

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

Apollo Farm

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March 2024



Greetings

Will autumn be dry or wet?

Perhaps a late drought is on the cards – certainly for the South Island, but what about here?

It's nothing like the February/March turmoil last year with the rain, flooding, slips and more.

Muriwai and Kumeu bore much of the brunt, and many locals are still getting on top of things.

Even our roads are still needing some repairs.

Auckland had more than 200mm of rain (Waitakere 248mm), winds of around 130km/h to 150km/h, and Mike Hibbert of the Muriwai Stickered Residents Group is reported as saying it's been a difficult year with many still struggling, especially around insurance.

A ceremony was held to mark the one-year anniversary of the deaths of volunteer fire brigade firefighters Craig Stevens and Dave van Zwanenberg in a Muriwai slip, which included a memorial to the pair.

Cyclone Gabrielle smashed New Zealand's North Island from February 5 to 11, with a state of emergency declared on February 14 and lifted by March 14. The tropical cyclone season is usually from about November 1 to April 30 – so we're not out of the woods yet.

But we're in a El Nino weather pattern now rather than the La Nina of previous years, so a cyclone of such magnitude is unlikely.

"Gabrielle is one of the worst storms to hit Aotearoa New Zealand in living history," says MetService Weather Communications Head Lisa Murray.

We might see fewer former tropical cyclones here, but they could be more severe when they do hit due to global warming.

Auckland Council Recovery Office Deputy Head Mace Ward reckons considerable work is being done to ensure the region is better prepared for the next major storm.

There's talk of a blue/green network of open spaces like parks to hold excess stormwater and keeping residents informed.

Many had been hit by the Auckland Anniversary floods in 2023 just before Cyclone Gabrielle.

We've had a few storms well before that too – but nothing like these.

I was in West Auckland Civil Defence (as a media liaison officer) under the former Waitakere City Council, the CD side led by the late Harry O'Rourke and Mayor Tim Shadbolt, dealing with a July 1988 overnight storm which saw at least 32 people evacuated. I recall the rain stopped with many local streams and rivers within millimetres of their banks being breached.

We might have escaped a bullet then, but not now.

Many places, like Muriwai and Kumeu-Huapai, have been built up since so are more susceptible.

I moved to higher ground years ago - and haven't regretted it, especially after watching the January 27, 2023, rain sweep across our new property without causing issues and realising the damage done around our old abode.

Geoff Dobson, Editor



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People & Places

PYO flowers at Apollo Farm

Waitakere nursery and flower farm Apollo Farm is holding pick-your-own (PYO) flower events this summer and autumn.

Visitors can pick from more than 400 types of dahlias, salvias and flowering perennials in a secluded setting that backs onto established native bush.

At \$50 a bucket, customers can take home enough flowers to fill many vases, says award-winning flower breeder Joshua Hall who created Apollo Farm.

Joshua is a retired journalist, teacher and internationally published wine writer who has been gardening all his life.

He became interested in dahlias while working for Dr Keith Hammett as a gardener after returning to New Zealand from Asia and the Pacific and started collecting Keith's breeding rejects then breeding those plants together in one garden.

Some of the results are available on the Apollo Farm website www.apollofarm.nz established in November last year.

Joshua was also growing 42 types of heirloom organic tomatoes, which proved popular with locals.

Dahlias need dividing every two to three years and, along with tomatoes, quickly took over the property.

Joshua leased a neighbour's sloped field and started work on it in August 2018, selling produce through a roadside stall.

He also started seriously trapping predators and pests on the property and on neighbouring properties and is now Predator Free Waitakere Swanson Partnerships Manager.

Joshua was selling dahlia tubers to locals who asked him to divide the tuber clumps for them, so he began teaching about dahlias, their anatomy, life cycle and correct techniques for tuber division, enlisting Dr Keith Hammett's help for science and history teaching in the workshops which brought people from as far as three hours' drive away.

The workshops ran for four years through COVID-19 and online during restrictions.

"By the winter of 2023 the workshops had evolved into a 4.5-hour

Dahlia Masterclass with practical tasks, theory, homework, online videos and an exam," says Joshua.

In 2020, Joshua attended the Waihi Dahlia Flower show and started showing his own dahlias at the Hamilton Gardens where he won three trophies, two ribbons for two champion blooms and 27 prizes.

Apollo Farm continued to grow through COVID-19, two major floods, a cyclone and a drought.

Systems were introduced and refined, a grid layout perfected and soil improved through investment in quality organic inputs.

The market garden was quickly replaced by more dahlias.

Joshua developed a strong interest in tree dahlias after multiple evaluations of Dr Keith Hammett's historical but fading collection, and he bred tree dahlia 'Galaxy Prince' a cross of three hybrids and species, also growing tough flowering perennials as bee food, selecting and evaluating flowering perennials for their durability and suitability for local conditions.

Joshua and Apollo Farm have also been collecting rare and unusual salvias which Joshua aims to breed from about 1000 species plus hybrids.

Apollo Farm is also available for hire as a photo and film location.

Ample parking is onsite and Eftpos is available.

Visit www.apollofarm.nz for more information.

Arts in Action – back with a bang

For more than 20 years Kumeu Arts ran a free community arts day.

Disrupted by COVID and disasters for the last four years, now it's back.

The event was held at the Kumeu Art Centre on Saturday February 10 and considered a huge success.

