therapist www.lorainemaguire.com.

Spring is in the air

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



- Outdoor allergens, such as pollens from grass, trees and weeds.

- Indoor allergens, such as pet dander, dust mites and mould.

- Irritants, such as cigarette smoke, perfume and diesel exhaust.

The good news? All of these symptoms are treatable here at Westgate Optometrists. Simply phone us on 09 831 0202 to arrange a consult with one of our therapeutically endorsed optometrists. Located at 4/46 Maki Street, opposite the Kiwibank and NorthWest Shopping Centre and just around the corner from Goode Brothers Restaurant.

See your future smile

Wondering what your smile would look like if you had braces? Now you can see how your smile could transform after orthodontic treatment. Our state-of-the-art 3D iTero digital scanner can show you within minutes how your straight teeth would look after treatment. At the forefront of advanced technology, the digital scanner quickly and accurately scans your mouth to create a 3D image. It's easy and completely painless - with no need to take messy moulds of your teeth.

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treatment plan, which can be created faster than using traditional messy moulds so you can begin your Invisalign journey to a beautiful, straight smile even sooner.

To see exactly how your smile could transform with our revolutionary technology, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050 or email info@fraserdental.co.nz today. Don't put up with a smile you don't love - there's no better incentive to get started than by seeing your future smile.

Royal Heights Doctors

Royal Heights Doctors is a brand new GP clinic in the well-known Royal Heights Shopping Centre offering Premier Healthcare for everyone in West Auckland and beyond.



The clinic is helmed by Dr Frederick Goh, an experienced senior GP, Fellow of the RNZCGP and accredited Singapore Family Physician, who believes that everyone deserves to have a personal and principal GP physician who looks after their health and well-being holistically.

New patients are warmly welcomed by the décor and ambience of the new practice, a place where they can come to feel better.

There is even a special pandemic-prepared room that has separate access and dedicated ventilation so say goodbye to car park or cold cabin consultations.

Read about this unique clinic and wonderful team at www.rhdoctors.nz

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Area Columnists

Pizza and Politics

By Kaipara ki Mahurangi Labour List MP Marja Lubeck

The past month has been one of positive news which people have been keen to share with me when I visited the local markets recently with my newly branded mobile office.

I had a successful Pizza and Politics meeting with young voters in and around Kumeu, where the big issues were climate change, the need to protect our environment and the need to keep working to recover from the global COVID pandemic.

At my meetings at the local markets, the small business owners were pleased with the support they received to remain viable as part of our COVID Recovery plans and, as a young apprentice plumber reported, the job market was buoyant which was giving him job security.

Other visitors to the mobile office were pleased to be leading "normal" lives and the chance to enjoy the local markets at that stage without the fears of lockdowns and infection that their overseas friends were reporting.

Many people reported being fully vaccinated or at least had received their first dose of the Pfizer vaccine.

From 1 September 1, everyone who is eligible can book their vaccination online using Book My Vaccine or through the free phone line 0800 28 29 26.

This comes as we have trained 10,000 vaccinators to administer the Pfizer vaccine, ensuring that we have enough health workers to continue delivering the plan as we scale up delivery even further.

Our strong public health response has delivered even more positive



news with our economy in a better position than expected. We now have an unemployment rate of just 4% and our GDP growth is outstripping that of other countries that we compare ourselves to.

Our vaccination rollout will help lock in these gains so that we can continue to keep growing jobs in Kaipara ki Mahurangi.

Challenge and risk - integral to children's development


Last month we discussed how the environment at Country Bears provides challenge and risk-taking as being an integral part of any child's development. We can take this a step forward by acknowledging that children are capable and competent learners, with capacity to learn through real life experiences.

Our older children have the opportunity to use Opinel knives to whittle sticks and kindling. The shavings that have been created by the children are then used to start a fire using a flint and steel (as seen in the photo). We reinforce the understanding that these tools are to be used with care and consideration with safety being a focus throughout.

Many parents or adults may be hesitant to allow their child to use tools which could be deemed as dangerous. Their long-held belief systems insist that young children should not use tools of this nature. For example, watching a child with a knife, hammer, saw or any tool that may cause injury, may experience a sensation in their pit of their stomach. What happens if they cut themselves on the knife, or drop the hammer on their toe? Yes, this could happen, but children at Country Bears are supported in their developing competencies through a mutual and secure relationship between the teacher, child, and their environment.

