

# Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

Riverhead Physiotherapy +  
Pilates

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August 2024





## Greetings

Horse riders used to abound on our roads and verges in the years I drove and cycled around this area – especially from the earlier 1990s.

Now there's hardly any on local roads, it seems because of the huge traffic growth and increasing risks.

I stopped cycling around the area for similar reasons. I hardly saw a vehicle on our back roads until recently. Now, plenty of drivers use the back roads to avoid State Highway 16 congestion. To the point where even some side roads are backed up.

I still avoid turning right when I can – including from Waitakere Road into Access Road where some will let you in providing you indicate.

Old North Road to Riverhead and beyond is an issue now too, that is if you can get through the SH16/Taupaki Road roundabout during peak times.

I recall cycling around the area and when approaching horses from the rear having to yell well in advance "rider coming" so as not to spook the horse and unseat the rider.

Many began wearing high-visibility vests – more on that in this issue where horse riders throughout New Zealand are now seeking "vulnerable road user" status.

Horse riders resorted to roadside verges to stay off the worst parts of the road but increasing population in this area led to complaints about horses cutting up berms.

I can sympathise with horse riders. As a "vulnerable road user" I ride on separated cycleways when I can to avoid traffic and rarely ride on the road anymore.

Once, I used to cycle all over Auckland all year without incident. I wouldn't use the same routes now.

I reckon many of the local sealed roads are rougher and have more potholes and bumps than they used to – not good for narrow tyres.

That's another factor – I got fed up with having to repair tyres on the go and used to carry two or three spare tyre tubes in my repair kit (I even had to give a few to other riders so they could get home).

Some people I work with told me I must have shares in a bike business I was getting mine fixed so often.

Meanwhile, where do horse riders go now? To pony clubs and fenced paddocks, I guess.

Geoff Dobson, Editor



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# People & Places

## Riverhead Physiotherapy offers help for an active life

The fully refurbished Riverhead Physiotherapy practice is across the road from the Riverhead Triangle Reserve.

There's also a Hobsonville clinic if that is more local to you.

Riverhead Physiotherapy's mission is to empower clients to get the most out of life by being active without their bodies holding them back.

With the use of the best physiotherapy and acupuncture techniques and client education, Riverhead Physiotherapy strives to reduce or eliminate pain from musculoskeletal injuries.

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The clinics' philosophy is to treat everyone as individuals and shape their rehabilitation fittingly.

"We work in alignment with other medical professionals to ensure the best rehabilitation from your injury possible."

Riverhead Physiotherapy is a BSI-accredited Physiotherapy Clinic meeting the highest standards in safety and quality.

An ongoing commitment to learning ensures customers receive the best care in the best environment

They now have a massage therapist Linda in clinic, she incorporates a therapeutic approach that uses multiple techniques to help her patients achieve more self-awareness of their bodies as well as aim to improve their physical well-being.

Visit [www.riverheadphysio.co.nz](http://www.riverheadphysio.co.nz), phone 027 313 6036 or call at 1058 Coatesville-Riverhead Highway.



## Auckland Council endorses Muriwai resilience projects

Muriwai landslide and stormwater resilience upgrades have been endorsed by Auckland Council's Transport and Infrastructure Committee.

The projects in Muriwai and Mangere are part of the wider Making Space for Water programme and represent the first in a series of projects that will increase flood resilience in the region, it says.

"I'm pleased to see the first Making Space for Water projects get off the ground," says Auckland Mayor Wayne Brown.

"Māngere and Muriwai were among the hardest hit during Cyclone Gabrielle (February 2023) and the Auckland Anniversary weekend flood (January 2023), and it's good to see these works are progressing quickly, so that the people living in these areas, like many in Kāinga Ora homes, are not exposed to the same risk in the future.

"This is a significant milestone for Auckland, and it shows central government and Auckland Council working together, to fund solutions to help communities be more flood resilient," says Wayne.

"An Order in Council will help to accelerate the project and remove the immediate consenting burden and cost," he says, adding he looks forward to working closely with Kāinga Ora in developing new homes in these places in the future.

Auckland Council Transport and Infrastructure Committee Chair John Watson says: "We are seeing more extreme weather, and many parts of Auckland are becoming increasingly vulnerable to heavy rain.

Transport and Infrastructure Committee Deputy Chair Christine Fletcher says the work in Auckland increases its resilience to extreme weather.



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# People & Places

"This is an important step in the process and shows Auckland Council's commitment to flood resilience projects and delivering them in a timely manner for all Aucklanders," says Christine.

"We saw many areas in Auckland impacted by the severe weather events last year.

"It was a difficult time for our communities, and we are very aware of how important it is to improve flood resilience across the region," she says.

"However, it's also important to progress this work quickly, where we can do so, which is why we are looking to start this significant programme of work in Māngere and Muriwai."

In Muriwai, the committee voted to support the Muriwai landslide and stormwater resilience upgrades expected to begin later this year.

The Making Space for Water programme includes a range of initiatives to reduce flood risk to Aucklanders.

Part of this is building new flood resilient infrastructure to enhance stormwater assets and green spaces to deliver increased flood management.

The Auckland Council is sharing some of the cost of flood resilience projects with central government as part of a \$2 billion co-funding agreement for storm recovery.

These are subject to business case approvals from both the council and the government, and projects must demonstrate a flood risk reduction for the wider community, not just individual properties.

Muriwai proposed works include installing a reinforced stop-bank on Domain Crescent, upgrading open channel roadside drains and driveway crossings along Motutara Road to increase the stormwater capacity, installing sediment and debris traps that reduce the frequency of blockages and make maintenance of the network easier.

This means that about 60 Muriwai properties will have a reduced flood risk, including four properties to be protected from landslide risks, says the council.

The Muriwai works are expected to cost about \$5 million.

"The severe weather events in early 2023 had a very real impact on many of our communities and we all saw the devastation in Muriwai,

says Rodney Ward Councillor Greg Sayers.

"These works can be done, and can be done quickly, so it's great to play our part and endorse these so we can really get started on the regionwide programme.

"There's more work to be done and many areas that need our focus. This is just the beginning."

Business cases for the Māngere and Muriwai projects have been submitted to Government for approval and co-funding – a decision on this is expected in coming months.

The Order in Council has been requested for Mangere's Te Ararata and Harania catchments works only.

## Wendi Williamson wins dressage titles

Photo from Simon Scully Photography.

Wendi Williamson of Waimauku has won multiple national and Australian dressage titles, including Equestrian Sport New Zealand (ESNZ) Rider of the Year 2024.



The Williamson Water and Land Advisory, Principal Contaminated Land Consultant and Company Director has had an incredibly successful season in dressage – just missing out on participating in the Paris Olympic Equestrian event.

Equestrian comprises three disciplines there, with men and women competing on equal terms.

In the jumping discipline, riders and horses are timed as they jump over obstacles, with time penalties imposed for each obstacle toppled. Agility, technique and harmony between horse and rider are essential.

Dressage is the most advanced form of horse training, where horse

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# People & Places

and rider perform a series of artistic movements to music. Judges evaluate the ease and fluidity with which they move around the course.

The third discipline of eventing resembles an equestrian triathlon. It combines the two other events - jumping and dressage - with a third: cross-country, which consists of a long course combining solid and natural obstacles, drawing on the athletes' endurance and experience. The horse and rider with the most versatile skills win the three events.

The equestrian events run until August 6.

At the Land Rover Horse of the Year show held March 5-10, Wendi won the Grand Prix Championship and picked up an Olympic qualifying score of 74.4% in the Grand Prix Special test.

Wendi also received the Lowry Medallion for 2024 Rider of the Year, won with her horses Don Vito MH, Fugato SW, Ducati MH and Danseur MH. This is a points prize for the rider gaining the most points at the Horse of the Year show across all disciplines.

The Bates Saddles National Dressage Championships in Taupo from March 21-23 is the pinnacle event on the New Zealand Dressage calendar, with 190 horses and 160 riders representing the cream of the crop in New Zealand from mid-Canterbury to the Far North.

The major prize, the Burkner Medal for the Grand Prix Championship was won by Wendi riding her 11-year-old Hanoverian gelding Don Vito MH. This is the third time Wendi has won the Burkner since 2017 and her fourth time winning the Tironui Trophy for the Grand Prix Freestyle - the first rider to do so since 1976 when the trophy was first presented.

Taupo was also an Olympic qualifying event, with Wendi scoring a stunning 77.94% in the C Pack FEI Grand Prix Freestyle to Music CDI 3\* on Don Vito MH. The pair came oh-so-close to securing another qualifying score with 73.362% in the Grand Prix Special tracking for potential selection for the one Paris Olympics spot allocated to New Zealand Sports Listings (NZL).

At The Sydney CDI on May 1-4 Wendi and her horse Don Vito MH made a clean sweep against Australia's best, winning the CDI3\* FEI Grand Prix, Grand Prix Special and Freestyle. The Waimauku Kiwi combo started their event with a bang, taking the CDI3\* FEI Grand Prix out on 71.065%, backing that up with 72.149% in the Grand Prix Special and finishing on a high with 75.175% in the Grand Prix Freestyle.

"Don Vito was just amazing," she says of the gelding who has been with her since he was a foal.

"He had gone very well at Nationals (before they left) but this was completely different. "He was so much more together and powerful. It was definitely another level."

Don Vito MH is still young and getting stronger, which means he is

now able to maintain rhythm and balance with explosive energy for longer.

Elke Ebert, the German judge at The Sydney CDI, who had also judged at the FEI World Cup 2024 final, certainly seemed to like what she saw, awarding nines for the entrance halts at the beginning and end of the test, as well as eights for extended trot, passage, 2x tempi changes, and extended canter.

The extended trot is Don Vito MH's favourite move and the crowd seemed to be awed by the as you could hear the 'wows' and see cameras flashing, which really lifted Don Vito MH even more.

"I feel really assured that the horse is good enough and that we are good enough because it's not just the horse. I feel there is definitely more to come too," says Wendi.

To top off an amazing season, Wendi recently won the prestigious ESNZ Rider of the Year award that was open to all equestrian riders in New Zealand, not just dressage. Wendi's horse Don Vito MH won the ESNZ Horse of the Year award. He is owned by Wendi and Jon Williamson and bred by Matthews Hanoverians.

## McDonald's Kumeu opens

McDonald's opened its 171st New Zealand restaurant in Kumeu on Tuesday July 16.

The brand had been looking for an appropriate site for a free-standing, full-service restaurant in the area for some years due to the district's growth, says Simon Kenny a McDonald's New Zealand spokesperson, adding it took several months for the 445 square metre restaurant to be built once the 3000 square metre site was cleared.

The 74-seat restaurant includes a McCafé and double height playland, along with 25 car parks, and a dual lane "Drive-Thru".



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The restaurant operates 24/7, and excluding the land cost, the building and equipment investment was about \$7 million.

"We were delighted to welcome our closest residential neighbours as our first ever customers," says the spokesperson.

"They'd waited patiently since 4.30am to officially place the first order at McDonald's Kumeu when we opened at 6am."

The first few days since opening have been above expectation, and feedback has been really positive, says the spokesperson, adding that Kumeu is the 17th of the company-owned restaurants in Auckland.

Westgate McDonald's is also company owned, and the nearest to the new Kumeu restaurant, training many of the Kumeu McDonald's staff and management.

The Kumeu McDonald's restaurant is the first in New Zealand to feature a new interior design look and feel, and the exterior was orientated to meet the Auckland Council's urban design requirements around a 'street activated building'.

## Horse riders seek 'vulnerable road user' status

Few horse riders now venture onto or near the Northwest's busy roads - with good reason, their mounts are likely to be spooked or even hit by the traffic.



A move is underway to have horse riders get "vulnerable road user" status for that reason, rather like pedestrians and cyclists are now.

Horse rider and equestrian advocate Julia McLean, with the backing of the New Zealand Equestrian Advocacy Network (NZEAN), Equestrian Sport New Zealand (ESNZ), The New Zealand Pony Club Association (PCNZA), New Zealand Riding for the Disabled (NZRDA), and Te Hapori Hōiho - National Māori Horse Association Aotearoa Trust - says the safety of horse riders is being seriously compromised because they are not formally recognised as a "Vulnerable Road User" (VRU).

She says ineffective legislation in New Zealand is placing horse riders at continuous risk when riding on roads and equestrian groups want their vulnerability formally recognised.

In fact, there is no definition in the NZ Transport Agency (NZTA)

literature to define a VRU and as a result horse riders are more often than not a forgotten group in safety and transport planning, she says.

"Horse riders are considered an 'other road user' and the lack of clarity, detail and meaningful safety initiatives that comes with that label puts horse riders in an extremely vulnerable position on New Zealand roads," says Julia.

"Equestrians are asking for a mindset change whereby the law reflects riders' vulnerability and safety messaging is explicit. Decision-makers must view equestrian needs as equally as important as other user groups like cyclists," she says.

The Ministry of Transport's Road to Zero Road Safety Strategy fails to mention horse riders says Julia, adding that's why road safety messaging for horse riders at a local or national level rarely exists.

"The near miss stories of riding on the road, and the worst-case scenario of serious injury or death of a rider or horse are recounted everywhere by riders," she says.

"No single agency captures those near misses, and when equestrians aren't consulted, how does any authority know what is happening?"

Julia says there is no incentive (funding) for local authorities to provide safe alternative pathways off the road for horse riders, as is done for cyclists and pedestrians.

It's because equestrians aren't formally recognised as a VRU, she says, adding that New Zealand horse riders are estimated at about 80,000 (2011 economic impact report on the New Zealand sport horse industry) but that equestrians are left to advocate for themselves.

"When legislation is bold and clear, it sends the message that we care," Julia says.

Canterbury Equestrian Advocacy Group Chair Julia says she has been pleased by the response from local councils in Canterbury that she has been in contact with.

"However, a commitment from central government is key to pulling this together and making riders safer on our roads.

"A top-down approach is required to wrap safety measures around horse riders within the Land Transport (Road User) Rule 2004. They do it for cyclists and pedestrians, we only want the same protections that they have."