About 500 people turned up to try their hands at a range of activities that included a clay kick-wheel, face-painting, raranga weaving, 3D

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printing, nature journaling, zine-making (fanzines or small booklets), art for under-fives, badge-making, Creative Matters, and much more.

The Kumeu Library joined in the fun with stories and games under the trees, a silent disco and a live band performing on the Hub stage.



Feedback Kumeu Arts received has been overwhelmingly positive.

One visitor says; "We all had a great experience and left feeling inspired."

An amusing comment left by a parent reads; "The issue is I cannot get my child to leave."

Families seemed grateful for an event that didn't cost them anything and appealed to all ages.

Kumeu Arts Chairperson Christine Rose reflects on how lovely it was to see the festival atmosphere and especially how many dads were getting involved and making art alongside their children.

Event organiser Kumeu Arts Manager Jago Neal is thrilled with how it all went.

"Arts in Action has historically been one of our key events as it demonstrates to our community our core values and function," he says.

"As a registered charity and not-for-profit, the event can only happen with sponsorship and involvement from other key stakeholders."

Jago acquired funding from Pub Charity, The Huapai-Kumeu Lions Club, and the Rodney Local Board.

"We are hugely grateful to our sponsors for making this event possible, as well as our team of tutors, staff and helpers who came together to show people a great time and promote all the wonderful

activities happening here," he says.

"Kumeu Arts aims to make Arts in Action an annual event again."

Follow Kumeu Arts on social media or sign up for its newsletter to stay updated.

Northwest ready for rapid transit?

A published summary of community feedback on a rapid transit corridor in Auckland along SH16 from Brigham Creek to the city centre shows strong support for fast, reliable and efficient public transport in the city, says Waka Kotahi NZ Transport Agency (NZTA).

"A strong majority of 93% of people who provided feedback to NZTA last year expressed their support for rapid transit along SH16, demonstrating a clear desire among Aucklanders for fast and reliable public transport connections in the northwest," says Regional Manager System Design Randhir Karma.

"Rapid transit has become increasingly popular following the opening of the Northern Busway in 2008, with passenger growth that now exceeds that of both the rail network and the rest of the bus network," he says.

"NZTA is currently investigating rapid transit options along the corridor for what would be a transformational project for the northwest and Auckland."

However, Future-Kumeu hosted a public meeting in late 2022 where about 250 people opposed a proposed rapid transit corridor (RTC) between Kumeu and Auckland City, expected to be more than 20 years away.

Future-Kumeu outlined its concerns in the Kumeu Courier April 2023 magazine.

The latest rapid transit investigations follow Auckland Transport's recent launch of a Western Express (WX1) service, which uses new and extended bus shoulder lanes along SH16 and stopping at interim stations at Westgate and the motorway interchanges at Lincoln Road and Te Atatu.

"While the new WX1 service is an improvement, it also reinforces the need for faster and more reliable rapid transit on a dedicated



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corridor along SH16," Randhir says.

NZTA plans to engage with communities in the coming months to update people on their investigations into a rapid transit solution for the growing northwest.

The community feedback summary is available on northwest-rapid-transit-community-feedback-summary-te-ara-hauauru-dec-2023.pdf (nzta.govt.nz).

Meanwhile, it suggests keeping up to date by checking traffic on journeys.nzta.govt.nz/traffic and through social media platforms such as facebook.com/TransportAgency, twitter.com/WakaKotahi_news and by calling 0800 4 HIGHWAYS (0800 44 44 49) and visiting the website www.nzta.govt.nz.

Wild cabbage

An unknown brassica which sprouted in Graham and Rona Attwood's Huapai vegetable patch has been identified as a "wild cabbage".

It's unsuitable for humans to eat but the Attwoods reckon it's OK as a stock food.

The couple normally grow dahlias but say the plant came up at the edge of their garden so was most likely introduced by a bird.

Their story was included in the Kumeu Courier December 2023 magazine.



Sayers Says It

By Rodney Ward Councillor Greg Sayers

When running for election Wayne Brown promised to "Fix Auckland".

That promise included reining-in the overspending of Auckland Council controlled organisations like Watercare and Auckland Transport, as well as cutting-back the council's top heavy bureaucracy.

Mayor Brown has been in the job for over a year and has had enough time to pinpoint how the spending of the Council Group should be reprioritised, including cutting costs.

He has produced a new 10 Year Budget for Auckland. This suggests how the \$6 billion of revenue collected from Aucklanders should be spent on council projects and services for the next 10 years.



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It sets the direction of Auckland Council, Auckland Transport, Watercare and the other CCOs for the next decade.

If you are keen to see your rates spent on a particular project, or service, for your community then now is your chance to put it to the Mayor.

The 10 Year Budget is open for feedback until March 28.

There will be a significant number of the senior bureaucracy cut from Auckland Council under his proposal. These are the people on the highest wages. This is part of general cost savings the Mayor desires.

Using this saved money, the Mayor would like to triple the Unsealed Road Improvement Program (road sealing) for rural ratepayers. This is an increase from \$40 million to \$124 million for the 10-year period. The Mayor is championing this, however, as with everything in the budget, it will have to go to the vote of the 20 councillors and the Mayor.

Of the 21 votes available there will need to be 11 votes to pass such an increase.

Therefore it is crucial to get feedback from all the vote-makers if you support the unsealed roads being better maintained and sealed, or not.