When a trusting relationship is established, children's self-confidence is reinforced alongside their developing of fine and gross motor skills, concentration, self-regulation, and an awareness of the world. To fully appreciate tools, children need to experience the weight of a hammer, or how the knife feels when they slice it through a piece of wood. Imagine the experience of a child who is learning to whittle a stick or kindling. In the first instance they encounter the resistance as they manipulate the knife to whittle wood. Complex cognitive strategies are engaged to direct their actions, creating a focused experience where their total concentration needs to be present. Each moment a child successfully produces a shaving is





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Authorised by Marja Lubeck, Parliament Buildings, Wellington

Area Columnists

such an empowering sensation, and we as teachers are fortunate to see these types of reactions daily.

In our experience, when children have opportunity to create a fire, cook food and then enjoy the delicious fruits of their labour, we notice a new appreciation and awareness of not only their learning, but their sense of pride in their own capabilities. When a child has such an awareness, self-efficacy and identity are strengthened, thus future experiences are willingly accepted, and risks are assessed rationally.

If you would like to visit our wonderful Centre, designed to provide children space and time to develop at their own individual pace, we welcome you to call us on 09 412 8055 to arrange a suitable time. In the meantime, check out our website www.countrybears.co.nz or our Facebook page: www.facebook.com/cbearsecc.

Print versus digital - why print is still around

Over the past few years, the digital age has made a major impact on how business is done and how consumers are engaged. However, in the age-old battle of print versus digital, why is it that print still comes out on top?

Print Vs Digital and why readers keep coming back for more.

Print media is surviving in spite of the predictions of some doomsayers. In fact, in a number of areas, it remains the preferred format. As the dust from digital's disruption begins to settle, print may be finding some safe footing once again.

"Print has proved to be more resilient than people thought"

"I think there was an 'over-correction' three or four years ago, where people thought that everything must be digital, which print wasn't going to survive at all."

However, here we are in 2021 and print is nowhere near dead. So why is that?

People like engaging with print materials

Although digital seems to offer a multitude of benefits, like being immediately adjustable, free to access and interactive, print media is still very much ingrained in consumers' collective memory. This means that people continue to be attracted to, and willing to read, print media, regardless of whether we're talking about magazines and newspapers, flyers or catalogues.

The print medium offers a variety of content - and often many publishers and advertisers use more than one type of printed content to get their brand message across.

"[Print has] got its own particular [set of] characteristics that are more in-depth and that are more at leisure with time to spend. And they're more physically accessible. I think that's the other thing that's underestimated - how physically accessible print is," says Beare.

He believes that print will continue to have a place as it remains a very persuasive medium, which people tend to spend more time on, making it a stronger source of messaging.



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"It just works - it works for readers and it works for advertisers, [especially] in terms of response levels. And, for as long as something has an intrinsic value, there'll be a market for it."

Mike Pero Real Estate understands the power of mixed media messaging and we asked what the benefit of the magazine advertising was on their business. "In a very cluttered digital and direct circular environment, it's nice to have a peaceful controlled space, it's like an old friend, that is easy to have around, easy to converse with and doesn't mind being picked up and put down when it suits the reader" Unlike other media that continue to shout at you and often vanish, magazine space is comfortable and predictable, which is why it works so well in showcasing property and also case-studies of peoples journeys through the selling and buying process. WE love it and invest in it consistently to support both buyers and sellers.

The Travel Brokers

Raro is filling fast with availability only from November onwards now, so it's just as well I have some Plan B options for your Island Holiday - right on our doorstep, swap the coconut trees for swaying nikau & punga trees. Think Bordeaux style wines, crayfish & culture, and a warm welcome from the locals. Read on for my pics for a stress free easy breezy island escape:

Waiheke Island - The Boatshed Luxury Lodge Escape.

Auckland return, 3 nights/4 days (Thu-Sun departures only)

From NZ\$1699 per person share twin/double Single Supplement on request.

Waiheke Island is a little piece of island paradise with beautiful beaches, vineyards, famous olive trees, and lots of art and crafts. The Boatshed is the epitome of chic luxury accommodation on the island and special base to explore from. Designer suites, panoramic views, fine dining and some great art and wine activities make this

Winter Special a perfect choice for your winter escape

Discover the Chatham Islands

7 night / 8 day package ex Auckland Departures from 23SEP21 - 30APR22

From NZ\$3440 per person share twin. Single supplement price on request

Includes flights, transfers, 7 nights with daily breakfasts & 6 x packed picnic lunches. Discover the raw and natural beauty of the Chatham Islands archipelago on this one week package. Get in touch with nature, explore the stunning plant, bird life and incredible ocean fauna. On your one included day tour you will discover the amazing Basalt Columns, Broughton Landing and other historic local attractions of the island.