The New Zealand Equestrian Advocacy Network has recently designed yellow and pink hi-viz vests with "Pass Wide" and "Slow" messaging.

"We appreciate we as horse riders need to be doing our bit to be visible and we have a role in educating road users. The 'Pass Wide' and 'Slow' message is worldwide, and our campaign for improved status is supported, says Julia.

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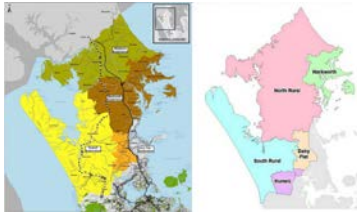
# People & Places

She says the World Health Organisation (WHO) provides a clear definition of a VRU. "Vulnerable road user" is any "non-motorist" road user in the role of a pedestrian, a highway worker, a person riding an animal, a stranded motorist, a skateboarder, roller skater, a scooter, or a cyclist - to name a few.

## Rodney boundary changes proposed

By Guy Wishart, Rodney Local Board

Some major changes are proposed to the Rodney district subdivision boundaries, with community feedback welcomed on or before August 8.



Visit "Have your say Auckland" to give your feedback.

Once changes are made after community input, they will be the new boundaries for the 2025 and 2028 local body elections.

At present we have nine elected local board members and one councillor. This won't change.

About 83,000 people were in Rodney in 2023. The largest ward

population is Albany at 191,000 which gets two councillors - as do other wards.

Currently the subdivisions are Kumeu 4, Dairy Flat 1, Warkworth 3 and Wellsford 1. (The numbers are the elected members per subdivision.

Presently, Wellsford is overrepresented by 23% from the average and Warkworth is 13% over. The Kumeu Subdivision, which extends to Glorit, has a population of 41,000 and is 13% underrepresented. Dairy Flat is about right.

The Wellsford Subdivision needs to be corrected, according to the Auckland Council.

It is proposing a different number and arrangement of subdivisions to better reflect the shared interests of rural communities.

The proposed changes would be Kumeu 2, Dairy Flat 1, South Rural (South Rodney) 2, North Rural (North Rodney) 2 and Warkworth 2.

The Warkworth and Kumeu subdivisions have been reduced in size to match urban and future development zones around these centres.

The council believes that rurally based people identify more strongly as belonging to a rural community, share similar council services and have similar issues that require representation, in spite of pockets of urban development within their rural areas.

Rurally based properties often face similar issues such as providing their own water supply and sewage management, expensive rural delivery, poor internet, lack of footpaths, open drains by the



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# People & Places

roadside, next to no street lighting, gravel roads, limited public transport, longer travelling times - to name a few.

This is the premise for the boundary change, so if you believe that it is incorrect now is the time to say so.

Some issues have already cropped up with the north south boundary with Kaukapakapa finding itself potentially part of the north rural area. The council has been made aware of this and changes will hopefully be made.

You may be wondering why the suggested North Rural subdivision extends so far south. The reason is the lower rural population density in the north, with a greater percentage of larger farms, less lifestyle blocks and less urban communities built into rural service towns.

If you are going to have your say about boundary changes, please consider giving feedback on the Draft Shoreline Adaptation Plan for our west coast shoreline.

You will find the feedback form by searching "Have your say Auckland". Submissions close August 12.

The plan considers the potential impacts of coastal erosion, coastal inundation, catchment flooding and climate change drivers, including sea level rise. The area covers a significant and unique stretch of coastline between the mouth of the Manukau Harbour, and Te Korowai o te Tonga/ South Head at the mouth of the Kaipara Moana (Harbour), and northern shoreline of the peninsula as far as Te Kawau Point.

The area consists of long stretches of undeveloped coastline (characterised by cliffs, dunes and typically black sand beaches) with small settlements including Muriwai, Piha, Te Henga/Bethells and Karekare.

## Road cone reduction planned

Fewer road cones should soon be seen in the Northwest and other areas.

Road cone and temporary traffic management (TTM) spending will be reduced while maintaining the safety of workers and road users, Transport Minister Simeon Brown says.



The NZ Transport Agency (NZTA) is expected to publicly report in October on how much money has been spent on TTM each year for the past three years, and begin quarterly reporting on the cost of TTM with the expectation that this expenditure will reduce.

Appointing independent members to the Road Efficiency Group to

manage the reduction in TTM expenditure.

"Road maintenance is essential, and some level of TTM is unavoidable. But the current approach out of control. Excessive use of road cones and temporary speed limit reductions - sometimes left in place when work is complete - simply increases cost, forces people to slow down, and frustrates drivers.

"In fact, the NZ Transport Agency (NZTA) conducted a review of TTM at 800 maintenance worksites on the State highway network across the country in February and found that 145 of these sites were not needed, showing how out of control the use of road cones and temporary traffic management has become.

"NZTA is responding to the Government's expectation that TTM expenditure is reduced by rolling out a new risk based TTM guidance at worksites on State Highways. This model is based on the Australian approach to TTM, where there is far less reliance on the no longer humble orange road cone.

"This new approach will include changes to contracts, a new way of training, and monitoring to ensure this meets both safety and cost efficiency outcomes. NZTA is now also continually reviewing current TTM on the network and instructing its suppliers to remove TTM that is not required.

"However, we won't know whether these changes are effective unless we are also reporting and measuring whether it is working. When I became Minister of Transport, I asked NZTA to outline how much money had been spent by NZTA each year for the past three years on Temporary Traffic Management and was advised this information was not compiled and so was unavailable.

"The Government will be requiring NZTA and all Road Controlling Authorities to report quarterly on the amount of taxpayers' money it is spending so that Kiwis know how much of their hard-earned money is being spent on TTM.

"The first of these reports will be produced in October and will determine a baseline of how much NZTA has spent on TTM in the last three years. My expectation is that expenditure on road cones and TTM will reduce each year going forward.

"Already our Government has delivered a \$3.9 billion funding boost to fix and prevent potholes on our State Highways and local roads. Over the next decade, NZTA will deliver an increased road renewals programme in an efficient way that reduces the number of road cones and TTM costs overall.

"In order to maximise the effectiveness of maintenance work across New Zealand, the Government will also appoint independent members to the Road Efficiency Group (REG), started under the previous National Government with a focus on finding efficiencies in road maintenance spending to deliver more for taxpayers' investment in road maintenance.

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# Safer Communities



Fire safety is crucial when it comes to using electric blankets and space heaters

Electric blankets and heaters are a cozy addition to chilly nights, but like any heated appliance, they require attention to safety.

If you have a new electric blanket, the risk of fires or burns is minimal. Newer models come equipped with safety features like controls that regulate temperature and reduce hazards. However, older blankets—especially those over a decade old—may lack these safety mechanisms. Columbia

University reports that a whopping 99% of electric blanket fires occur in blankets that are a decade or more old.

**Avoid Second hand Blankets:** Opt for new ones to ensure safety features.

**Check for Damage:** Don't use blankets with frayed cords or displaced heating wires.

**Turn Off When Not in Use:** It's essential to switch off your electric blanket when you're not snuggled up.

**No Piling Up:** Avoid placing heavy items on top of the blanket.

**Heaters.**

Space heaters can be lifesavers during cold spells, but they also pose risks. Here's how to use them safely:

**Placement Matters:** Keep your space heater on a hard, non-flammable surface. It's meant for the floor, not your table.

**Clear the area:** Create a safe space (at least 1 metre from the heater) between the heater and furniture, curtains, bedding etc.

**When leaving the room or going to bed,** switch off the heater.



**Check the Cord:** Regularly inspect the cord for damage.

**No Overloading:** Don't plug other devices or extension cords into the same outlet as the heater.

**Smoke Alarms:** Install and test smoke alarms throughout your home to alert your family in case of an unforeseen fire.



**Jamie Shaw**

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

**Know what to do if you're ever in trouble in the water. Remember:**

## Float, breathe, signal, survive.



### Float first

- Lie back with your ears underwater, chin up
- Move your hands to help you float
- It's okay if your feet sink
- Ignore your instinct to swim

### Breathe normally

- Relax
- Slow your breathing to help calm down
- Breathing will get easier

### Signal for help

- Raise your arm
- Shout for help

### Survive by swimming or floating

- Swim to safety if you can
- Float when it's not safe to swim
- Hold onto anything that helps you float
- Keep clothes on to stay warmer

# Community News

## Hospice West Auckland Opens Rongoā Garden

Hospice West Auckland, in partnership with CHT St Margaret's, have developed a Rongoā Garden at Hospice House in Te Atatū for patients, whānau and the wider West Auckland community. The garden contains a wide range of New Zealand native flora, herbs and other edibles, and a cleansing water feature. It is a space where people from all walks of life can come to rest and reflect, reconnect with Papatūānuku and feel culturally, physically, spiritually and emotionally strengthened.



Rongoā Māori - traditional Māori healing - is one of the many holistic support services that Hospice West Auckland offers to patients and whānau. The garden will provide opportunities for education about Te Ao Māori and Rongoā Māori practices, as well as the ability for Hospice's Rongoā Māori Practitioner to grow and harvest rongoā rākau (native plants).

The garden has been in planning and development for over a year and was officially opened to the public during the Matariki period on Wednesday 3rd July at 52 Beach Road, Te Atatū Peninsula. It was made possible thanks to the generosity of many sponsors, supporters and volunteers.

## Kip McGrath Education

Recent changes in NCEA mean that, in mathematics education, students are now required to demonstrate several strategies to solve problems whereas, in the past, they could use just one - usually an algorithm. Now children develop their understanding of a concept by approaching it several ways. Greater thinking skills and an increased number of methods are required. They not only have to find the answers to problems but also demonstrate their thinking in the process and show this in their written answers. At NCEA level, students may only achieve Excellence if they present



a detailed explanation - both verbal and numerical - of how they reached their conclusion.

NCEA Mathematics students will complete internal assessments at various times. We can provide support for these students throughout the year, meaning that when they get to final exam time, they will already have plenty of credits. This will help take the stress out of exams.

NCEA English students sometimes have to resubmit their assignments if they are not up to standard. We provide on-going support for students throughout the year by identifying areas to focus on and develop individual learning plans. In this way we can increase a student's confidence and ensure all internal and external standards are met successfully, with a positive attitude.

For more information, call us on 09 831 0272 or book a free assessment online.

## Kumeu Childcare

Kumeu Childcare promotes wondering and creativity in children by providing them with a rich environment that supports children to explore and be fully involved in a wide variety of learning. Children's independence, decision making, emergent literacy and social competence are enhanced through unhurried and consistent routines and positive interactions.



Infants and toddlers experience a curriculum that responds to their physical and emotional wellbeing. Teachers develop nurturing relationships with families which allows them to work diligently towards the aspirations they have for their child/ren. Intentional use of the learning environment supports these children to explore, and gain control of their bodies.

We warmly invite all to visit the centre and to meet the teaching team, and ask us how we can best support you with your childcare needs, and whānau aspirations for your child. Currently we are offering 20 free hours to the children aged 2yrs old and 20 free ECE hours to children aged 3yrs old and over. There is a special of 12 weeks of 50% off on parent fee for all age groups. To find out more please visit our website [www.kumeuchildcare.co.nz](http://www.kumeuchildcare.co.nz).

To book a tour please email or call [info@kumeuchildcare.co.nz](mailto:info@kumeuchildcare.co.nz), [manager@kumeuchildcare.co.nz](mailto:manager@kumeuchildcare.co.nz). Mob: Alka 021 119 5148 or Anna 021 0910 4333.

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# Community News

## Kumeu Arts

Kumeu Arts has some exciting things planned for August. The very popular 'GET FIRED' ceramics exhibition, curated with paintings by Catrina Lloyd, will be in full swing in the Main and Pip galleries, along with our drawing exhibition, 'DRAWN IN' in the Pod gallery. These shows will be on until August 24th.

Term 3 classes; such as Art Garden (2-6yrs old), Art Club (6-12 yrs old), and Teen Pottery, are all on offer. There are always interesting workshops and classes for all ages and abilities, so come in and speak with us or go to our website for more information.

Looking ahead to September, plans are well underway for the free creative community event "PLAY". Proudly supported by the Auckland Council, "PLAY" is an all-ages free, creative community event happening here at Kumeū Arts on Saturday the 7th of September. Come along with the whole family and get creative with us.

There's always lots happening at Kumeu Arts so join the fun! Find us on Facebook or visit [www.kumeuarts.org](http://www.kumeuarts.org) for more info.



## Show Dad how much you love him

Father's Day is fast approaching. How are you going to show him you care this year?

Socks? Craft beer? Tools? BBQ equipment? OR why not do something different this year and buy him a personalised gift from Precious Imprints.

Choose from key rings, guitar picks, pendants cuff links and more, or we can work together and create something unique to your relationship with him, something only you and he will "get"!

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free to email me [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) so we can start creating your original gift for Dad, one that he can treasure forever.

Father's Day - Sunday 1st September - Order now to be sure you have the perfect gift in time.

And don't forget the Grandads too.

## Oversaturation of digital media causes a rethink

"We are getting to a point where we are almost oversaturated with digital marketing and as retailers, we're being bombarded from too many different angles and there's just too much noise," says Mark Presnell of Convergence.

Inboxes are getting so overloaded that people don't have time to decipher the good from the bad, the spam from the special.

Pop up advertising is creating such a back-lash that in many cases it is a hindrance not a help.

Social posts and their advertising extensions seem to create a saturation of indifference with too much, too often, without relevance.

Connor Archbold Co-Founder and Co-CEO of brand tracking platform Tracksuit says that retail marketing for stores is all about creating awareness and trust with foot traffic. He says that strategies employed by the likes of Culture Kings using celebrities such as Israel Adesanya and Shaquille O'Neal to leverage foot traffic has worked really well for them.

It is the importance of creating a special connection and leveraging off it. This can be incorporated through magazines like Kumeu Courier and The Westerly where the relationship between advertising and

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# Community News

editorial is leveraged into a shared experience. While the message is important, so is the credibility that a third party magazine can add to independence and credibility to the brand and the article.

Glassons CEO April Ward says that traditional retail marketing is never off the table, it is just a matter of understanding who your audience is, what they are consuming and where they are consuming it.