You can do this by completing the 10 Year Budget feedback form available from the library, or by emailing akhaveyoursay.nz/ourplan.

Because the new coalition Government has repealed the fuel tax, every Auckland transport project has been paused to be re-evaluated.

This includes the Kumeu bypass which the National Party promised would become a Road of National Significance and would be funded. You can submit to the Mayor of Auckland for him to campaign for this with the Minister of Transport (Simeon Brown).

What do you believe should be being done about protecting our area from future flooding?

Again, you can read about the council's plans in the Budget documentation available online, or from the library, and give your feedback, along with any alternative suggestions.

There may be other roading, transport, civic, social, environmental, economic or cultural projects you believe your community needs



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ratepayer money spent on. What is your opinion on the need-to-haves versus the nice-to-haves?

Please take the time to make your voice heard.

Every submission will be read by the Mayor and myself, the other councillors, and bodies like to Board of Directors at Auckland Transport - who ultimately decide what transport projects will be funded for the next decade.

101st Kumeu Show will be a 'boomer'

The 101st Kumeu Show on March 9 and 10 is shaping up to be a "boomer".

So says Kumeu Agricultural and Horticultural Society Show Manager Lizelle Westman, adding there are many activities on both days to encourage visitors to the Kumeu Showgrounds.



They include sheep dog trials, woodchopping, shearing, a giant pumpkin contest, strongman competition, food trucks, indoor events such as an arts and crafts competition, flower and fruit displays, and photos.

We have tickets to give away for the 101st Kumeu Show - email your name, number and address to editorial@kumeucourier.co.nz.

School Calf Club, pet lambs and goats, equestrian and poultry competitions also feature, while Mahons Amusements carnival rides, an FMX display, noon tractor parade both days, dog agility displays and giveaways are sure to be popular.

Professional wrestling demonstrations initially planned now won't be held.

Clydesdale and pony rides will proceed, and entertainment features The Brendan Ham Band with Marion Burns.

While the main shearing competition is on Saturday March 9, a blade demonstration will be provided by Alan Oldfield of Wellington on Sunday, March 10.

Nearly 300 trade displays are expected.

A special area is set aside in the showground's shed for caregivers needing to attend to young ones, while the North West Country Business Association is providing a shuttle service between the

Swanson train station and the showgrounds to help avoid the expected traffic.

People can book the shuttle ride through the Eventbrite website which also has online ticket sales for \$15 for those 15 and over (under 14s are free), tickets going up to \$20 if bought at the showground's gates on show days.

Plenty of free parking is offered and traffic management will be in place.

Sunscreen is available at the Kumeu Show Information Tower.

Gates open 8.30am-5pm Saturday March 9 and 8.30am-4pm Sunday March 10.

A timetable for all events is on the website www.kumeushowgrounds.com in the week leading up to the show.

Kumeu Show details were in the Kumeu Courier February magazine which included a report on last year's successful 100th show and the compilation of a time capsule.

Perfect is the enemy of good

By Guy Wishart, Rodney Local Board

"Perfect is the enemy of good" usually means demanding perfection often prevents good improvements from happening.

Auckland's Mayor Wayne Brown suggests this in his February 19, 2024, NZ Herald opinion piece. He argued that "gold plated" plans, continual add-ons and low-cost benefit are causing projects to become unaffordable and pointless before they even start.

Added to this, many projects are so long in the planning stage that they span several governments. It is only when a project has gone too far to turn back that they are completed, even if somewhat begrudgingly by a newly minted incoming government.

Ideological differences between different governments and different councils also slows the delivery of infrastructure. Some governments are more pro public transport than others, developing public transport network plans while others believe that a robust roading network will be sufficient for the future. This leads to flip flopping between different infrastructural solutions and governance



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models and more delays in implementation.

One thing that is clear is that delays to the execution of plans only leads to serious over runs in costs.

In 2003, a heavy rail tunnel under Auckland harbour along with increased vehicle capacity was planned, but never delivered. The cost for that project then was \$4.5 billion.

A similar style project was developed in 2023 but now it costed 10 times as much, \$45 billion. Again, the incoming government quickly threw out the 2023 plans and started to develop new plans and costings of its own.

Where houses are built predicts where the transport network will need to extend to.

More development of dense housing in Kumeu-Huapai, Riverhead and Waimauku on the margins of the city will make the already bad congestion issues much worse.

We all know we have been waiting for the "bypass" for about 30 years and counting now, so more intensive housing is something we clearly don't want, but it still may happen.

The SH16 upgrade into Kumeu from the south is now on hold due to, you guessed it, a costing blowout. Again, add-ons and changes to the design slowed the original project down, the costs rose and the upgrade is again waiting in the queue for more funding.

Will more modifications be made to slow down the process even more, maybe take away the cycle tracks this time?

So, if more houses are built in the Northwest, there will be no way of saying when any increased transport capacity will be delivered as we stand on the shifting sands of opposing ideologies, cost increases and ever more unfulfilled plans buried with the passage of time.

Supporting Growth has been marking out the future transport routes which may or may not ever be funded. It's the Auckland of the future.

In the meantime, the owners of the land under the routes with their notices of requirement have no idea if their land will ever be purchased by the government or if they will have to sell at a reduced rate to exit their properties. It seems unfair.

It seems we are at a crossroads where we need a few things to happen.