Otago Peninsula, The Catlins & Stewart Island

6 nights/ 7 days Dunedin to Invercargill (flights additional) Departures from October '21 to May 2022

From price NZ\$2349 per person twin share for standard accommodation

Or from NZ\$2989 Includes vehicle upgrade - accommodation at Larnach Castle Estate Country House and on Stewart Island you will stay at the Church Hill Lodge

Discover New Zealand's stunning Otago Peninsula, and the Deep South. Otago Peninsula is the home of an abundance of magnificent wildlife - The Royal Albatross, the endangered Yellow Eyed Penguin/Hoiho and the Blue Penguins at Pukekura. The Catlins is a highlight of the Southern Scenic Route - with its rural heartland and podocarp forest, rugged coastlines, hidden lakes and waterfalls, stunning natural landscapes, and extraordinary wildlife. Just across the water from Invercargill - enjoy a short flight and birds eye view of NZ's 3rd island, Stewart Island - a glimpse into a simpler, slower lifestyle, in rhythm with the sea and the tides, attuned to the natural world of land, sea and nightscapes.

Otago and Milford Sound Luxury Cruise & Lodge Package

Queenstown Return 5 Nights / 6 Days Departures from 1 February to 31 March 2022

From price NZ\$4599 per person twin share (flights are additional)

This is a luxury adventure which will thrill and delight, immersing you in two of New Zealand's most beautiful regions - Otago and Fiordland. Stay in unique Lodges, and onboard the luxury 18 passenger Fiordland Jewel for an overnight cruise on Milford Sound. Combined with fantastic activities including cycling the new Dunstan Trail, kayaking on Milford Sound, a guided walk on the Milford Track, an extraordinary scenic flight over Dusky and Doubtful Sounds - this package is ideal for independent and active travellers who like to travel well.



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Hapuku Lodge & Te Koi Lodge at Bronte: A Luxury Lodge Escape.

Christchurch to Nelson 6 nights / 7 days Departures from Sep 2021 to May 2022

Price per person NZ\$3949 based on twin share (flights are additional)

For a stunning luxury lodge experience, collect your rental car in Christchurch and head north through Waipara wine country to Kaikoura for a special stay at Hapuku Lodge in a stunning rural and mountain setting. Enjoy whale watching from the skies, and a Heli-picnic at a remote location on Mt Fyffe. From Kaikoura drive to sunny Nelson and Mapua, to stay at the Te Koi Bronte Lodge. These two beautiful lodges are part of the Luxury Lodges of New Zealand - a select group of the finest boutique properties in New Zealand.

For detailed itineraries & inclusions to be emailed through to you, and for any enquiries at all, please just ask.

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

Chris Penk MP

In this column I'd like to focus on some positive news recently received for our electorate. It's all too easy to be consumed by bad news, particularly in what's proven to be a pretty long, hard winter for many.

As a local MP and therefore last resort for many facing problems, my electorate office and I hear stories of uncertainty and difficulty day-in-day-out. Currently there's plenty of anxiety about supply lines for various goods, stubbornly high house prices and the threat of rising interest rates and inflation.

I do think it's important, however, to shine a light on the positive where we can find it. In my case, as opposition MP, it's important to give credit where it's due when the government makes a good call.

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On that note, I was pleased to hear news of a decision recently made by the Transport Minister that no further toll would be imposed on the stretch of new motorway in the vicinity of Puhoi heading north. This was being considered as part of a standard procedure and it was open to the government to make a call either way.

I had lobbied the government on this matter, emphasising that it would be unfair to have two tolls on the same route. There is already a toll in operation adjacent to Orewa.

This argument about fairness ultimately prevailed in the mind of the Transport Minister, he confirmed to me when I took the opportunity to discuss this situation with him recently.

Perhaps the biggest lesson to be taken from all this is that a community that rallies together to lobby government can sometimes achieve a win. I give credit to the "One Mahurangi" transport forum attended regularly by various community groups, local government representatives and transport agencies, along with MPs (including me as co-chair, having inherited that role from Mark Mitchell MP).

It probably goes without saying that we still have many other infrastructure needs - transport and other - in our area and I'll keep pushing the government hard on those too. For now, though, I want to take this chance to record that a win has been achieved on the motorway toll proposal. Well done all concerned! Cheers, Chris Penk MP.