It highlights the need to be engaged in local media, generate an environment that is fun, community centred, engaged and accessible to your audience. If you want to have a brain-storm on what we can do to help your business gain notoriety contact Kumeu Courier Magazine on 0800 900 700 or email [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz)

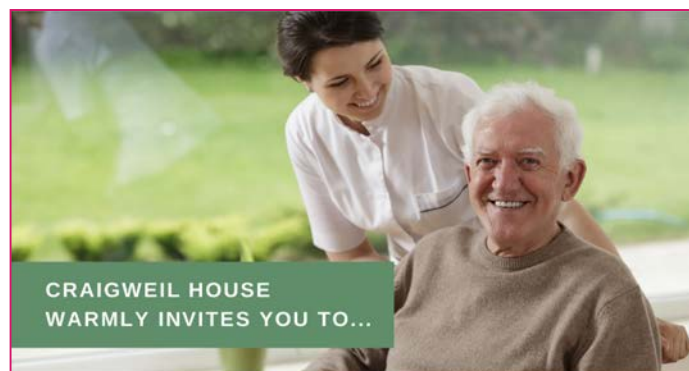
## Foot fun at Craigweil House

At Craigweil House Home and Hospital, we prioritise the well-being of our residents. One of the most engaging and beneficial activities we offer is movement to music. This delightful combination of exercise and entertainment brings a multitude of advantages to our cherished residents.



The "balls on feet" activity, which involves rolling a ball under the feet, offers physical benefits for elderly individuals including improved circulation, increased flexibility, reduced swelling, enhanced balance, pain relief.

By integrating these activities into our schedule, we ensure our residents experience improved physical health, enhanced mental



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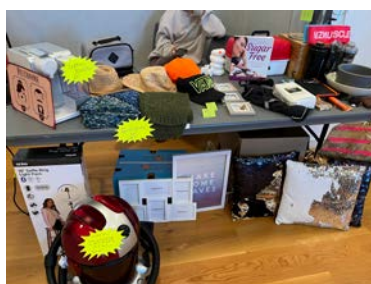


well-being, increased social interaction, and sustained cognitive function. The power of music and movement is truly transformative, bringing joy and vitality to our beloved community.

Come visit Craigweil House Home and Hospital, where we offer exceptional care and a vibrant community for our residents. Our dedicated staff, comfortable living spaces, and engaging activities ensure that every resident feels right at home. Schedule a tour today and see why Craigweil House is the perfect place for your family. 09 420 8277.

## Gently Loved Markets

The Gently Loved Markets Flea Market returns to Hobsonville Point this August. Flea Market is an indoor garage sale filled with preloved treasures at significantly reduced prices. Explore stalls selling preloved clothing, accessories, books, games, plants, home grown produce, homewares and more!



Gently Loved Markets Flea Market will be held on Saturday 31st August from 10am until 1pm at The Sunderland Lounge - Te Rere, Hobsonville Point. Free entry. Come have a preloved treasure hunt with us. Don't forget your fabric bag on the day!

Time to declutter around the house? Come sell with us! Contact Donna Buchanan on [gentlylovedmarkets@gmail.com](mailto:gentlylovedmarkets@gmail.com) to inquire about a stall.

Gently Loved Markets hold different of styles of market days - from curated preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds), Flea Market and Just Kids! Keep an eye on their Facebook and Instagram for the market day announcements @gentlylovedmarketsnz.

## News from St Chad's

Unfortunately the Pohutukawa Singers concert scheduled for 7th July had to be postponed at the last minute. This has now been rescheduled for Sunday 25th August at 4.00pm. Tickets are \$20 in advance (children a gold coin donation) and this includes refreshments after the concert. Full details are on the St Chad's website [www.saintchadshuapai.com](http://www.saintchadshuapai.com)

Work is underway to formally establish St Chad's as a Community Emergency Hub. The building was used as a hub during Cyclone



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# Community News

Gabrielle last year and St Chad's Vestry are working with Kumeu Emergency Network to formalise this for any future events.

St Chad's are also delighted to be part of an interdenominational team of local churches planning a service for everyone with our friends at St Patrick's Roman Catholic Church. This will be on Sunday September 8th - 5.00pm at St Patrick's. All are welcome.

## What to do about the rise of rectal cancer in younger persons?

Recent studies in New Zealand and overseas has clearly shown that bowel cancer is becoming more common (incidence is rising) in people aged less than 50 years of age, especially in the lower bowel and back passage (rectum).

In 2000, only 1 in 20 bowel cancer patients were aged less than 50. It is predicted that in NZ by 2040 that about



1 in 8 colorectal cancer patients will be aged less than 50. These are people we might consider are at their most productive stage of their lives, often caring for their children and aging parents. A cancer diagnosis is devastating at any age, but massively impactful for the younger person. What can be done to avoid this?

There are modifiable lifestyle factors that should be addressed. But not all non-smoking, alcohol free, fit skinny vegetarians avoid bowel cancer. If you are an adult with bowel symptoms, especially rectal bleeding or persisting change in your bowel habit, then see your GP.

Have a low threshold for getting a colonoscopy. Know your family medical history, and make sure your GP knows it too. If you have a more than one close relative (parent, brother or sister) with bowel cancer or a close relative under age 55, then you should discuss a referral for a colonoscopy with your GP because you are at least three times more likely to develop bowel cancer.

Screen detected cancers are more likely to be early stage and thus more likely to be cured. The rise of colorectal cancer in the young is adding to the call to lower the screening age in NZ to not just age 50, but to age 45 as is done in the US and Australia.

At Waitemata Endoscopy, taking a proactive approach to your health is easy. If you or your family doctor are concerned, we accept GP, specialist and self-referrals via our website. Our experienced team will put you at ease when it comes to your endoscopy. Take a virtual tour of the patient journey and our clinic for an insight of what to expect at [www.waitemataendoscopy.co.nz/locations](http://www.waitemataendoscopy.co.nz/locations)

Mr Andrew Moot, Colorectal and General Surgeon & Endoscopist, MB ChB 1995 Otago; FRACS 2004

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Talk to your GP about a referral to the Waitemata Endoscopy Group, or you can self-refer at:

[www.waitemataendoscopy.co.nz/referrals](http://www.waitemataendoscopy.co.nz/referrals)



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Mr Andrew Moot  
Colorectal Surgeon & Endoscopist

\*Terms and conditions apply  
Visit our website for further details



# In Brief

## The Village Market Helensville Showgrounds

Sunday 18th August 8.30am to 1pm. A tempting selection of stalls, live music from singer/songwriter Michelle, free face painting and much more. Local crafts, pet health care, jewellery, crystals, candles, soaps, preserves, art, hand knits & spinning, indoor & outdoor plants, locally grown fruit and vegetables, preserves, flower bouquets, eggs, delicious treats from the market café, fresh coffee, doughnuts and the Lions sausage sizzle. A great morning out for the family. No dogs please with the exception of assistance dogs. Gold coin donation for parking - proceeds to the Helensville/Kaukapakapa scouts and St John youth. For more information contact sarah@riversidecrafts.co.nz.



## Kumeu Library

The Auckland Family History Expo is on again in August. A highlight for those interested in tracing family history, it is presented by Auckland Council Libraries and the Genealogical Computing group, and runs from Friday 9 August to Sunday 11 August 2024 at the Fickling Convention Centre, 546 Mt Albert Rd. If you've ever wondered where you really came from, come and make discoveries at the Expo, which features a wide range of topics on researching genealogy and family history. It is a weekend-long event where you can learn from the best! There will be free seminars, from beginner to advanced level, computer-based tutorials, ask-an-expert sessions and research assistance. No booking is required - bring your laptops to take full advantage of the workshops and tutorials. Curious about your pet's lineage? Join the "Know your Pet DNA" session by Ancestry to discover how DNA testing can unlock the secrets of any pet's breed, personality and health traits. Plus, get ready for an adorable surprise. We'll be revealing the DNA secrets of 10 furry friends in a grand unveiling. Don't miss this chance to meet these adorable pups in person and learn what makes them special. You can find out more information, including details of speakers and topics, at [aucklandlibraries.govt.nz/AFHExpo](http://aucklandlibraries.govt.nz/AFHExpo).

August also brings We Read Auckland, a month-long free festival celebrating the diversity of Auckland authors and stories and celebrating reading for pleasure. Come and have a look at the We Read Bestie Collection at Kumeu Library, which will include fantastic new fiction and non-fiction titles by authors from Tamaki Makaurau.

It's a great opportunity to read brand new books by local authors! Books from the Bestie Collection can be borrowed for two weeks, with a limit of two Besties per customer at a time. There are events associated with the festival, including author talks and writing workshops - see the Auckland Libraries website for details ([www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)).

Keep up with all Kumeu Library's news and events on our Facebook page ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)).

## Prevent caregiver burnout this winter

By Laurel Winwood, Facility Manager, Radius Taupaki Gables



As winter sets in, the challenges faced by caregivers in New Zealand become even more pronounced. Cold weather brings an increased risk of illness and the need for extra support for both carers and those they care for. This is where respite care steps in as a crucial service, providing much-needed relief and support.

Respite care is a temporary solution designed to give primary caregivers a break, allowing them to rest and recharge, helping them maintain their resilience and positivity. Our service ensures your loved ones receive medical and personal attention in a warm, family-friendly environment.

Caring for a loved one is a demanding task that requires physical and emotional stamina. The constant responsibility can lead to stress, anxiety, and even depression. Without sufficient breaks, caregivers are vulnerable to burnout. Respite care provides caregivers with the opportunity to take a break, knowing their loved one is in safe and capable hands.

What respite care entails - Respite care offers a change of environment for the cared-for individual, which can be refreshing and beneficial. It also allows families to experience residential care temporarily before making long-term decisions, so that the chosen care setting is the best fit for their loved one.

Typically, respite care includes:

- Short-term stays: For those recovering from an illness or hospital stay.
- Carer support: Partially funded support allowing carers to take up

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# In Brief

to 28 days off annually.

- Fully funded respite: Provided by the District Health Board (DHB) for caregivers needing substantial breaks.
- Primary options for acute care (POAC): Short stays in private hospitals for patients not requiring public hospital admission.
- Day stays: Offering daytime care, including participation in activities and meals, allowing caregivers to attend to personal tasks or relax.

If your family member isn't currently receiving supports at home, start by consulting your GP to initiate a needs assessment. While entering residential care can be done independently, receiving disability support from your DHB requires this assessment. A family member qualifies for long-term care if they have high or very high needs, their condition is irreversible, or they cannot be safely supported within the community.

**Making informed decisions** - When making a decision on behalf of a family member, make an appointment to speak to the Facility Manager, who is there to help answer all your questions. Before you visit, it's best to write down any questions or concerns you may have.

When you're visiting a care home, be aware of how you are received and shown around the facility. Is the exterior well maintained? Are the staff members friendly, helpful, and well-dressed? Are the residents engaged and treated with dignity? Is the Facility Manager welcoming and interested in discussing your loved one's circumstances?

Deciding to go into care is a hard decision and can be stressful for

all involved. Respite is a good way for families to become used to residential care - and even try a few facilities - before making the decision to enter permanent care.

Radius Taupaki Gables offers 48 hospital beds and 12 rest home care beds, supporting a wide range of needs from palliative care to young person disabled care. For more information on how Radius Taupaki Gables can support your family during these winter months, please get in touch on 09 412 6800.

## SeniorNet Group

With the recent influx of new members, we find our club going from strength to strength. Last month we learned a lot about new technology coming to our shores in the next few years. Some of the items covered in our packed meeting were how to find your lost iPhone or Android phone, apple's new upgrades, favourite websites and how does the internet really work, this was a follow up from last month's meeting when we found out how the mobile phone network works. Our meetings are for those who are a novice to technology who know little about it so no matter your skill we will make you very welcome. We are also looking for people who feel they know about the world of technology to teach our members who are always very eager to learn. We meet the first Wednesday of the month at 10am in St Chads church hall Huapai all welcome.

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rebecca.blagrove@forsythbarr.co.nz or  
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# Property

## Property market report

It's a market of two halves

Half is the reducing volume of houses on market.

Half is the increasing confidence of buyers in the market.

Let's face it, confidence has been sucked out of this market quicker than blood in a donor centre. It has been the perfect storm of, over-zealous Government regulation, Reserve Bank noose tightening, and the naivety in Wellington that you can buy a cheap house in Auckland, truth is "You Can't". Most buyers I have engaged with over the last two years highlight the near impossibility of borrowing money, extending overdrafts or making financial changes. The good news is that some levers have been pulled to loosen the noose. These include:

- Tax deductibility on interest charged on rental property
- Brightline test reversed to 2 years (not the 10 years Labour had in place)
- CCCFA (The Responsible Lending Act) having a cut and tuck
- Transparent LVR ratios formulated to gross income

In addition interest rates are stable across the main banks with most offering a three year term of 6.39% and Kiwibank having a one year rate at 6.99%. This can only be good for certainty of borrowing.

Let's look at the sales:

Coatesville	\$9,300,000
Helensville	\$591,250 to \$1,000,000
Huapai	\$955,000 to \$1,400,000
Muriwai	\$340,000 to \$1,350,000
Riverhead	\$1,180,000 to \$4,230,000
Swanson	\$960,000 to \$1,688,000
Taupaki	\$920,000



Waimauku	\$1,395,000 to \$2,275,000
Waitakere	\$1,200,000 to \$1,800,000
Whenuapai	\$710,000 to \$1,270,000

House prices have taken a thumping since December 2021, averaging 25% lower than at the peak of the market, but still up on pre-Covid pricing of 2018/19. What we have seen plenty of over the last three months is a willingness by Property Owners to test the market, understand value, and withdraw from sale, therefore protecting their perceived value in their asset, while they move to rent or invest in renovations. Over 35% of property brought to market has been withdrawn from sale over the last quarter. This is a time for cautious planning, careful moves and a willingness to understand market demand. Ensure you list with an agent that is a good communicator, appreciates the value you see in your asset and has an excellent plan. Give me a call Graham McIntyre on 0800 900 700 or 027 632 0421 and let's talk. Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

## Life of a Property Manager

A day in the life of a Property Manager at The Rent Shop Hobsonville is filled with multitasking, communication, problem-solving, and maintaining calm under pressure. These professionals are the unsung heroes who ensure peace of mind for both landlords and tenants.