Wayne Brown has identified some of his considered thoughts on cost overruns and how to reduce them, using the "good enough" philosophy which would increase the number of projects that can be delivered over time.

However, this does not resolve the lack of delivery due to the ideological differences between governments and between councils.

We often get wound up by click bait posts relating to the cost of speed bumps and so called "wasteful spending".

However, the real wasteful spending standing in plain sight is the inability of local and central government to agree on a path forward and stick to it.

This has resulted in billions of dollars being lost by not acting fast enough (remember the \$4.5B-\$45B increase over 20 years) and billions of dollars in lost productivity due to an increasingly functionally obsolete infrastructure that we endure on a daily basis.

All levels of government need to put their political agendas aside for the common good, agree on a way forward and build the best "good enough" non-gold plated infrastructure we can buy for what we need now and will need in the future.

Include Microgreens social enterprise in Kumeu

Kumeu has its own Work Integration Social Enterprise (WISE) for people with learning difficulties.



Include Microgreens is there to provide training and work experience opportunities for people with learning disabilities that face barriers to employment.

Microgreens and edible flower crops are labour intensive and ideal for teaching work skills, teamwork, work routines and workplace etiquette, says owner Ester Lewis.

"They are super nutritious to boot and when plated up look amazing."

No government funding is available to set up an enterprise such as this, so it is only through microgreen sales and community buy-in that Include Microgreens has been able to get off the ground, Ester explains.

"We really need regular microgreen and edible flower orders as without those there is not enough work to give to trainees.

We can deliver locally or you can pick up from the grow space by arrangement," she says.

"To our local restaurant/cafe owners and caterers, we can grow to order to suit your menu and in quantities and package sizing of your choosing.

"We welcome standing orders as these help us to streamline



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quantity of production and enable us to gauge how much work we can provide for trainees."

Ester asks people to please spread the word so they can raise awareness of the project in the community and "hopefully grow greens like crazy and make our trainees busy".

If someone you know has learning difficulties and wants to become involved as a trainee please get in touch, Ester says.

"Thanks to those special businesses and individuals in the community who already support us. We would not have got this far without your support."

Email info@includemicrogreens.co.nz, or phone Ester Lewis on 0220 104 510 for more information.

Wetlands Day event at Bethells popular

A World Wetlands Day event at Matuku Link in Bethells on February 3 was well attended and parking full for much of the time.

The open day from 10am-3pm included stalls, guided tours, food and more.

Matuku Link will now host a "Stream Life By Night" event on March 25, 7pm-9pm, and a "Bug Hunt at Night" on April 13, 6pm-8pm.

Each event costs \$5 a person with under 12s free.

The "Stream Life By Night" includes exploring Matuku Link and its streams and wetlands under a full moon, learning about the long-finned eel (kūwharuwharu), inanga and other fish, plus what macroinvertebrates can tell us about waterways.

The "Bug Hunt at Night" in April sees Auckland Museum and

University of Auckland entomologists help participants identify as many insects as they can find at Matuku Link's forest and wetland edge at this evening walk.

"We will be looking for caddisflies, crane flies, freshwater insects and might find weta, stick insects, spiders and glow worms," Matuku Link says.

Register for both events by visiting www.matukulink.org.nz for more information.

Local Board Chair Update

By Brent Bailey - Local Board Chair.

Yet another Auckland Council Long Term Plan public consultation is about to begin.

I know we are all pretty used to being asked for our views, interests, and concerns but very little of substance seems to come from all this effort. Clearly there is a big gap between the community expectation and the eventual outcome. How can we do this better?

First up a quick primer on who is responsible for what and how to share your feedback with them:

State Highways are a Central Government asset and provision of them is a Ministry of Transport matter. If you have concerns about SH16 you really should take them up with our local MP, Chris Penk. Funding for these comes for Fuel Taxes and Road User Charges. It would be fair to suggest that insufficient investment has been made in SH16 and the future looks bleak for relief from the congestion created by out of sequence development, and the Special Housing Areas legislated by Central Government.

Urban sprawl is at the root of our transport issues and your Local Board has advocated for a moratorium on development until the future Rapid Transport Network has been implemented. This is something that Auckland Council can regulate through the Unitary Plan and our Councillor, Greg Sayers, is best placed to pursue this for us. This is also something that could inform some of your feedback on the Long Term Plan as typically infrastructure and community facilities upgrades are funded in part from growth. This has not worked well for Northwest Rodney as while our population has doubled in only a decade or two without the many obvious deficits being addressed.

Maintenance of our roading network has also been underfunded for many years. Sadly, this is being exacerbated to the increased traffic as our population has grown and heavy transport tonnage has increased. Provision for increased capacity and improved maintenance of our roads is something that our Mayor and Local Councillor seem to agree on so support them by providing feedback



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on this.

Provision of improved public transport is going to be the only sustainable response to the congestion of our roading network. This will require additional routes, increased frequency of services, increased capacity at Park n Rides and a change in behaviour by commuters. Basically, the cost of parking, congestion charging, and increased transport related taxes, are going to make taking the bus more attractive. In the past this has been an "either, or" discussion between increased roading capacity and provision of public transport, but we actually need to do both. Again, this is something to provide feedback on but this time I suggest that our MP and our Councillor need our support so in addition to having your say on the Long Term Plan, write to Chris Penk as central government support for the Rapid Transit Network is required.