Sayers Says It

By Greg Sayers, Rodney councillor.

The Auckland Council still isn't working for the Norwest.

Firstly, around having its voice heard about the roading conditions and, secondly, around getting a fair share of the rates and development contributions spent back in the area.

The increased centralisation created by the Supercity has resulted in increased marginalisation for those communities not identified as "growth" centres, and therefore not considered worthy of investment by the Auckland Council.

Remarkably, Huapai is not identified as a growth centre by the council. It sees this town as a central Government SHA, and which it is being forced by law to issue building consents for.

Auckland Council does not care that traffic is increasing and road conditions are deteriorating. The council regards the SHAs and SH16 as central Government problems to sort out.

In the meantime, a disproportionate amount of our rates are funding Auckland Council's identified growth centres which include the CBD, Pukekohe, Takanini, Red Hills, Drury, and Clevedon.

Many people are saying a review of the Supercity is needed. Most communities outside of the identified growth centres feel like they are a cash cow for them.

Chris Penk

MP for Kaipara ki Mahurangi

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chris.penkmp@parliament.govt.nz

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Area Columnists

The city's politicians love to build the shiny things, they love to have the Aotea Squares and go to the opening of this and that, but they never want to upgrade rural roads or deal with the local traffic congestion.

Some roads have been made too narrow for farming vehicles in the rural area, and town centres are slowly being stripped of car parking bays.

Many people in the Rodney community tell me they have "honestly had a gutsful" of a one-size-fits-all approach.

The Council Controlled Organisations (CCOs) are being judged as not working well - for example, Watercare's handling of the regions' drought.

There's a general perception here in Rodney that the CCOs are actually "council out-of-control" organisations.

Some solutions include:

1. Gaining greater financial transparency for the public to see how much money flows back into the area.
2. Council getting back to core business.
3. Having binding public consultation as people believe these processes are currently no more than a box ticking procedure for the bureaucrats.
4. Introducing a mediation service by which ratepayers can challenge poor council decisions instead of always having to go to court to do so.
5. Give Local Boards better autonomy, equitable funding and greater local decision-making abilities, including the ability to hire local contractors to do local work.

All of these are possible without requiring a change in legislation to implement them.

What is lacking is the political will by the majority of elected councillors to do so.

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doodlewear is a New Zealand based online clothing store that specialises in bringing curated NZ Art straight from the gallery to your wardrobe. Our doodlewear HQ is at Auckland's picturesque Hobsonville Point. doodlewear clothing range caters for the whole family, with comfortable crews, super warm hoodies, on-trend tees and we have now introduced 100% cotton tea towels so you can enjoy more of your favourite artists' prints at home.

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Pictured: doodlewear 'Doorstep Cat' Maple tee by doodlewear collaboration artist Wilson Ink Art

Phelan's Local Board update

Local Board members recently had an opportunity to speak at a public meeting organised by Kumeu Community Action about our roles. Auckland Council was established in 2010 with a very different system of local governance than Rodney District Council. A decade on there is still a lot of confusion about what we do on the Local Board so we jump at any opportunity to discuss this with the community.

Local Boards are part of a co-governance arrangement. On one side of this are the 20 Auckland councillors and mayor that make up a 'governing body' that set rates, make decisions about regional facilities, set bylaws, and allocate budgets to 'council controlled organisations' such as Auckland Transport and Watercare. On the other side are Local Boards that are responsible for local parks and facilities such as halls and playgrounds and have a role advocating to councillors on behalf of the community.

Transport infrastructure is a top issue for our community and the expectation is that the Local Board should be able to sort this out. Unfortunately, it isn't that simple. Councillors set the strategic direction and budgets for Auckland Transport which is responsible for our local roads (but not State Highway 16 which is the responsibility of central government). How Auckland Transport then implement this is an operational decision that the Local Board has very little control over. We do advocate to councillors for improvements like an increased maintenance budget, but advocacy is very different from being able to control and prioritise budgets like we are able to do on our local parks.

By the time you read this we hope that an increase in maintenance funding will have been approved by councillors. So how will this change things on our roads?

The system used for road maintenance is to a large degree reactive, so if particular roads have a lot of issues, they will be prioritised for renewal or maintenance.

Logging issues such as potholes or safety issues with Auckland Transport quickly is critical. The IT system they use direct reports to the contractors for action, this should mean that depending on the scale of the issue something is done quickly. A simple pothole may be patched, however if there is an underlying issue, for example, a problem with the road foundation, then a temporary fix may be

used until a more complex solution can be implemented.