I'm a 'peace of mind' superhero!



The day begins with a vital ritual: a large coffee. The property manager dives into the email inbox, sorting through the overnight messages to prioritise urgent matters. Emergencies are tackled first, often involving a series of calls to contractors to check their availability and arrange access. Cold weather often brings heating issues and leaks from recent storms, making this part of the day particularly hectic.

After addressing the immediate emergencies, the property manager revisits the inbox to deal with any unresolved issues from previous days. When tenants report maintenance items, we organise contractors for quotes, sending these to landlords for approval, and coordinating the actual work. This involves juggling the schedules of busy landlords, tenants, and contractors while keeping everyone informed and reassured.

If rent payments are late, the property manager follows up with calls or emails, keeping property owners updated on any issues. Weekly tasks include booking necessary healthy homes work, managing upcoming renewals and rent reviews, and processing paperwork for

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# Property

tenants moving out. This involves arranging move-out inspections and preparing properties for advertising to minimise vacancy days.

After a quick bite to eat, it's time for routine inspections. Each managed property is visited four times a year, with keys and inspection cards ready. These cards either thank tenants for taking good care of the property or note areas needing attention. Tenants are encouraged to report maintenance issues immediately, ensuring a quick and efficient resolutions.

Building strong relationships with tenants is vital, and many prefer to be home during inspections. The property manager works hard to foster respect and trust, making tenants feel comfortable with them in their homes. During winter, this also involves educating tenants on ventilation and mould prevention.

Back at the office, inspection reports are finalised with photos and sent to landlords. Necessary actions are communicated to tenants, and contractors are instructed if needed. These reports are meticulously uploaded onto the CRM database for future reference.

The afternoon often involves overseeing renovations, checking in with contractors, and updating landlords on progress. This might also include preparing properties for photos and reviewing rental rates. Then it's off to property viewings, an enjoyable part of the job where potential new tenants are met, and the best fit for the properties is sought. Processing applications and checking references are critical steps in the tenant selection process.

As the day winds down, the property manager checks any missed calls for urgent issues, prepares for possible mediation or tenancy tribunal, and handles last-minute tenant reports. Fridays can be especially hectic, as tenants rush to resolve problems before the weekend.

Despite the challenges, there's a sense of accomplishment at the end of the day. Property managers love their jobs and thrive on the dynamic nature of property management. They are true peace-of-mind superheroes. If you would like a superhero managing your property, get in touch! 021 RENT4U mike.james@therentshop.co.nz.

## Using KiwiSaver to purchase your first home

Using your KiwiSaver funds to buy a property can be a great way to achieve your goal of owning a home in New Zealand. KiwiSaver allows members to withdraw their savings for a first home purchase, under certain conditions.

One big perk is that you can use not just your own contributions, but also those made by your employer, plus any government contributions you have earned. This combined sum can make a significant dent in your deposit, which means you might need to

borrow less money from the bank and potentially save on mortgage costs.

However, there are rules to follow. You need to have been a KiwiSaver member for at least three years, plan to live in the property, and it must be your first home.

Applying for the withdrawal involves a process, so it is important to understand the steps to avoid any delays or penalties.

Also, if your KiwiSaver funds have been paid out and the deal falls through for any reason, you will need to repay the KiwiSaver funds back to your KiwiSaver provider. It is therefore recommended that if you are using your KiwiSaver funds to pay for the deposit, your agreement should provide that the deposit can only be released to the vendor on the settlement date.

For any assistance with purchasing your first home using your KiwiSaver or for any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

## Residents' Association vs Body Corporate – what's the difference?

By Elyse Crowther, Registered Legal Executive, ClearStone Legal

Most people would have heard of a Body Corporate. These are generally used where there is a development of units or an apartment building. As an owner, you become a member and the Body Corporate manages the property and you pay a levy to them for your share. What people are less familiar with, but what we are seeing more often is Residents' Associations. Like Body Corporates, they manage common property, you must become a member and pay a levy.

The main difference between the two is the underlying land. Body Corporates apply to Unit Titles and are used when you own an apartment or unit, but you co-own the underlying land and common areas. With a Residents' Association you generally own your home and the underlying land, but co-own the common areas with your neighbours, for example shared driveways, carpark areas, green areas etc. If you're looking at purchasing a property, if there is a Body Corporate or Residents' Association, there will be a notation on the property's record of title. A Body Corporate is likely to be on a Unit Title; however a Residents' Association can apply to any type of title and the interest is registered by way of what's called an encumbrance on the title.

The levies you pay under each arrangement will be different, depending on what the Body Corporate or Residents' Association is managing. Generally, the fee is lower with a Residents' Association,

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# Property

as you manage the maintenance of your own building. However, there are properties which have both a Body Corporate and a Residents' Association; and depending on the development, we also see properties which have more than one Residents' Association. If you are looking at a property with either, or both of these, make sure you enquire as to what the levies are, as you will need to factor in these annual costs.

We also advise you get copies of the rules which apply to the Body Corporate or Residents' Association as it's important to understand how these will impact you. The Body Corporate rules are registered on the title but the Residents' Association will have theirs lodged as an Incorporated Society and can be obtained by searching the Incorporated Societies Register.

There can be a lot to think about when purchasing a property - and even more if you're buying a unit or apartment. We are experts at navigating these complexities and happy to help you through the process. For further information, give us a call on 973 5102 or check out our website at [www.cslegal.co.nz](http://www.cslegal.co.nz).

## What is a Floating-Rate Mortgage?

A floating rate mortgage is a type of home loan account where the interest rate is subject to change month on month, like a boat floating on the waves of the ocean. The rate that you pay depends on the official cash rate (OCR), and wider money market changes. Right now, floating interest rates vary between approximately 8% and 10% p/a.

Advantages:

**Flexibility** - While you'll always have to meet your agreed minimum monthly repayment rate, you have the option to pay more if you want to without being penalised. This means if you receive a bonus, unexpected income or your salary increases, you can elect to make a lump sum repayment or increase your repayment amount to reduce your loan term. Alternatively, if you find you need to sell your home, refinance your loan, or switch to a more attractive rate with another bank, you have the freedom to do so without attracting potential break fees.

**Be ready to take advantage of lower Rates** - One of the strongest reasons to consider a floating loan account at this time, is that the OCR and interest rates are expected to decrease over the coming months-years (According to the RBNZ July 2024). Selecting a floating rate now will position you to take advantage of lower rates as they become available in the near future.

Disadvantages:

**Less certainty** - Your loan rate is more exposed to market conditions,

meaning that each month your interest rate may rise or fall. If you're on a tight budget or you're not the best at managing money, this can be quite tricky to deal with.

**A higher rate** - Floating home loan interest rates are typically higher than fixed home loan rates. This means that you would pay a higher amount on interest.

Making the right choice in mortgage structure can save you thousands! While can be overwhelming, there's no need to let your mortgage stress you out - get in contact with us today, and we can help you navigate the entire process!

Ben Konings - 020 4112 2481 or [ben@mortgagesupply.co.nz](mailto:ben@mortgagesupply.co.nz).

## Trust us with your trust

Anyone who has a family trust already knows the following are universally true:

- There is a lot of paper work, and
- They are getting more complex to deal with.

There are new developments in the way trusts are treated by courts, government, and the IRD. Trustees must keep up to date with changes in law and policy, and the circumstances of beneficiaries and assets, to correctly administer the trust.

Why is this important?

- Family trusts are not registered. To prove their existence and compliance with the rules and regulations, the paperwork must be right. This helps protect the trust from being a 'sham'.
- There is no 'standard' trust, each is unique with its own complexities. It is important for trustees to understand and regularly review the terms of the trust to ensure compliance.
- There are potential issues for trusts if any beneficiaries or settlors live overseas. This may result in the trust being classified as overseas entity, and being classified as an overseas trust which can present tax and land ownership issues.
- Some older trusts have set vesting dates (the date the trust comes to an end). If the vesting date occurs without anyone realising it, this may trigger a tax liability.

We can act as independent trustee for trusts. Our role includes handling administrative tasks and ensuring everything is in order, which allows you to go out and enjoy life.

As an independent trustee we organise the annual AGM. These are an invaluable opportunity to meet with us and discuss any updates to your trust and for us to advise you on any developments in law or policy that may affect your trust.

If you need a trust, then it needs to be run properly. We can help. Contact Shelley Funnell or Siobhan McDonald at Henderson Reeves Lawyers just off the Patiki Road offramp, on Rosebank Road or

## Your Partner In Property And Finance

Call Ben for personalised mortgage advice to help you achieve your property and financial goals!

- First Home Buyers
- Property Investors
- Upsizing & Downsizing
- Repayment Strategies



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**Ben Konings**

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🌐 [www.mortgagesupply.co.nz](http://www.mortgagesupply.co.nz)



# Property

phone 09 281 3723.

## Unlock your home's potential - sell smart with Stacey Milne

Listing your house with a real estate salesperson like Stacey Milne in the wider Kumeu community can offer several advantages and strategies to help you sell your property effectively. Here are some tips and tricks:



**Local Market Expertise** - Stacey Milne has extensive knowledge of the North West area, including recent sales trends, buyer preferences, and neighborhood dynamics. This expertise can help you price your home competitively and attract the right buyers.

**Networking and Connections** - Experienced real estate agents often have a network of potential buyers, other agents, and industry professionals. Stacey Milne can leverage these connections to market your property widely, increasing its visibility and chances of a quick sale.

**Marketing Strategies** - A skilled real estate agent will have effective marketing strategies tailored to the local market. This could include

professional photography, virtual tours, staging advice, and online listings on popular real estate platforms. Stacey Milne can ensure your property stands out among potential buyers.

**Personalised Guidance** - Selling a home can be emotional and stressful. Stacey Milne can provide valuable support and guidance throughout the process, from listing to closing, offering insights and advice to make informed decisions.

**Market Insights** - Stacey Milne can provide you with regular updates on market conditions, including changes in pricing, demand, and competition. This information is crucial for making informed decisions about timing and pricing your property.

**Local Presence and Reputation** - Agents like Stacey Milne who are well-known and respected in the community can enhance the credibility and visibility of your listing. This can attract serious buyers who trust their recommendations.

**Streamlined Process** - Ultimately, working with a competent real estate agent can streamline the selling process, saving you time and effort while maximising your property's market potential.

Choosing to list your house with Stacey Milne in the North West community means tapping into her expertise, network, and resources to achieve a successful sale. Her local knowledge and professional skills can significantly benefit you throughout the selling journey.

Call Stacey today on 021 058 5692 or email [stacey.milne@mikepero.com](mailto:stacey.milne@mikepero.com), scan the QR code below. Mike Pero Real Estate Kumeu/Hobsonville. Licensed REAA2008.

## Thinking of **selling**?

Try a fresh but experienced perspective.

I'm leveraging 10 years of behind the scene real estate experience to help you sell your home.



Get in the *know* with  
**Stacey Milne**

**Kumeu | Hobsonville** Licensed Salesperson



**021 058 5692**

[stacey.milne@mikepero.com](mailto:stacey.milne@mikepero.com)

# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	5,100,000	8350M2	501M2	9,300,000		1,750,000	1659M2	269M2	1,550,000
HELENSVILLE	790,000	954M2	109M2	591,250		1,325,000	1128M2	200M2	1,395,000
	1,600,000	8.31HA	83M2	1,000,000		2,525,000	12.09HA	203M2	2,275,000
HERALD ISLAND	1,155,000	811M2	120M2	1,115,000		1,500,000	6012M2	206M2	1,475,000
HUAPAI	1,325,000	426M2	202M2	1,180,000	WESTGATE	860,000	117M2	101M2	750,000
	1,275,000	466M2	187M2	1,230,000		1,040,000	203M2	102M2	865,550
	1,275,000	257M2	214M2	1,130,000		940,000	192M2	83M2	810,000
KUMEU	1,600,000	779M2	263M2	1,500,000		900,000	156M2	97M2	800,000
	1,150,000	1384M2	108M2	1,010,000	WHENUAPAI	1,320,000	301M2	234M2	1,270,000
MURIWAI	1,015,000	811M2	86M2	1,350,000		8,450,000	4HA	260M2	11,800,000
	315,000	0M2	36M2	340,000		785,000	0M2	96M2	710,000
RIVERHEAD	2,975,000	2.01HA	285M2	2,670,000		1,370,000	320M2	253M2	1,270,000
	1,125,000	451M2	143M2	1,400,000		1,235,000	262M2	205M2	1,182,500
	1,450,000	601M2	207M2	1,333,900		1,100,000	211M2	163M2	1,118,000
	1,330,000	926M2	136M2	1,180,000					
	2,425,000	1.9HA	272M2	2,000,000					
	3,675,000	1.56HA	388M2	4,230,000					
SWANSON	1,225,000	1042M2	160M2	990,000					
	1,025,000	3377M2	140M2	960,000					
	1,550,000	600M2	342M2	1,668,000					
TAUPAKI	1,050,000	4816M2	100M2	920,000					
WAIMAUKU	1,400,000	1862M2	176M2	1,480,000					
	2,100,000	2348M2	429M2	2,150,000					

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

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

**2.95%** up to \$490,000

(Not 4% that others may charge!)

**1.95%** on the balance

Plus \$490 admin fee. All fees and commissions +

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.



**Mike Pero**  
REAL ESTATE

**Raine & Horne**

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Phone 0800 900 700 Licensed REAA (2008)

Graham McIntyre  
Brand & Territory Owner  
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SUN KISSED, NORTH FACING HOUSE AND LAND PACKAGE

By Negotiation

## 18 Peters Lane, Taupaki

By Negotiation  
Viewing by appointment

A large north facing canvas, with natural water course and established plantings with options to select the best house and land package for you, including home and income options. Elevated rolling land with views to Kumeu and beyond, the houses selected are designed to make the most of the aspect and the outlook. This land is historical and original clay base which has no historical slip effects nor movement lines. In addition much of the area is slowly moving to countryside living which allows for great intensification within this residential lifestyle community. Please survey the house and land package options outlined and book a walk-the-land meeting with leading Taupaki agent and local resident Graham McIntyre.