Community Facilities, Parks and Public Toilets are the business of the Local Board, and we also need support. By providing feedback on the Long Term Plan that prioritises funds our efforts to improve our parks and playspaces, provide additional recreational opportunities for young people and ensure our communities enjoy clean and safe town centres, you can help us make a difference.

Chris Penk email: chris.penk@parliament.govt.nz

Greg Sayers email: greg.sayers@aucklandcouncil.govt.nz

Rodney Local Board email: rodneylocalboard@aucklandcouncil.govt.nz

Have Your Say: www.akhaveyoursay.aucklandcouncil.govt.nz/hub-page/long-term-plan-2024-2034

North West Country Business Hub a valuable asset

The Business Hub at 103C Mill Road in Helensville is proving to be a much-needed community resource.

North West Country Incorporated was facing the issue of not having anywhere to hold board meetings, and for the last 10 years has been asking local businesses to host us.

"After talking to other businesses we realised that everyone else was having similar issues," says North West Country Inc Business Association Manager Danielle Hancock.



"In November 2023 we opened the Business Hub in Helensville, acting as a board room with video conferencing facilities which have been regularly booked since Day 1.

"We have now launched the next phase of our hub and that is introducing hot desks. We have four desks available for daily hire, with an easy online booking system."

With a clean and light open plan workspace, large bathroom and kitchen facilities, and free Starlink, this is a facility that many local business owners and 'work from home' community members can enjoy, says Danielle. Simply head to www.northwestcountry.co.nz/venue_hire/ to set up an account and start booking your space.

"We have one small piece of building work to complete, and the facility will be ready for a grand opening," says Danielle.

"Look out for an announcement of when that will be, we would love to see you there."

The Ultimate Day Out competition has closed, where anyone who spent more than \$50 at a member business across January and February could enter, with the winner drawn at the North West Country stand at the Kumeu Show (March 9 and 10).

Check out North West Country's Facebook page and website for details of the lucky winner.

"Thank you to all businesses who took the opportunity to promote North West Country and showcase our amazing businesses," says Danielle.

Rodents around

You may have seen rats in supermarkets recently - at least on tv.

There's also plenty of food in Northwest gardens for rats, possums and ferrets as autumn approaches.



Predator Free Waitakere/Swanson is running a trapping competition with prizes from Mitre10 Westgate/Henderson, Bark and Soil Swanson and Bullshot Garage Door Services.

More than \$1000 in gift vouchers are up for grabs, says Predator Free Waitakere/Swanson Partnerships Manager Joshua Hall.

Predator Free Waitakere/Swanson also sells subsidised traps (at about half normal retail) via its website www.predatorfreewaitakere.org so you can get started economically.

Make a difference towards a Predator Free NZ and start in your backyard to enjoy the birdsong.

WIN AN Ultimate Day Out



Shop in the North West in January and February 2024 for your chance to win.

Simply spend \$50 or more with our members to go in the draw. More details at www.northwestcountry.co.nz/ultimatedayout/

Enter online or drop your entry at the North West Country business association stand at the Kumeu Show.

Prize draw live on Sunday 10 March 2024.

Community News

Gently Loved Markets

Gently Loved Markets is back at the Kumeu Community Centre on Sunday 24th March for your preloved treasure hunt at the new time of 10am till 1pm.

With over 30 stalls selling preloved, modern, vintage, retro and upcycled clothing, accessories and homewares. Grab a coffee, a bite from Let's Brezel and your favourite fabric bag for your preloved fix. All stalls are indoors, with changing rooms at the venue to you can try before you buy. The event is mainly cash, some stall holders may accept bank transfers.

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

To inquire about a stall contact Donna Buchanan on gentlylovedmarkets@gmail.com.



Turning second-hand goods into first class care

Hospice West Auckland has a network of Op Shops across the wider West Auckland region, including our newest store at 46 Main Road, Kumeū. So why should you visit one of our stores?



- Our Op Shops are great for the environment. Donating your preloved quality goods creates less waste for landfill, plus purchasing from an Op Shop extends the use and lifespan of goods, reducing demand for new production.
- You'll always find a bargain. Our Hospice stores are treasure troves of unique items to add to your household, wardrobe or hobby - all at great prices.
- Whether donating goods or shopping, you are helping Hospice to generate vital revenue so we can continue to provide specialist palliative care, free of charge, to West Aucklanders facing end of life, and support for their carers and whānau.

Kumeu Childcare

Kumeu Childcare provides our community with a respectful, loving and nurturing environment. There are three well-resourced separate rooms to cater for our babies, toddlers and preschoolers. Our spacious outdoor play areas encourage infinite learning opportunities, building strong relationships with their teachers, children and families.



Well balanced nutritional meals are provided and our experienced teachers are passionate in providing quality education in a stimulating environment. We love to celebrate different cultures in our community and we warmly welcome families to come visit us to see what we have to offer.

We are taking enrollments and specials going on for new enrolment. Please feel free to call or email us on the details below for any enquiry or a friendly visit.

info@kumeuchildcare.co.nz

Mob: Alka-021 1195 148

Reid Organics

We are a local family from Waimauku; Jordan, Nicole and our 3yr old son Max. We are a family owned and run company producing skincare products handmade by us with organic and wild harvested ingredients.