Whether it's a damaged bus stop, footpath or road, the sooner someone logs an issue with Auckland Transport the sooner it can be sorted out. I have logged potholes that have been dealt with quickly, in most cases within 48 hours.

The best way to do this is online. Google 'report a problem Auckland Transport' and the top hit will take you to the start of the reporting process. If you want to be notified of progress, make sure you provide your contact email address.

Taking a few minutes to log problems will help Auckland Transport build a picture of local problem spots and increase the likelihood of longer term solutions to underlying maintenance or safety issues.

Your Local Board members;

Brent Bailey: brent.bailey@aucklandcouncil.govt.nz

Danielle Hancock: danielle.hancock@aucklandcouncil.govt.nz

Phelan Pirrie: phelan.pirrie@aucklandcouncil.govt.nz

Vicki Kenny: vicki.kenny@aucklandcouncil.govt.nz

Before spending money on marketing

A common mistake made by businesses is believing that the first step in growing their business is to do more marketing / advertising.

There are several steps to be taken before you are ready to market your business. These include

- Knowing what you want your company to look like in 3-5 years' time
- Understanding the core values of your company
- Knowing who your best customers are, where they are and where they look to make their buying decisions
- Understanding what makes your business different to your competition (also known as unique selling position (USP) or points of difference).

Get to know your competition. Are you in an industry where there are many competitors or just few? In a crowded market you need to work harder to stand out from the rest.

An important distinction to make when looking at your points of difference is to decide what is a market requirement compared to a true point of difference. For example a supermarket will have a



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range of food and other products available, trolleys, and an ability to pay by EFTPOS or credit card at the checkout. Points of difference between the supermarkets might be a wider range of products, a fresh fish bar, self-serve check outs (although this is fast becoming a market requirement), or getting your bags packed at checkout.

To start finding your points of difference, consider what you do well that your competitors might not do well. What do you get good feedback on? Is there anything that your competitors do well that you should be doing?

Now that you know which parts of your service offering you want to promote, who your best customers are and where look to make their buying decisions, as well as what your points of difference are, you will have a much better idea of what to market, how to market and where to market your business. By being much more targeted, you should get a better return on investment from your marketing spend.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with growing your business, or for a free Business Diagnostic, contact Ann at ann@oxygen8.co.nz or 021 682 014.

Craigweil House Commemorate Late Artist, Chris Bailey

Craigweil House is having plaques made to commemorate the life and art of Helensville artist, Chris Bailey. A creative and kind man, Chris used to read his poetry to residents living at Craigweil House in Memory Care. Chris was born on the 16th of July 1941 in England and lived a full and interesting life. After Chris passed away in 2018, his wife Barbara Bailey contacted Craigweil House to ask if they would like to obtain a selection of his oil paintings, then hanging in her and Chris's Helensville home. Craigweil House's facility manager, David Halewood, met with Barbara and chose four of the paintings chronicling Chris's life story. She explained to David that each painting represents a unique period of Chris's life. Plaques detailing these periods are being made to be placed under each painting displayed at Craigweil House, located on Parkhurst Road, opposite the Parakai pools.



Boys By The Sea - Chris Bailey was born in Surbiton, Surrey, England and spent his childhood in Bognor Regis.

He had happy memories of his time in Bognor, of hours spent playing on the beach.

Chris went to prep-school in Bognor and this painting shows him with his two school friends, Ellis Korn and Harris doing what they were told not to do - running under the waves breaking on the promenade and getting soaking wet.

Landlady - At Durham University Chris read Modern Languages - French and Spanish.

His first lodgings were with Mrs Jolly, a small Durham woman who Chris said he could never see when she entered his room as the bed was so high and she was so short.

Mrs Jolly's terraced house was under the Viaduct and it continually rumbled with trains puffing through on the main London / Edinburgh line.

Chris said that he could never understand what Mrs. Jolly said as her accent was a thick Durham one.

Moon Landing - In Los Angeles Chris lived on Cove Avenue in a house that was full of character, wooden beams, open fire and views that overlooked the city. The house was on a hill-side. It was a climb down to the road and up to the back where the old V-dub was parked.

The house had an enormous rubber tree growing through its back deck.

On the night of the moon landing Chris and his wife, Barbara hooked the TV up under the tree and watched the news from their loungers.