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

[www.mikepero.com/RX4010720](http://www.mikepero.com/RX4010720)





AMAZING FAMILY FUN - MARINA VIEW ZONE

4 1 2 2

By Negotiation

## 20 Matisse Drive, West Harbour

By Negotiation  
Viewing by appointment

Welcome to a safe family haven a short stroll from Marina View School, parks and convenience shopping. In a quiet street surrounded by similar homes, the property has a fully fenced back yard with pool, playhouse, climbing frame and easy care plantings. Come inside to a warm and modern layout, with multiple zones for Kitchen-dining and Lounge dining through to North facing alfresco decking. A central corridor makes way to office/ study, bathroom, garage, four bedrooms, including master ensuite and walk in wardrobe. Abundant sunshine, closed wood-burner, heat-transfer/ HRV and central heat pump, this is a warm home, perfect for winter. So much to see in this beautifully presented home, so close to shops, school, motorway access, parks, the list goes on.



**Graham McIntyre**  
027 632 0421  
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mikepero.com

[www.mikepero.com/RX4066519](http://www.mikepero.com/RX4066519)









# VISIT OUR EXCITING SHOWHOME

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G.J. Gardner Homes are acknowledged for their innovative design concepts. Our designers are continually coming up with fresh ideas and creative living plans. Here's your chance to view some of their latest ideas incorporated into this stunning showhome.

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

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

**G.J. Gardner.** HOMES





BRICK AND TILE ON 704SQM (APPROX.) - FAMILY OASIS

4 2 2 2

By Negotiation

## 130 Matua Road, Huapai

By Negotiation  
Viewing by appointment

A beautifully appointed and finished Ashcroft Home, offering an easy living 237sqm (approx). floor-print and a generous 704sqm (approx). section-size. From entrance to entertainment area the home seamlessly caters for a family that respects space, quiet and independence, offering two separate bedroom wings, entertaining and a multi-room offering media/ office/ guest room options. Four rooms and two bathrooms, separate laundry and oversized double garage. A large entertainers kitchen/lounge/dining leading to outside decking and lawn with established fruit trees and easy care garden. So much to see, and plenty to impress. This Ashcroft Homes build does set a high standard and certainly a great home to make your own.



**Graham McIntyre**  
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mikepero.com

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## Mike Pero Real Estate is changing to Raine & Horne

Mike Pero Real Estate and Raine & Horne have joined forces to provide a new level of service for Kiwi homeowners and homebuyers. Our combined priority is offering you the best experience that achieves the greatest result.

As a fourth-generation family business stretching back to 1883, Raine & Horne are continually evolving and innovating to be the #1 real estate brand across Australasia.

Find out how you can take advantage of this exciting partnership when selling your property. Call **0800 500 123** or visit [mikepero.com/get-a-free-appraisal](https://mikepero.com/get-a-free-appraisal)

**SCAN HERE** for a **FREE** no-obligation property appraisal.



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REAL ESTATE

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ELEVATED FAMILY BUNGALOW, VIEWS AND SUNSHINE

3  1  1  1 

By Negotiation

## 193 Wairere Road, Waitakere

By Negotiation  
Viewing by appointment

Picture perfect this beautifully matched stately bungalow within a glade of calm, raised bed garden, play lawn and securely fully fenced. A home you'll love, finding peace and solace with after work, and tinker in the workshop downstairs or cultivating fresh produce in the garden. Upstairs you'll be impressed with expansive views from the decking and alfresco through to open plan lounge and dining with galley kitchen through to laundry and central hallway to three bedrooms and refurbished bathroom. A much loved and enjoyed family sanctuary, which is now asking questions if it is your new place of peace and harmony. Close to Waitakere Primary School, parks, walking tracks, transport links and convenience shopping.



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

[www.mikepero.com/RX4003057](http://www.mikepero.com/RX4003057)





JUST UNDER 1 ACRE, TWO HOMES, FLAT PASTURE

5 2 2 2

By Negotiation

## 171 Boord Crescent, Kumeu

By Negotiation  
Viewing by appointment

Two homes, with opportunity to add value, offering a clever home of five bedroom, two bathroom double garage with beautiful North facing decking spanning master bedroom to kitchen/ dining room. The home is sun-filled and offers views over rural farm land peppered with mature trees and shrubs. The second home is a simple one bedroom, bathroom, kitchen/lounge/dining with garage, with a Northern aspect offering extra space and options for the family. It's sheltered by the garage and plantings to be discrete and obscure. A short distance to Kumeu shops, schools and transport links the property offers convenience and easy care. The CV on this property is \$1,650,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX4149907](http://www.mikepero.com/RX4149907)



**Graham McIntyre**  
027 632 0421  
[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

# Home & Garden

## Need a tiler - Tile Wright

Now's the time to start thinking about that kitchen, bathroom, laundry project.

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms, under floor heating and laundries.

We specialise in all things tiling; providing high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.

With over 6 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.



## Laser Plumbing and Roofing Whenuapai

Our community is important to us, so we are always looking for ways to get involved. Last year we provided Marina View School and Whenuapai School with wet weather gear for the awesome kids that patrol the pedestrian crossings.



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This year we wanted to jump back on board with our community schools, so have proudly provided Royal Road School and Taupaki School with new wet weather gear to stay warm and dry while doing the amazing job of helping get our families to and from school safely.

A massive thank you to those schools for letting us support you by being Safe & Seen on the roads. We are enormously proud to be able to support our community schools.

We can also look after our wider community by offering complete solutions for all your plumbing, drainage, and roofing needs. No job is too big or too small - our team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage, or gas systems.

Get in touch today. Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7:30am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for more information.

## Blackout Electric

Blackout Electric is a local family owned and operated business, run by Sebastian Weaver, a registered electrician with over 17 years' experience in the industry.

After completing his apprenticeship and spending a number of years working for electrical 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.

Nearly 3years on we have four staff including a new apprentice who we just had start at the beginning of 2023. Aligning with supporting local, two of our staff are out of Kaipara College, which Blackout supports via their Gateway Programme. 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.

Since starting Blackout Electric, the support and loyalty we have experienced from locals is second to none. 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. 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



**BLACKOUT**  
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# Home & Garden

ends once they're fully satisfied with our work.

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.

Contact Blackout Electric for all your electrical service needs. We can be found at [www.blackoutelectric.co.nz](http://www.blackoutelectric.co.nz) or [info@blackoutelectric.co.nz](mailto:info@blackoutelectric.co.nz).

## Four wood-look flooring options

The right flooring can transform the look and feel of your home and we have an extensive range of solutions to suit every lifestyle, space and budget.

Our timber, bamboo, laminate and vinyl ranges all provide a natural wood-look look sure to add warmth to any space.

Here's a quick outline of the four main options for wood-look flooring at Mitre 10 MEGA.

Vinyl flooring



Vinyl flooring is a multi-layered composite designed to resemble hardwood flooring that is easy to install, clean and comes in a variety of patterns. It's suitable for wet areas and is exceptionally wear resistant.

Vinyl comes in two styles: click-lock or glue down.

Click vinyl flooring: NovoCore provides you and your family with the real wood look on a waterproof product. It is kid- and pet-friendly and can extend from your kitchen to your living room and beyond - without transition strips. The easy click system allows you to save a great deal time, and money, on installation costs.

Glue down vinyl flooring: NovoCore Gluedown combines the best colours with a reliable waterproof installation. Engineered to be 100% waterproof, durable and easy to maintain, the product could be featured in every room in the house.

Laminate Flooring - SENS Laminate Floors are beautiful, easy to maintain and incredibly durable. They will easily stand up to the challenges of high heels, races with toy trucks, pets and the challenges that everyday life throws at it. Realistic wood look floors that will look stunning for years to come. Laminate flooring is a multi-layer flooring product made by laminating a digitally printed image pressed onto high-density fibreboard (HDF). It is also easy to install with a click-lock method.

Timber - SENS Timber Floors are simply beauty by nature. Crafted from premium European sourced Oak, these floors radiate the warmth & beauty that only natural timber can and thanks to the multiple layers of water-based lacquer to protect it, these floors are resistant to wear and tear.

It has excellent stability and durability, is pre-finished so you don't need to sand, varnish or oil it. And, it also is easy to install with click-lock installation.



## WE ARE YOUR LOCAL!

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PEBBLES

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SAND

METAL &  
LIME

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# Home & Garden

**Bamboo** - Bamboo flooring is made of strands of natural bamboo woven and pressed into a durable yet stylish flooring option. Sens Bamboo Flooring has great resistance to indentation and is made using fast-growth, renewable bamboo resources.

Call into Mitre 10 MEGA Westgate or Henderson and talk to the experts about your projects.

## August kitchen garden

With wetter weather around it is harder to get out in the garden, a good time to do some planning with a cup of tea in hand. Frosts and snow will be about in some areas, when in doubt cover and protect all your hard work.



Continue to plant garlic and shallots, it's not too late. July is the perfect time to plant new season's deciduous fruit trees and citrus and don't forget - protect tender plants from frost. Strawberries can also be planted from now through to October.

Protect all seedlings from slugs and snails, they love tender seedlings and the wet weather. Also leave the soil alone when it is wet, working with wet soil will compact the structure making it clump.

Dig in any green crops that are ready, roughly turn in the soil and leave to rot into the soil before cultivation takes place.

Sow seeds of broccoli, cabbage, broad beans, cauliflower, peas, lettuce, onions, radish, spinach, silverbeet, swede and turnips. In warmer districts sow carrots, parsnips, and beetroot. Protect from the cold, transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Broad beans can be planted directly into the soil, stagger sowing for a continuous harvest. If you have plants already underway pinch out

the first flowers to improve cropping.

Plant seedlings: Cabbage, broccoli, cauliflower, lettuce, onions, silverbeet. Don't forget to keep them protected from the cold especially when they are young.

Sprouted potatoes can go in the ground in warm climates or prepare the ground for planting in the cooler regions.

Garlic and shallots can still be planted, give them plenty of that winter sun and plant strawberries in prepared beds. Feed with blood and bone as you plant.

Planting of new fruit trees can still be done - stake them well. All fruit tree pruning should be finished now.

Feed all vegetables with a liquid general fertiliser.

Mitre 10 MEGA Westgate & Henderson

## Natural by name...natural by nature

If you take a look at corporate bio's these days, a reference is often made to their commitment to the climate. Buzzwords such as 'sustainable'; 'eco-friendly'; 'green' are used - and we are no different.



Many products used today may harm the environment in many different ways. So how do we minimise this impact? Natural Timber Creations often utilises products and materials that minimise our impact upon the environment - throughout all our projects, we are mindful about sustainability and, where possible, use only products with low or formaldehyde-free boards, low VOC (volatile organic compounds) oils or water-based finishes and Euro HPL plywood, rather than MDF.

It is possible to incorporate a green element to your kitchen and we can help you achieve this, should this be your philosophy. Natural Timber Creations has proudly crafted kitchen cabinetry used in a Homestar Certified House, where stringent requirements had to be met for the certification.

Additionally, due to the longevity and nature of our kitchens and furniture, crafting a product with a long life span also minimises our environmental footprint - unlike cheaper, and inferior materials often used in current kitchens which have a shorter lifespan and end up in landfills sooner.

If this is you - then call us. With over 30 years' experience we have a wealth of knowledge in this area. Natural by name and natural by trade, before it was even a buzzword - take a look at our website:



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Specialist landscaping for small to medium size spaces. Our team can create a garden or outdoor living area that works best for you. Discover our unique and creative ideas to maximize the potential of your property.





# Home & Garden

www.naturaltimbercreations.co.nz or contact Paul Marley on 021 111 9637.

## Building your dream home starts with Signature Homes

Turn your dream home vision into reality with Signature Homes. Our Huapai Showhome is your one-stop shop for inspiration and guidance. Visit us and let our in-house team of experts guide you through your new home journey.



**Step Inside and See the Difference** - Experience firsthand the quality construction, light-filled spaces, and thoughtful layout. Imagine the possibilities. This showhome is your blank canvas, sparking inspiration for you to personalise your dream home. See how different layouts and features can be adapted to create your perfect living space

**Spark Your Creativity** - Explore a variety of design ideas, whether your style is modern, timeless, or something else entirely. See how open floorplans, well-designed kitchens, and stylish bathrooms can function beautifully.

**Quality You Can Trust** - Feel the solidity of the build and appreciate the smooth finishes. This showhome showcases the quality and craftsmanship you can expect in your own Signature Home.

**Expert Guidance Throughout** - Our knowledgeable staff is here to answer your questions and guide you through every step of the building process. Let them turn your inspiration into a personalised plan for your dream home.

Visit our Huapai Showhome today and start building your dream. Located at 190 Matua Road, Huapai, and open daily from 12pm to 4pm.

## Winter at Kumeu Community Garden

Thanks to TreeSafe in Waimauku we got bark between our garden beds in time to avoid winter's mud. The cold has stripped back some of the plants, including the tree tomato (tamarillo) at the front of the garden. Hopefully the frosts also kill some of the bugs.



We're looking forward to harvesting the broccoli, cauli and cabbages

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# Home & Garden

we planted over autumn.

Tasks ahead include turning over the compost piles to retrieve the fine fertile compost at the bottom which we'll use to replenish our beds. In its place we'll reconstruct nice layers of wet and dry weeds and sticks to get airflow and heat building the next lot of compost.

The garden is growing well but we're keen for more helpers with weeding and planting, as well as on our committee. It's a fun way to spend some productive time and go home with a bundle of greens. Our AGM is coming up and we're looking for some new committee members, an easy way to support the gardens. Please let us know if you're keen at kumeucommunitygarden@gmail.com or contact us on Facebook.

## Calling all cafes, restaurants, bars, sports clubs

Are you a drinking water supplier?

We are reaching out to you to ensure that you are aware and well informed around the responsibilities of the Water Services Act 2021 and your responsibility being a water supplier.