We have 4 products in our range:

- Our flagship product - Baby Bum Spray is designed to be an alternative and direct competitor to traditional nappy/barrier creams, just clean the area then confidently spray Baby Bum Spray and fasten the nappy, simple. No fuss, no need to wash your hands.
- Skin Relief: This product is specifically designed for irritated or sensitive skin. It comes in our convenient spray format, making it the smarter, simpler change with an extra gentle touch.
- Mummy's Tummy: Our belly oil is packed with nourishing and moisturising properties to support your skin before, during, and after the beautiful journey of growing your little one. Like all our products, it comes in a handy spray for added convenience.
- Baby Body Spray: Our baby massage and moisturising oil spray is

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Community News

the perfect solution for after bath time or part of a bedtime routine, ensuring your little one's skin remains soft and smooth.

We are running a special for March for locals only, buy one product and get a FREE Baby Bum Spray Refill 120mL, that will fill your spray bottle twice (1 per order). We also offer free order pick up for our locals and sometimes even drop off depending on where you live. Check us out on Facebook, Instagram or our website www.reidorganics.co.nz.

Bowel cancer – Can we stop it?

Talking about your bowels and motions (poo) can be embarrassing. But it can also save your life.

New Zealand has one of the highest rates of bowel cancer in the world. With over eight patients diagnosed per day, it is the second most common cancer diagnosed in NZ, and the second most common cause of cancer death. Unfortunately, by the time it is diagnosed, over a quarter of cases are metastatic (cancer cells have spread throughout the body).

It is increasingly being diagnosed in younger people. In fact, over 30% of cases are diagnosed in people less than 60 years old.

So how can we change this?



If you notice persistent:

- Changes in what is your normal toileting habits: frequency or consistency of your bowel motions
- Abdominal (stomach) pains
- Cramping or bloating
- Blood when you pass stools

These need to be investigated and checked out.

The additional difficulty with bowel cancer is that it may have none of these symptoms to start with. In even up to half of all cases diagnosed, people will not notice any of these issues. This is where screening can be useful - a test taken when you have no symptoms at all to check for blood in the stool that you can't see with the eye. In New Zealand, this is offered at age 60. However, I believe and support Bowel Cancer NZ's view that this should be offered a lot younger, as it is in many countries including Australia and USA where it starts at age 45.

This is because bowel cancer is a very preventable disease. Polyps (small warty outgrowths which are precursors to colon cancer) can be seen and removed during a colonoscopy. In this way, a single colonoscopy can reduce your future chance of developing bowel cancer by over 90%. A colonoscopy is a minimally invasive procedure that involves placing a thin tube with a light and camera into the bowel where any issues can be identified.

At Waitemata Endoscopy, taking this proactive approach is easy. We accept GP, specialist, and self-referrals via our website. Come to talk to us or your GP to learn more.

We can offer appointments within 7 working days by matching you

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for your peace of mind

With increased capacity, Waitemata Endoscopy offers greater access to a group of experienced Gastroenterologists and Surgeons, dedicated to providing excellent endoscopy care.

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

www.waitemataendoscopy.co.nz/referrals

Or call us on (09) 925 4449

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// 212 Wairau Rd, Wairau Valley



WAITEMATA
ENDOSCOPY



Dr Cameron Schauer
Gastroenterologist & Endoscopist

a joint venture with Southern Cross Healthcare

Community News

with the availability of our experienced specialists. Dr Cameron Schauer, Gastroenterologist & Endoscopist, MBChB 2013, FRACP 2020. To meet the team at Waitemata Endoscopy and explore the clinic video tours, please visit www.waitemataendoscopy.co.nz.

March at Kumeu Arts

This March we have two very exciting exhibitions lined up. Textile artist Liz Smith has translated the paintings and sculptures of five local artists into tactile pieces, using the techniques of hand tufting and intricate embroideries. Her large, visually striking works will be installed in our Main Gallery and we implore you not to miss this exhibition. In our more intimate Pod Gallery we are celebrating International Women's Day. Artists Leanne Rogerson and Sheryl Sefton will present 'Story of a Tea Towel' an interactive exhibition that explores this "ubiquitous symbol of domesticity". They aim to open a dialogue on viewer's personal memories and will hold multiple, free, 'Stitch and Stories' sessions, so come along and get involved. Also in March, we have numerous workshops and classes for children and adults in areas such as; glazing, watercolours and nature journaling for EcoFest. For more info visit www.kumeuarts.org.



Family

Family = busy, loud, laughing, crying, unconditional love, refereeing, cooking, taxi-ing, cleaning, creating memories, teaching, having fun, cuddles, tiffs, juggling, proud moments, sleep deprivation...insert your word here...

But at the end of the day, you wouldn't have it any other way. Just like a circle, your love for them has no end.

As part of our Symbolic Collection, our Family Love Links necklace allows you to keep your family close in a subtle and stylish way.



Hand crafted especially for you in sterling silver and/or brass, you can choose to have one or multiple circles to represent your family and even to add to, or change the message on the jewellery card. Visit my website www.preciousimprints.co.nz or email at jo@preciousimprints.co.nz today, to find out more.

Buns, Bunnies and Eggs!

Easter egg hunts are a lot of fun and brings people together, even if it does get a bit competitive. And eggs, especially chocolate ones, are so yummy - as are warm, fruity, spicy butter-laden hot cross buns. Egg-laying or egg-bearing bunnies is a bit far-fetched but how easily we accept this strange concept.