The picture shows Chris walking away from the house, up the hill towards the car park.

South of France - As part of The Modern Languages Course at Durham University, Chris Bailey lived for a year in Draguignan, France. During that time he taught English at the local high school.

This painting shows his apartment, with its red carpet, black settee, flowers, the door to the balcony and the sea beyond. Chris is sitting at his desk reading a newspaper. There is a small radio on the desk. An open book is on the settee where he has been lying and reading. Mademoiselle Cat, his landlady, is entering his room with a letter from England in her hand.

During that time, Barbara, his future wife and Chris, wrote letters to each other every day.

Are E signatures valid for employment contracts

E-signatures have become more and more popular over the last few years particularly with the advent of software such as DocuSign etc, also with the introduction of more remote and working from home situations there are some questions arising about how valid such signatures are.

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In Short electronic signatures are legally binding if they satisfy certain requirements of the Contract and Commercial Law Act 2017.

Under the Act electronic signatures are defined as "a method used to identify a person and to indicate that person's approval of that information."

The act also provides that an electronic signature will only be binding if the other party consents to receiving the electronic signature, if it adequately identifies the signatory, if it adequately indicates the signatory's approval and, finally, if it's reliable.

For an electronic signature to be 'reliable', the means of creating the signature must be linked to and under the control of the signatory and no other person, and any alteration to the electronic signature must be detectable.

When it comes to employment contract offers and acceptance the issue of electronic signatures appear to have already been accepted by the employment court.

In this acceptance the Employment Court appears to state that where a document requires a signature, that requirement is met by an electronic signature if it adequately identifies the signatory's approval of the contents and is as reliable as is appropriate in the circumstances.

The court also indicated that in some circumstances it may be necessary to provide additional confirmation of the reliability of the signature by paper-based copies.

Employers will need to consider whether any proposed electronic signature system is sufficient to meet the requirements of such identification and reliability.

Given the obvious confidentiality issues if an employer wanted to introduce an electronic signature system, it would need to ensure that the employment agreement could only be accessed by the employee concerned using a secure log on or sent to the employee's private email for approval.

The system would need to reproduce an electronic form of the employees' usual signature, so that the individual is sufficiently identifiable."

An issue employers need to consider is the legitimacy of different software. Some employment software requires a user to sign up to the program before an electronic signature is created for them.

Such software is likely to be valid for employment agreements if it:

Creates an electronic signature for a new hire which is then used to indicate their approval/acceptance of the terms of the employment agreement.

It is reliable and secure because the employment agreement is provided in a unique email and makes the electronic signature and the document traceable and secure.

Does not require the new hire to immediately sign the document, it allows them to print the documents and have a reasonable opportunity to take legal advice.

Any other software systems that simply require employees to tick a box accepting the conditions are unlikely to amount to a "signature" required under the Employment Relations Act.

This information is not a substitute for legal advice, we recommend that if you identify problems in the areas listed you consult with someone before acting on any material you have read. Ronald Jones JP, AFIML - MAXRON Associates, phone 027 582 3077, ronald.jones@xtra.co.nz.

Have you been victim of bullying?

Many of us have experience of being bullied at some stage in our lives, whether it been at work, school, church, kingdom hall or even at home, it can happen anywhere and by anyone.

The pain and destruction of been bullied can have lingering effects. It can cause low self-esteem, suicidal thoughts, and thoughts of worthlessness. These thoughts and feeling can last for a lifetime unless you choose to break the cycle.

As a victim of bullying myself, I understand what it's like, I feel your pain, I see your tears, I hear your voice. As hard as it maybe, we can overcome this. It won't happen overnight, but it will happen.

You owe it to yourself to take a stand against being a victim and stop the cycle. It is time to say Stop! It is time for you to take your control back. It is time for you to hold your head up high! You are worthy to be your true self. You do not need to hide! You are worth it!

I have had to learn that those who bullied me had the problem, not me. I had to find my self-worth and I have had to learn, that I do not deserve to be bullied.

Hypnosis and Reiki are wonderful tools that are available to help overcome the aspect of been a bullied victim. Using hypnosis, we can put everything and everyone who has hurt you into a bag and let it go. Using the Universal Life Force Energy of Reiki, we can use this to heal our mental and emotional scars. We can send love to those bullies and cut the ties so they can never hurt us again.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher and Hypnotist Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, Jason would like to help you to be the survivor that you are. Help you gain your life back. Check out our website: www.astramana.com or email astramana@gmail.com.

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