If you own or operate a water supply for a business or a property that supplies more than one home (that you know, or ought reasonably to know) which is being used as drinking water by people outside of your own home, you are a drinking water supplier and will have responsibilities under the Water Services Act 2021

The meaning of drinking water in the Act, means A) water that is



used for:

- i. Human consumption
- ii. Oral hygiene
- iii. Preparing food, drink, or other products for human consumption
- iv. Washing utensils that are used for eating and drinking, or for preparing, serving, or storing food or drink for human consumption but

B) Does not include:

- v. Bottled water that is prepared or manufactured by a food business, and is regulated, under the Food Act 2014; and vi. Water, if its use is regulated under the Food Act 2014, the Animal Products Act 1999, or the Wine Act 2003.

Whether you are a water supplier from roof water or bore water, it is your responsibility to ensure the water is safe to use for washing utensils that are used for eating and drinking, preparing, serving, or storing food or drink for human consumption.

Not sure? We are happy to investigate your requirements and supply a quote to supply and install a validated water treatment system which will comply with these Water Drinking Standard. Get in touch today.

KPL - 156G Main Road Kumeu - info@kpl.co.nz - 09 412 9108.

## Bee keeping workshop

Sunday 25th August (9.30am to 11.30am)

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

This event will offer a great overview not only of the techniques employed to nurture bees but also costs and time associated with the activity as well as what you will achieve. You will also be offered tips on how to make your garden more "bee friendly".

Our guest presenter is Kim Kneijber who has worked with Bees for over 18 Years, is a member of the Rodney Bee Keeping Club and has a long-time association with APINZ. She also lectures on the subject at Otago Polytechnic; so is a very experienced and knowledgeable apiarist.

August is also National "Bee Aware" month, so this is a very timely event.



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# Home & Garden

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

There will also be a working hive on site plus the centre has now established a "bee friendly" plant section. After the workshop there is the option to explore our 1km Sculpture Garden as well as the 2.5km extended Nature Trail.

Booking is essential as this event is very popular and participant numbers are limited; therefore a ticket purchase link is at the bottom of this page.

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

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

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa

Tickets: \$25 per person

To buy tickets go to [www.kaiparacoastplantcentre.com](http://www.kaiparacoastplantcentre.com) or [www.kaiparacoastplantcentre.com/home/online-store/product-category/sample-product/workshop-bee-25th-august-2024/](http://www.kaiparacoastplantcentre.com/home/online-store/product-category/sample-product/workshop-bee-25th-august-2024/)

## Whenuapai Floral and Garden Circle

Winter is here so hope you are keeping warm and dry. Perhaps time to take special care of indoor plants which may dry out because of our indoor heating systems. Hanging plants especially may be neglected as they still need regular watering, not heaps but enough to put moisture



in for the roots, so once a week should do nicely. Cyclamens and peace lilies seem the most popular choices for indoor plants. Peace lilies are quite hardy while cyclamen need a little more care.

When grown as an indoor plant, cyclamen prefer an area of high light, but away from heat sources like fires or heaters. You can pop your plant outside for a few days every week to help develop a stronger, sturdier plant and promote flowering. Overwatering kills more cyclamen than any other cause.

If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 09 833 5592. Meetings are held

at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips usually on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket. Please note our club is currently in recess for winter with the next meeting in September.

Until next time, Happy Gardening from Mary Anne Clark

## Waimauku Garden Club

It was a cold foggy morning when we met at Waimauku to catch our bus for our journey over to Northcote to the quaint boutique theater the Bridgeway on arrival we enjoyed a nice morning tea served on old English china.

We went into one of four cinemas to watch A Taste of Things (The Pot-au-Feu) "A feast for the senses, this French romance is a three-Michelin-starred love story". TIME OUT.

It tells the delightful story of Eugenie esteemed cook who has worked for the famous gourmet Dodin for the last twenty years. The scenery and costumes were gorgeous.

It was mixed with love, laughter, and tears. Each dish was more delicious than the next. Watching all the preparation and feasting on the amazing cuisine made you hungry for lunch.

We boarded the bus to travel not far to Historic Northcote Tavern which was warm and cozy with the fire going a lovely atmosphere of old-world charm.

We enjoyed our feast and catching up for a chat with friends.

We also had our raffle draw which is always fun before our leisurely drive back to Waimauku at the end of an awesome day.

Feel free to contact any of us: Ann (021 035 7406), Diana (027 478 8928), Gail (021 344 070), Maree (027 496 3006), Sandi (027 318 4514).



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# Food & Beverage

## Supper Club

Come along to the Good from Scratch Supper Club, a monthly intimate dinner hosted by Bee and Michael Van de Elzen. Enjoy our beautiful space with family and friends over a three-course set menu featuring seasonal produce from our kitchen gardens. Local wines and craft beers will be available to purchase, on the night.

Bookings are essential, doors open at 6pm with entrees served at 6:30pm - perfect for an afterwork mid-week treat. Tickets are \$89pp, visit our what's on page for upcoming dates and to book.

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



## Beat winter at The Hunting Lodge

The Hunting Lodge, perched on the hillside of the beverage hub Brix and Co, is waiting for you. Located just 3 minutes from Waimauku township.

A change in season brings the opportunity to find new ways to stay warm and entertained this winter, closer to home. The team at The Hunting Lodge want to ensure your winter is more enjoyable than ever and love working with locals to create fun experiences at your doorstep.

The Restaurant has introduced a shared menu format that emphasises family and togetherness, providing diners with diverse options at accessible prices. This change reflects their ongoing effort to create a warm family atmosphere. What's even better, The Lawn Bar is dog friendly so you can take your pups along for an outing too.

Coming back from a Mid-Year Shutdown period after a busy first half of the year, the team are excited to have customers back on site as we head towards the summer season.

"We're passionate about ensuring that not only are our wine and site looked after, but our customers too. We're heading into the final half of the year with some exciting events to look forward to this August, and in later months".



From past experiences, the team knows how to pull together an exciting array of splendid events.

This August, they have the local favourite 'Cocktail and Tapas' event on August 2nd, where you can move to groovy tunes, enjoy a cocktail other award-winning wine, local beers and taste delicious tapas style bites. On August 24th, the European summer sets down at The Hunting Lodge, with a 'Mediterranean Mingle' where all you can eat pizza, carafes of wine and live music will have you boogying.

The later months see the return of the George FM Wine Down series, Hound Hangouts, awesome concerts and more in the pipeline for the rest of this year and into 2025.

Keep your eyes peeled on their socials as there are plenty more fun things coming.

Follow the Hunting Lodge on Instagram @the\_hunting\_lodge or Facebook and check out the 'What's On' page on their website through [www.thehuntinglodge.com/whatson](http://www.thehuntinglodge.com/whatson), or go to [www.thehuntinglodge.com](http://www.thehuntinglodge.com) for more information.

## Bay of Islands Pohutukawa honey from Don Buck Honey

A special batch of Pohutukawa honey from islands in the Bay of Islands in the Far North of New Zealand.

The hives that this honey came from can only be accessed by boat. This honey was harvested between some fishing and diving and then brought back to the mainland on the boat.

Pohutukawa honey is collected from the flowers of the Pohutukawa tree - fondly known as the 'New Zealand Christmas tree', since they decorate themselves with masses of red flowers every summer before Christmas. I'm selling this in 370g pots for \$14 or four for \$50.

Also available in a Far North Six pot variety pack (\$70). Pickups are from Massey, or orders can be couriered to you with Post Haste.

Go to my website to place an order or get in touch.

[www.donbuckhoney.co.nz](http://www.donbuckhoney.co.nz) || [DonBuckHoney@gmail.com](mailto:DonBuckHoney@gmail.com)



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# Food & Beverage

## High Tea at Soljans Estate Winery this winter

Warm up the winter months with High Tea at Soljans Estate Winery, available every Friday in August, at 366 State Highway 16, Kumeu.

For \$49 enjoy a pot of your favourite tea, complemented by a specially crafted menu made entirely in-house.

For \$59 elevate your experience with a glass of our méthode traditionnelle sparkling wine.

Spaces are available from 10am to 2pm and bookings are essential.

Visit [www.soljans.co.nz](http://www.soljans.co.nz) for more information or to secure your spot.

For tables of eight or more call Soljans Estate Winery on 09 412 5858.

We look forward to seeing you.



## Quiz Night at The Riv

Every Wednesday we host Quiz Night in the Portage Bar, entry is free so gather your team (big or small) and book a table.

The quiz kicks off at 7pm, our bar menu is available throughout the evening which includes sharing platters, pizzas, burgers, salads and more.

We'll also be screening the All Blacks games live in the Portage Bar throughout August and September.

We're open every day from 11am-Late, located at 33 York Terrace,



Riverhead.

For more information or to book your team give us a call: 09 412 8902.

## Hallertau Riverhead

7pm - Wednesday 14th August.

Crack Up Quiz is a quiz with a difference. Hosted by comic Alan McElroy expect questions on the unexpected, bizarre and borderline inappropriate.

Fun and entertaining. Stupidity rewarded.

Entry is free. Get your team together. Good times guaranteed.

Hallertau Riverhead now serving breakfast in the Biergarten.

Chicken waffles, bacon butties, Bloody Marys and more

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09 412 5555 | [reservations@hallertau.co.nz](mailto:reservations@hallertau.co.nz).



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# Health & Beauty

## Ask Dr Heather

Are there any differences between different brands of Botox®?

Anon, Huapai.

Botulinum toxin comes in many forms, manufactured differently by different brands. "Botox®" was a clever name coined by the company Allergan and is still readily available today. Other players on the New Zealand market include Xeomin® by Merz and Dysport® by Galderma. Multiple other brands exist worldwide, however in Aotearoa MedSafe approval only exists for these three players, meaning only they can be used legally in New Zealand.

Every brand will tell you theirs is best, for the simple reason they want people to use their product. Interestingly, all research around individual brands usually come to the same conclusion: the higher the dose used, the longer the effects last. So the more frozen you are to start with, the longer it will take for full muscle strength to return.

Xeomin® is formulated without complexing proteins, so is considered purer than the other brands. Injectors may prefer this option as it theoretically minimises risk of neutralising antibodies developing over time and hence less risk of resistance to repeated treatments. Other brands argue this effect is negligible as complexing proteins are released when the product is injected into and metabolised by muscles.

Dysport® is formulated and concentrated differently to Botox® and Xeomin®. Less volume of Dysport® is therefore needed to achieve the same effect, so injections may be less painful. This is a subjective advantage however, as many do not notice a difference, especially if certain saline preparations are used to take away the stingy sensation. Some argue Dysport® is more spready in its effect, so is advantageous for larger treatment areas, however other companies argue against this, claiming all brands spread equally from their respective injection sites.

So there are many ways to skin a cat. So long as injectors are aware of the properties, advantages, and disadvantages of the products they use, then it probably doesn't make much difference at the end of the day. The most important considerations for injectors are to ensure the products they use are made by legitimate manufacturers (i.e. not counterfeit), are stored and reconstituted correctly, and are used before they expire. It always pays to ask your injector what they use and why, to ensure you have confidence they understand what they are using, so you receive the best possible care you deserve.



Dr Heather Anderson is a Cosmetic Medicine and Urgent Care/ Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai. If you have a question for Dr Heather you'd like answered anonymously in the magazine, please email [askdrheather@allor.co.nz](mailto:askdrheather@allor.co.nz).

## The connection between neuromuscular therapy and stress reduction

Nicky Spence is a Neuromuscular Therapist from Northwest Physio +, who has completed a bachelor's degree in Soft Tissue Therapy. Neuromuscular therapy (NMT) is an effective treatment modality for addressing muscle pain, dysfunction, and imbalances. However, its benefits extend beyond a physical level, contributing significantly to stress reduction and overall emotional wellness. In this post, we will explore the connection between neuromuscular therapy and stress reduction.



What is Neuromuscular Therapy? Neuromuscular Therapy targets muscular and nervous system imbalances, trigger points, and dysfunctional movement patterns. It employs various techniques such as deep tissue massage, myofascial release, and trigger point therapy to provide targeted pain relief and rehabilitation.

The Connection Between Neuromuscular Therapy and Stress Reduction:

**Decreases Muscle Tension:** One of the most noticeable effects of neuromuscular therapy is the release of muscle tension. Overworked muscle fibres are more susceptible to chronic pain, irritation and tissue damage. Nicky utilises techniques to release muscle tension through a collaborative process with the client. As tension is reduced, stress levels drop as a result. By reducing muscle tension, they contribute to a greater sense of relaxation, more profound sleep and overall reduction in anxiety levels.

**Helps Release Endorphins:** Endorphins are natural painkillers and mood enhancers produced by the body. Neuromuscular therapy liberates endorphins, contributing significantly to stress reduction and improved mood. Through NMT techniques, endorphin release amplifies the positive impact the treatment has on both mental and physical wellness.

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# Health & Beauty

**Improves Circulation:** Poor circulation can exacerbate physical tension and worsen stress levels in the body. By incorporating techniques such as massage, Nicky helps promote blood circulation, improving nutrient and oxygen delivery to all parts of the body. This increased circulation also helps to remove toxins and waste products that can contribute to muscle pain and stress.

**Restores Mind-Body Connection:** Chronic stress can disrupt the body's natural balance, negatively impacting physical and emotional well-being. Neuromuscular therapy addresses this disconnection, with a focus on restoring the mind-body connection, through addressing muscle and nervous system imbalances.

**Promotes Relaxation Response:** Neuromuscular therapy promotes the relaxation response. During treatment, the parasympathetic nervous system is activated, promoting deep relaxation, and calming the fight or flight response.

Neuromuscular therapy has a profound impact on both physical and emotional wellness, reducing muscle tension, promoting endorphins and improving blood circulation. If you're experiencing stress or muscle tension, consider exploring neuromuscular therapy with Nicky at NorthWest Physio +. Call 09 412 2945 or visit [www.northwestphysioplus.co.nz](http://www.northwestphysioplus.co.nz).

## I know it's winter ... but should I be seeing snow?

Kumeu optometrist Matthew Whittington has the latest on a bizarre visual condition.

"If you see snow or static all the time, like the picture on an old television, you may have visual snow syndrome, a condition affecting just 2% of people worldwide.