Our friend Google carries several opinions regarding the Easter Bunny; one is that Ostara was an 1800s Germanic goddess of spring who transformed a bird into a hare, which then laid coloured eggs. Another site says the bunny/egg concept dates back to 13th century Germany regarding the goddess of fertility named Eostra. Then somehow rabbits (known for their breeding enthusiasm) and eggs (symbols of fertility) got linked with 'her'.

As for hot cross buns, they may have originated in England in the 14th century by an Anglican monk for Good Friday, or in the 12th century or even by ancient Egyptians over 2,000 years ago in honour of their gods.

Regardless of their origins, buns, bunnies and eggs are now traditions of Kiwi Easterers. And it's great to have cultural traditions. But I pray we will never forget that the real celebration of Easter (or Pascha, Pesach, Passover) is remembering that Jesus Christ died for mankind - and was raised to life by God's power three days later. This is where the 'new life' concept comes from. We too can have new life because of Jesus' sacrifice.

So, when you enjoy your hot cross bun this year, spare a thought for the One who paid the greatest price on a cross for us. And as you savour a choccy egg, think about the invitation to newness of life. To understand a little more, or even to express your gratitude or queries to God, feel free to visit any of our local churches this Easter. There's plenty of choices like Abundant Life in Waimauku, St Patricks Catholic church in Huapai, Kumeu Baptist (not surprisingly in Kumeu), Riverhead Family Church, Faith Pointe House Church (there's a branch in Kumeu/Huapai) to name some. St Chad's Anglican church is offering a short reflective service at 7.30pm on Thurs 28 March, a 10am service on Easter Friday 29 March and a celebration service at 10am Easter Sunday. All are very welcome.



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Safer Communities

The weather has shown a change in recent weeks and we can see the deep greens in the landscape fade as the vegetation dries out and shows a tinge of yellows and browns.

While most of us see this as a sign of a great Summer with plenty of opportunities for beach visits and socialising around the summer BBQ, this is a sign for the firefighters amongst us that a fire will ignite easier and spread more rapidly due to the limited moisture content in the environment.

This is why we have restricted and prohibited fire seasons. The risk of a fire is too high from open fires and the chance of a fire spreading and rapidly becoming out of control is dramatically higher and increasingly difficult to manage.

Our fire season has recently changed to a 'restricted season' and a permit is required for any outdoor fires. www.checkitsalright.nz.

When the fires do increase in size there are many complexities that firefighters need to manage, some of which are managing

resources and working alongside helicopters. The value helicopters add to these incidents is immense due to the capabilities they offer including taking large volumes of water to hard-to-access locations that cannot be completed safely on foot by firefighters.

The issue that we face is the use of drones in areas where helicopters are in operation.

We appreciate that everyone wants to know what's going on and quickly getting your drone up to have a look and get some pictures of a fire may seem like a great idea. However, what most people are not aware of is that if a drone is observed in the area whilst helicopters are in use. All helicopters will be advised to land until police are involved to ensure the drone operator is identified and that the risk to our aviation efforts will no longer be impacted.

This causes unnecessary delays in our efforts while the fire continues to grow.

If you have a drone and there is a fire in your area. Do not use it as the



consequences of the delays could result in the failure to stop a fire before it reaches someone's property or home.

Please let us do what we need to do to keep you as safe as we can and avoid using drones at the incidents we attend.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

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Wearing a correctly fitted lifejacket greatly increases your chance of survival if you end up in the water. Borrow a lifejacket from a DPA Lifejacket Hub to help keep yourself and your loved ones safe while enjoying the waters.

dpanz.org.nz/lifejacket-hub



In Brief

Craigweil House

Reflecting on the activities of last month, we had quite a fun and eventful time at Craigweil House.

Auckland Anniversary brought out the artist in us as we painted the iconic Sky Tower in vibrant colors. It was a glorious celebration of our city's rich culture.



The weather was sizzling hot, so we decided to cool down with some delicious strawberry ice creams. Perfect ending to our summer escape.

But that's not all... we got creative and played badminton with balloons. Who says you need a fancy court to play games?

If you would like to enquire about Craigweil House for your loved one, please get in touch. We are a boutique rural facility with personalised compassionate support and care for rest home, hospital, and secure dementia levels of care - 09-420 8277.

Kumeu Library

Kumeu Library is a great place to come if you're keen on crafts. We have a great selection of books, magazines and DVDs on all kinds of art and craft - come and have a look at what's on our shelves or browse the entire range on our catalogue.

If doing craft with others is your cup of tea, come and try Kumeu Library's Craft Circle on the first and third Wednesday of each month. Bring your own handcraft projects along or have a go at a project we provide, and enjoy the company of fellow crafters. Be creative, have a cuppa and make new friends along the way.

Looking for something fun for your 8 to 13 year olds to do after school? Come and join in the fun at Kumeu Library's Afterschool Make: Build: Do - it's an hour of creating, constructing and fun every Thursday during school terms from 3.30 to 4.30pm. Every week we do something different - from art and craft to games and quizzes.

Kumeu Library also runs a Homeschool Make: Build: Do programme for homeschooled 8 to 13 year olds on Wednesday mornings at 10.30am during school terms. Come and mix and mingle with fellow homeschoolers in a relaxed setting while enjoying a wide variety of crafts and activities.

And we've even got craft for preschoolers covered - our Storytime

sessions at 10.30am on Monday and Saturday mornings include a simple craft activity too.