"It's like seeing things in a snow globe that's been shaken up. There are flickering dots throughout your field of vision. The "snow" you see may be colourful, black-and-white or transparent. It may flash, and it occurs with the eyes open or closed."

Scientists aren't sure why visual snow syndrome happens. It may be related to excitability in the occipital lobes of your brain where images are processed. "Many people who have it also have migraine headaches and are light sensitive" says Matthew. "The important thing is to have a thorough eye examination to distinguish visual snow from other diagnoses - like retinal detachment!"

Matthew prescribes specialised lenses to treat migraine headaches or reading disorders and began trialing variations on these on



some cases of visual snow. "There can be a massive reduction in the annoying static; it's a breakthrough because it avoids the need for medical intervention with drugs" says Matthew. "Anti-depressant or anti-seizure meds are the medical treatments, but these should be reserved for cases that don't respond to the tinted lenses".

So, if you are seeing snow this winter, book an appointment to see Matthew Whittington at For Eyes in the Kumeu Shopping Village. <https://for-eyes-optometrists-nz.au1.cliniko.com/bookings> or ph 09 412 8172.

## Balance within, wellness throughout

Welcome to Balanced Wellness, nestled in the heart of Waimauku.

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**Why choose Balanced Wellness?** At Balanced Wellness, we foster genuine connections and celebrate your individuality. As a registered naturopath and medical herbalist, I appreciate the uniqueness of each person. What you can expect:

**Personalised Care:** Together, we'll create a tailored wellness plan aligned with your individual goals, addressing mind, body, and spirit.

**Holistic Approach:** Our comprehensive view of well-being explores every facet—from nutrition to stress management. Expect evidence-based practices, natural remedies, and compassionate support.

**Sustainable Healing:** Beyond surface symptoms, we delve deeper. Whether it's insomnia, anxiety, digestive issues, or fatigue, we'll work to uncover root causes and create lasting solutions.

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# Health & Beauty

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**Vitality Boost:** From nutrition tweaks to stress reduction, let's reignite your spark.

**Your Journey Starts Here:** Visit our website at [www.balancedwellness.co.nz](http://www.balancedwellness.co.nz) to learn more. When you step into our clinic, know that you're embarking on a partnership for lasting well-being. Let's unlock your potential, one wellness step at a time.

## Insights into tendons: fascinating facts you didn't know

Tendons are ubiquitous in the body, and while you may have some familiarity with them, here are a few surprising facts:

**Connection Points:** Tendons are found at the ends of muscles. They are fibrous connective tissues that link muscles to bones, facilitating joint movement when muscles contract.

**Diverse Shapes and Sizes:** Tendons vary widely in appearance. Apart from the long, thin types like the Achilles tendon, they can be flat and thin or exceptionally thick, depending on the muscle and bone structure. A thin, flat tendon is also known as an aponeurosis.

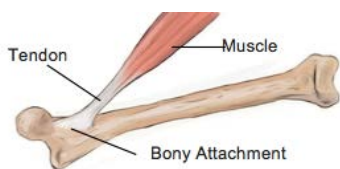
**Elastic Properties:** Tendons can stretch and recoil like elastic bands. However, excessive force can cause them to stretch or tear. Unlike elastic bands, tendons are living tissues influenced by factors such as hormonal fluctuations, autoimmune conditions, and nutrition.

**Versatile Attachments:** Tendons don't only connect muscles to bones; they can also attach to other structures, such as the eyeball.

**Injuries and Healing:** Tendon injuries often result from overuse rather than tearing outright. Healing can be slow due to the limited blood supply compared to muscles.

**Collagen Composition:** Tendons are primarily composed of organised collagen fibres. Areas of tendon degeneration show disorganised collagen fibres, which reduces strength and elasticity.

**Strongest Tendon:** The Achilles tendon, connecting the calf muscles to the heel, is the body's strongest tendon. It is named after the



Greek mythological character Achilles, whose heel was his only vulnerable point.

**Smallest Tendon:** The smallest tendon in the body is found in the inner ear, attaching to the tiniest muscle.

**Collaboration with Muscles:** Tendons and muscles collaborate as contractile units to move joints effectively.

Contact our Hobsonville or Riverhead clinic to schedule an appointment. Call us at 09 416 4455 (Hobsonville) or 027 313 6036 (Riverhead), or book online now. Let us help you find freedom in your movement

## Skin 101: How to look after your skin in the winter

Winter brings with it a new wardrobe and new skin habits. Here are our top tips for keeping that summer glow all year round.

**Nail your skincare routine**

Winter skin needs hydrating products. Treat your skin like you do your clothing, if you're having to layer on clothing, then you need to be layering on your skincare. Start with less, and then build up over time. How much your skin needs and/or can handle is individual to the person. The more moisture you can give to your skin during this time the better.

**Avoid hot showers** - While nice to warm up, hotter water temperatures can dry out the skin. Try to limit the amount of time spent in the shower and the temperature, so you don't exacerbate already dry skin.

**Don't forget to apply SPF** - You might think now that summer is over it's time to give the SPF a rest - wrong. SPF should be worn every day, all year round. This is the best way to keep the skin looking glowy and prevent sun damage. And yes, you can still get sun damage during winter.

**What skincare products do I need in the winter?**

Here are our top skincare picks to save your skin and protect your skin this winter.

**Choose a rich moisturiser** - As the months get colder - the lack of humidity and internal heating can exacerbate dry skin. Lend your skin a helping hand by using a heavier moisturiser.. The Murad Intense Recovery Cream is perfect for the job, this luxurious moisturiser is customised with ingredients to offset skin stress and boost skin resistance, perfect for the cooler months

**Use a moisturising cleanser** - Because winter tends to go hand in hand with dry skin, the Skinsmiths Gentle Cream Cleanser is perfect for this season. This silky emollient-rich formula works to gently remove makeup and daily impurities while simultaneously injecting

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# Health & Beauty

protective hydration into your skin to nourish dry and sensitive skin.

**Avoid physical exfoliants** - The right exfoliator is crucial for any skincare regime, but, remember to use it in moderation. In winter, try opting for a light chemical exfoliant that will help to brighten and improve your skin's barrier function.

**SPF** - Luckily for us, revolutionary innovations in the SPF space mean the days of greasy, pore-clogging formulas are a thing of the past. Murad City Skin Broad Spectrum SPF 50 as an exemplary example, this multi-tasking sunscreen will not only protect your skin from damaging UV rays, but its ultra-light formula also protects you from indoor blue light from screens or outdoor UVA and UVB. Perfect for long nights watching Netflix.

Are you ready to level up your winter skincare routine?

Summer skin is made in winter - and the earlier you get onto any skincare issues you're experiencing the better. In the long run, having a few hard-working at-home products coupled with some in-clinic treatments will save you time, money and heartache in the long run. While there may be a lot of things we can neglect during winter (we're looking at you social life) don't let your skin be one of them.

Bookings are available via our website [www.caci.co.nz](http://www.caci.co.nz) or contact us in clinic 09 412 2579 or [kumeu@caci.co.nz](mailto:kumeu@caci.co.nz).

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As a passionate Functional Skincare Practitioner and Nutritionist, my mission is to empower clients with comprehensive solutions that enhance both their skin health and overall wellbeing. With a proven track record of success, I specialise in addressing diverse skin concerns and digestive issues by focusing on holistic healing from the inside out.



What sets my practice apart is my extensive qualifications and experience in using practitioner-grade products such as Osmosis Beauty and Metagenics, alongside medical-grade skincare treatments. These products and techniques allow me to deliver results that go beyond superficial beauty, targeting underlying factors that affect skin health.

I offer a range of specialised treatments including reflexology and advanced skin treatment facials featuring LED therapy and product infusion. These modalities synergise with Osmosis Beauty's

innovative formulations, promoting deep skin rejuvenation and healing. My approach is grounded in a deep understanding of nutrition, lifestyle impacts, and the latest advancements in skincare science.

By tailoring personalised treatment plans, I empower clients to achieve lasting improvements in their skin and overall health. Whether addressing acne, aging concerns, or digestive issues, I provide holistic care that nurtures both inner wellness and outer radiance. Join me on the journey to healthier, more beautiful skin with transformative treatments designed to meet your unique needs.

SWAN Skin Wellbeing and Nutrition: [www.swanskinandnutrition.com](http://www.swanskinandnutrition.com) | 49 Main Road, Kumeu | 027 447 3013 | [swan.skinandnutrition@gmail.com](mailto:swan.skinandnutrition@gmail.com).

## Benefits for menopausal wellbeing

I recently ran a 5 day challenge on menopause and one of the topics we discussed was gratitude. It's hard to be grateful when life is challenging, symptoms are debilitating, money is tight and relationships are struggling and yet a simple gratitude practice can do wonders.



There is a growing body of evidence that shows gratitude has measurable benefits in just about every part of our life contributing to mental health, physical health and our social

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# Area Columnists

## Chris Penk

"I hope that everyone is surviving winter OK. We recently passed the shortest day of the year, in late June. And, just to freak everyone out, we are now closer to the upcoming Christmas than we are from the last one. I'm not ready for any bells to starting jingling, personally.

In the meantime, the prevailing sentiment locally seems to be that everyone is looking to "survive til '25", as the business gurus on LinkedIn would put it. Or, in normal person language, clearly there are still some tough times out there but the occasional ray of sunshine as well.

For my part, I am interested to know how we can make life easier for people in northwest Auckland and beyond. I am rapidly learning that a very small proportion of government is about finding the right way to spend other people's money. While government should allow people to retain as much as possible - hence a platform of lower taxes, even if relatively modest relief - there are other steps that ministers can take to maximise value.

Among the most powerful of these is the removal of unnecessary regulation, aka cutting red tape. I recently announced that we will be enabling smaller structures to be built on land without the need for resource consent or building consent. This was a policy promoted by coalition partner NZ First that the government as a whole has adopted.

This "granny flat" policy will be important to a number of people in northwest Auckland: rural properties that can more easily have a worker cottage, elderly folk or younger people can enjoy independent living without a whole new section needed etc.

It also provides a small window (if you will excuse the pun) into some other possibilities that could make it easier to use land out here.

There are a number of tiny home builders, for example, who are currently needing to be quite creative about getting around existing red tape.

Of course the usual disclaimer applies regarding housing, which is that we need more of it but also more of the infrastructure needed to support it. This is the story of Kumeu and surrounding areas and I have not forgotten that.

I hopefully will be able to let you know more soon about plans for a high school (and for now I would simply say that the Ministry of Education has been painfully slow for years now) as well as various road and other transport initiatives that we need.



It has been good to connect with many of you in the last couple of weeks, with Parliament having a "recess" period to coincide with the school holidays. However you are spending this time, take care and stay safe in the cold."

Chris Penk MP - MP for Kaipara ki Mahurangi electorate

chris.penk@parliament.govt.nz | 09 412 2496 | 04 817 6913

## Navigating decision paralysis

The role of effective governance in business success



"Like an ostrich with its head in the sand, avoiding challenges may offer temporary solace, but it won't propel you forward.

In fact, the only direction burying your head in the sand leads is backward, where problems fester and potential remains untapped."

When numerous directors are involved in decision-making processes, decision paralysis can often set in, hindering progress and creating inefficiencies. At times, real-life examples of businesses we have worked with here at The Engine Limited illustrates the need for streamlining decision-making for the long-term success of a business:

1. The Engine had to take action by separating two directors over a period of 2-3 months who harboured mutual animosity for six years. Their personal conflict impeded productive decision-making and impeded the company's growth potential. What a waste of 6 years.
2. It became necessary for family members with a conflict of interest at the board table to step down and make way for unbiased decision-making. Their continued presence was undermining the business's strategic direction and overall success. Results - damage & a broken family.
3. In some cases, directors may have differing exit strategy expectations, leading to conflicting decisions and confusion about the company's future direction. Aligning these expectations is crucial for maintaining a cohesive and purposeful business strategy. Litigation resulted to recover losses for stakeholders who had been hamstrung with business growth.
4. Businesses can face challenges when directors operate more as managers, lacking clear leadership and strategic vision. This can result in a lack of guidance, decision paralysis, and difficulty in driving the company towards its goals effectively. The ship was rudderless.

In times of turbulence or disruption, having experienced leadership

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and a clear decision-making framework is essential for navigating uncertainties and challenges. A well-defined governance structure, clear roles and responsibilities, effective communication, and a focus on strategic direction are all key components that can help businesses overcome decision paralysis and drive sustainable growth. Making informed decisions, fostering collaboration, and prioritising the company's interests above personal agendas are crucial steps towards ensuring the long-term success and prosperity of the business.

## Stop judging ourselves

We are in a world where there is a lot of judgement, I am sure we are all guilty of pointing our fingers towards others and judging others. But, have you noticed that we can be the biggest offenders of judging ourselves?

Do you find yourself comparing yourself to other people? It's an easy habit to get into. Sometimes it could be as little as seeing something on tv or reading an article in the newspaper or a magazine and then you start thinking "why doesn't that happen to me?" or you may have a friend who has brought a new car or house, dress, or a trip away, and say "why can't I have that?" "what am I doing wrong?". Why are you comparing yourself to others?

Have you looked in the mirror and see something about yourself that you are not comfortable with or you just do not like? Maybe, you may have grown up or been exposed to an environment where you have been judged by others and that has made you more self-conscious of things, that cause you to start questioning yourself or judging yourself.

Do you find yourself overthinking? You maybe typing up an assignment for school, working on a project for work, but then you start doubting yourself or your ability. These things can lead us to become self-judging. We are punishing ourselves by doing this, we are being our own critic. Is this healthy? No, it's not. We are causing ourselves unnecessary stress; we are pointing the finger at ourselves and we should not. We do not deserve to do this. We do not need to judge ourselves. We should always want to be at our best, but we should look for the good and positive things we do for ourselves rather than the negative.

Astramana™ Healing Services has many different tools to help you with looking for the good in yourself and to help you stop judging yourself. Some tools we offer are:



**Reiki Healing Classes** - During the first level of Reiki, you will learn how to do self-healing. This will help you work on yourself and give you the ability to do a healing session without judgement on yourself and even to work through the various issues you may have that has caused you to self-judge.

**Hypnosis** - If there is something holding you back from loving yourself, maybe a hypnosis session will help you with removing the negativity and stripping back the past so you can move forward without self-judgement and see yourself in a positive, non-judgemental light.

**Past Life Regression** - A journey back in time will allow your soul to take you on a journey to the past that may have affected your current lifetime. A Past Life Regression session can help heal past issues and provide answers as to why you have certain feelings and maybe see why you judge yourself.

Astramana™ Healing Services is available to help you through your grief period. We can teach you various healing techniques to help you with the grieving process, we also can help you through hypnosis. Astramana™ Healing Services founder Jason Mackenzie is an internationally trained healer and hypnotist, a clairvoyant, tarot reader. Jason has taught healing classes internationally.

Visit our website: [www.astramana.com](http://www.astramana.com) or email us at [astramana@gmail.com](mailto:astramana@gmail.com) or call us on 021 0277 0836 with any questions or to book yourself an appointment.

## Juggling debt? A quick guide to debt consolidation

Managing multiple debt repayments can be challenging and stressful. Debt consolidation offers a potential solution to this problem. Let's explore what it is, and how it works.

Debt consolidation involves combining all or most of your credit facilities into a single loan with one repayment. There are several benefits to consider:

1. **Simplified Finances:** Debt consolidation streamlines your finances by merging smaller payments into one easily manageable amount.
2. **Potential Savings:** It can save you money if you use it to consolidate multiple high-interest payments into a single low-interest monthly payment. Additionally, keeping the loan term as short as possible



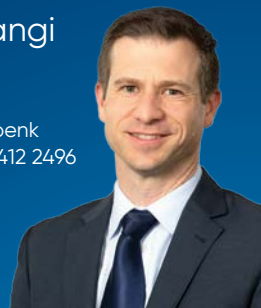
## Chris Penk

MP for Kaipara ki Mahurangi

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is crucial.

3. **Faster Debt Repayment:** Debt consolidation can help you become debt-free faster and reduce overall interest costs if you secure a lower interest rate and maintain your current monthly payment.

However, there are downsides to be aware of. If you extend your loan term significantly compared to your current loans, you may end up paying more in interest charges in the long run. It's essential to compare the total cost of various options before making a decision.

To determine if debt consolidation is right for you, ask yourself these key questions: Do you know your current outstanding debt? How much interest will you be paying? Have you created a budget? Are you likely to accumulate additional debt while repaying your consolidation loan?

To learn more about debt consolidation, contact the team at GR Finance via [info@grfinance.co.nz](mailto:info@grfinance.co.nz), [www.grfinance.co.nz](http://www.grfinance.co.nz), or call 021 669 430.

## Volunteer appreciation

Things that make you go mmm...Mid-winter, Matariki and Marvellous volunteers.

That was the theme for a special thank you to CAB Helensville volunteers who enjoyed the new street food menu at our neighbour's, IMAXX Indian Restaurant.



This timed well with the cool season and public holiday celebration as well as National Volunteer Week with its own theme of weaving the people together.

"We're all juggling our own schedules and lives so it was great to catch up with most of our team who dedicate their time, effort and heart to our organisation," says manager Rani Timoti.

Fun activities and games including visual word puzzles, musical mayhem and trivia around our theme warmed up the atmosphere before a delicious selection of tasters followed by a social catch-up.

Meanwhile, volunteers are looking forward to our CAB North Shore/Rodney AGM on August 22 where they also mix and mingle with volunteers and staff from our other six branches.

Nationally, reports on Emergency Response and Recovery as well as Maori Engagement have been completed with interesting developments.

On the coal face at Helensville since June, the main areas clients

needed help with included budgeting and general financial difficulties along with rental housing and banking and financial services.

"Volunteers never know who will walk through the door, call from around NZ or contact us through email- but it's always a learning curve," says Rani. "On one busy Tuesday a volunteer experienced subjects ranging from tenancy and immigration to scams. Yet another volunteer on a Thursday guided two regular clients followed by tenancy, ACC and employment issues. You just can't predict it- but our volunteers are ready for action."

Last month's Community Support Network Community Support Network Group drew a record 21 people with a special mention for Wiki Shepherd-Sinclair of Bowel Screening- Te Whatu Ora who is retiring to spend more time with whanau. "Wiki is one of COMSUP's regular contributors who is always so positive, encouraging and inspiring to us all. Her last session with us involved showing us the latest videos cheering and motivating Kiwis to do their bowel screening- just proving how enthusiastic and committed she is in helping saving lives," says Rani.

CAB Helensville is open from Monday to Friday, 10am to 1pm or Saturday, 10am to noon. On Tuesdays we have our budget clinic and everyday there is a JP available on site or nearby.

Potential volunteers are always welcome. Contact details: Email: [manager.helensville@cab.org.nz](mailto:manager.helensville@cab.org.nz) or phone 09 420 7162 or pop in to ask for an application at our office at 16 Commercial Rd, Helensville.

## Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can



enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.

Financial and food donations are also urgently needed to cover



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vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programs and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). You can also email - volunteers: [volunteer@thenzcatfoundation.org.nz](mailto:volunteer@thenzcatfoundation.org.nz) donations: [info@thenzcatfoundation.org.nz](mailto:info@thenzcatfoundation.org.nz).

## Under 14s to get international football experience

West Coast Rangers and Northland football clubs will send Under 14 Boys and Under 14 Girls teams to the State of Origin tournament in Queensland Australia September 25-October 2 this year.

Both clubs say the tournament is a highly prestigious competition which will provide a great challenge for the Kiwi players.

This year West Coast Rangers and Northland partnered to provide opportunities for players at both clubs to experience international competitive football, they say.

It's also the first time West Coast Rangers will send teams overseas, the Fred Taylor Park-based club says, adding that 11 girls and eight boys from West Coast Rangers are included in the teams.

West Coast Rangers staff also going are Director of Football Andy Dunn, Academy Director Bailey Gaughan and U14 Girls Manager Jessie Jones.

## "It's mine!" - why sharing is NOT caring

"It's my turn" ... "I had it first" ... these are often phrases we hear with our children. For those who are still developing their verbal skills, we see objects being taken from the hands of another child. We often believe that young children who are speaking and have a good sense of the world, would recognise the concept of sharing, however, sharing is simply beyond their understanding. They may hear a common phrase like "sharing is caring" or "it's



kind to share with your friends", and as adults we believe we are demonstrating kindness and compassion, but all children see and hear is that their beloved toy that they were enjoying, has just been given away.

Do we foster sharing? Do we encourage the children to share? Actually, no, we don't. It would be like asking a baby who has just been born, to get up and start walking, or a one year old to have a conversation with us. Their brains just haven't developed enough to grasp that concept.

Most children have not developed the sense that they are separate or an individual, so when they are holding on to their toy for dear life, they are learning that they are an individual and want to have a sense of power in their world. Their need to have this time with the toy is testing the hypothesis that they are in fact, an individual in the world. Research shows that children do not have the brain development or understanding of sharing until the age of around five or six, which may come as a shock, as many parents believe that children should master the art of sharing by their 2nd birthday.

The distinction between making kids share and encouraging kids to share is crucial. According to author Heather Shumaker and based on her book "It's OK NOT to share (and Other Renegade Rules for Raising Competent and Compassionate Kids)", Shumaker makes the case that sharing should be authentic. It shouldn't be done begrudgingly or on demand. It needs to be genuine. When we allow this, the rewards will be more long-term.

So what do we do? We encourage, role model and foster turn-taking; this could sound something like: "when you have finished playing with that truck, could you give it to Sam?". We allow the child to fully explore with what they have, with no time limit. Yes, they may play with their object of desire for a really long time, especially in the eye of another child who also wants a turn, but this then teaches patience; a life lesson in the making - we can't always get what we want immediately.

Research also shows us that if we force the art of sharing before a child is ready, this could backfire and delay the development of sharing skills and generosity. Thus, (as child development

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practitioners note), a child could stay longer in the “what’s yours is mine, what’s mine is mine, what I see is mine” phase for longer. Nobody likes having things taken away from them. Imagine if you would, buying a brand new car, your dream car, in the perfect colour and only a few kilometers on the clock. But before you can have a real good drive of it, all your friends and family want to have a turn before you’ve even had a change to run it down the motorway. If we force a child to share, it could lead to resentment, maybe the same feeling you may have while waiting to drive your own car.

In addition to this, children who feel secure in their ownership of something, and then chooses to share willingly, these children will develop a lasting sense of generosity.

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## Sayers says it

By Rodney Councillor Greg Sayers.

Details of the new Auckland Future Fund versus retaining Auckland Airport shares.

It became glaringly obvious that the Auckland Council had not financially prepared for the devastating and costly effects of the natural disasters of Cyclone Gabrielle or the Auckland floods in early 2023.

Led by Mayor Wayne Brown, Auckland now has a solution in advance of the next natural disaster, called the Auckland Future Fund. It is a diversified asset portfolio of \$1.3 billion that earns compounding interest thus continuously growing in size.

Its primary purpose is to be available as an emergency civil defence fund.

The fund is managed externally to the council by professional firms to maximise the financial rate of returns.

To protect this large fund from being raided in the future, for purposes other than what it is intended for, a trust has been established to administer the money - giving it an extremely high level of protection against any raids.

The Auckland Council has also gone one step further, asking the Government to pass legislation offering even more protection of these funds for their primary purpose to assist Auckland to recover quickly if another disaster occurs.

Auckland discovered it didn’t have the liquidity or cash at hand to get the necessary repairs and recovery needed for families underway fast enough.

Months of negotiating with central Government slowed the start of essential work.

Where did this \$1.3 billion come from to start this fund?

The money came from selling Auckland Council’s 11 percent stake holding in the Auckland Airport.

Why sell these shares to create a civil defence fund?

Two very important reasons. Firstly, the airport shares make a typical financial return of 1.4 percent per annum for ratepayers. The managed fund will make a typical financial return of 7 percent per annum for ratepayers.

You don’t have to be good at maths to see one of those numbers is far greater than the other.

Secondly, the money in the fund is protected to give Aucklanders true resilience against natural disasters. Whereas the airport shares were slowly but surely being sold off by consecutive councils to plug their overspending and debt problems.

The Auckland Future Fund money is being used proactively to create ratepayer wealth, rather than ratepayer money being used reactively and dwindled away through the sale of shares to cover up budget holes and council debt.

Here are some of the bigger issues that were part of public consultation, debates and final decision making:

1. The Auckland Council is losing control of the airport. The Auckland Council did not have control over the airport. You need at least a 52 percent shareholding to have control and 20 percent to get a director appointed. The council only had 11 percent of the shares. This shareholding was only in place to get a financial return for ratepayers, not for control of the airport.

2. The council is selling the family silver. Isn’t silver meant to go up in value?

Airport dividends were 1.4 percent per annum. The Auckland Future Fund’s cash contribution is expected to be \$400 million more than the projected dividends from airport shares over the next 10 years. This equates to a \$40 million dollar saving in rates each year, the equivalent of avoiding an additional 4 percent rates increase each year.

If the airport shares are the family silver, then the council is selling them to buy gold.

3. Auckland needs the cashflow from the airport shares. Ratepayers are only getting a 1.4 percent dividend return from the shares. The council could get better returns from a savings bank account.



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4. The fund will just be raided in the future. The Mayor has put in place ample and multiple protections to prevent it from being raided. Compared to the ease by which the council continuously keeps raiding and selling airport shares, the Auckland Future Fund is significantly more secure.

5. We can't trust the council to manage the fund well. The council won't be managing the fund. Experts who do that for a living will be managing the fund. It's the equivalent of putting your money into a retirement fund - somebody else manages it for you.

## A few words from Rodney Local Board Chair Brent Bailey

Our system of government is a representative democracy.

Each voter has a say in who represents them in Parliament and in Local Government. In Auckland this means you can elect a Mayor, Ward Councillor and one or more Local Board representatives in your subdivision.

Typically, this means choosing the candidates that can be confidently relied on to represent the interests and concerns of their community. In the case of the Rodney Local Board, you may want someone from your neighbourhood. That said the Local Board acts for all of Rodney but having a local voice is valuable as Rodney is massive - being 46% of Auckland city by geography - so a visible and accessible local representative allows you to have face-to-face contact during your day-to-day activities.

The Ward Councillor role is hugely demanding for Rodney as this involves attending community events and meeting all over the ward as well as the actual governing body work with the Mayor and Councillors.

Selecting a Mayor seems to have gone well for Auckland in this term and the positive relationship between the Mayor (Wayne Brown) and our Councillor (Greg Sayers) has been advantageous for Rodney.

Given all this who does what?

The Local Board is pretty much only responsible for governance over Local Parks and Community Facilities. This includes new builds, renewals and maintenance. These tasks are operationally delivered by Council staff and contractors who report and advise the Local Board.

We also provide feedback to the Governing Body, Auckland Transport (AT) and Watercare on policy.

Pretty much the entire first half of our three-year term is taken up with development of our budget and work programme.

Our Councillor is our representative on the Governing Body and this is where our funding, budgets and all regulatory matters are determined. This includes roading, public transport, regional facilities, and advocacy on behalf of the Local Board.

Often there is confusion over who is responsible for what and a great deal of staff and elected member time and effort is expended on stuff that is outside our areas of direct decision making.

As Chair, how have I operated this term?

As this is my last term, I have encouraged all elected members to engage and communicate actively with their local communities.

This makes them more visible and allows them to build skills and confidence which will be important as some of the subdivision members retire.

For my own part the tough part of the term has been the herding the team through the agreement of priorities and allocation of budgets so we can have staff develop the work programme that will deliver these priorities.

I have attempted to keep the team focused on the matters we have decision-making authority on and reducing the needless sparks and smoke that some feel the need to create in other areas.

The community will have another opportunity to elect your representative next year.

I encourage you to take a good look at who is working on the important things and who is spinning their wheels on fashionable stuff.

Also think about succession planning.

Some of us may be just too old for studying the reports and advice of subject matter experts and staff, asking good questions at workshops, actively listening to the answers, and learning new things.



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