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

RIVRAM 2024

Did you commit to get fit in 2024? Well here is a great challenge for you. On Saturday 6th April 2024 Hallertau Riverhead Rampage returns to Riverhead Forest for its 10th edition. For the novice right up to the serious trail runner we offer multiple distances, 5 & 10km walk / run and 21 & 42km longer runs. All monies raised go to supporting healthy lifestyles at Riverhead School. Always a super fun event with a cold Hallertau beer waiting at the finish line. Visit www.lacticturkey.co.nz/riverheadrampage to enter yourself or your team.



Is it really the end of an era for Kumeu Blend Choir?

THE choir of our district, Kumeu Blend, has been running since the early 1970s, originally being the local County Women's Institute Choir. They won many competitions over the years and have brought much enjoyment to many in our community and beyond, not to mention the joy and comradery amongst the members. For the last 22 years the choir has practiced on Monday nights at St Chad's church auditorium. Marcia Gason, a long-playing organist at St Chad's church, was the choir's pianist for about 20 years, also travelling with them around NZ for competitions. One of the earliest musical directors was Bernie Watson, late husband of Mary Davies who has attended St Chad's church for 50 years and is still counting. Margaret Lindsay was the musical director for around 22 years and she was missed greatly when she 'retired' due to moving away from Auckland.



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In Brief

Kumeu Courier's September 2020 article about the choir mentioned that Rona Attwood then held top honours for being a foundation member of the original Kumeu Women's Institute Choir and still being an active member. Thanks to Covid, people moving away and passing away and having other priorities, the choir has more recently been much smaller in number. The current longest-attending member is Christine Smith, having been with the choir for 39 years non-stop. BUT due to this reduction of members and not being able to engage a new musical director, they have decided, reluctantly, to go into recess. How sad is that? So, might YOU or someone you know, like to breathe fresh life into this local choir? If you do, please contact Christine Smith on 09 412 8939.

Seniornet Kumeu new members meeting

Our next meeting in April will be a special new members meeting where we hope to welcome new members to our club. The club has been going in the district for more than 20 years and we welcome new members whether you do not know how to switch on a computer or are competent on the use. We also teach on other new items like phones and are running a course on getting the best on new phones and what else you can do with them. We are also running a course on internet shopping called the good, the bad and the ugly in shopping on the web. If you have a spare morning in our club or just want to come along to our club to see what it is all about with no obligation, please come along on Wednesday the 3rd of April at 10 am at St Chads Church 7 Matua Road, Huapai. See you there.



The Village Market Helensville Showgrounds

Sunday 17 March 8.30am to 1pm.

Live music from Ralphe, free hair plaiting and a tempting selection of stalls. All your favourites will be there plus we



have some great new stalls joining us - crafts, skin & health care, pet health care, jewellery, candles, soaps, preserves, art, hand knits & spinning. Plus indoor & outdoor plants, locally grown fruit and vegetables, flowers bouquets, eggs and much more. Enjoy delicious treats from the market café, fresh coffee, doughnuts and the Lions sausage sizzle.

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.

Vintage Shop a popular venue

Huapai-Kumeu Lions Vintage Shop in the historic Pomona Hall adjacent to the Kumeu Community Centre is proving to be a popular place for visitors attending events at the Showgrounds or the Community Centre.

The shop offers a wide range of vintage items including crockery and silver and crystal and linen and mantle-piece items as well as small pieces of furniture. Jigsaw puzzles and small tools are also offered. Items are priced and tastefully displayed and discerning customers are often able to pick up a bargain or find something they have been looking out for.

The shop is open from 10am to 2.30 Tuesday to Saturday and for longer hours when there are events on.

While customers are warmly welcomed by the volunteer ladies who work in the shop of equal importance to the success of this Lions fund-raiser are people able to donate items. Many donations come from deceased estates while people down-sizing or shifting away find donating item a good option.

Profit from sales is dispersed by Huapai-Kumeu Lions to worthwhile, mainly local causes and projects. Recently the Lions decided to give financial support to a Kumeu Arts community project and also to a national cancer screening project.

Lions are a world-wide community service organisation and the local club has dinner meetings on the first and third Tuesday of each month. The club is always on the lookout for men and women with an interest in community service and the fellowship that is offered. For more information about the local Lions club contact Gary Moss on 09 412 7752.



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Property

Property market report

It is full steam ahead in the residential/ lifestyle property market and auction rooms over the last month have been full of listings but not full of buyers.

The sales rate remains relatively low overall, and of 449 properties offered for sale over a week in February 2024, 167 properties sold under the hammer, representing a sales rate at 37%. This clearance figure (around 30%) seems reasonably consistent through the greater Auckland area.

With high levels of housing stock available, auction rooms are likely to remain busy throughout February and March, however with clearance rates for Rodney being as low as 25%, there is much work to do, to get Buyers and Sellers on the same page.

It appears the market remains relatively soft and buyers are being cautious over price, therefore, if you are selling and are happy to meet market expectations you will sell.

Interest rates are still the talking point when buying, however remember, this is only a point in time, and when interest rates go down, house prices will go up, so a great time to invest even if you have to pay more for money today.

In regards to Interest rates in the market this is how we are tracking:

ANZ	floating 8.64%	3 year 7.35%	5 year 7.34%
ASB	floating 8.64%	3 year 6.89%	5 year 6.55%
BNZ	floating 7.39%	3 year 6.79%	5 year 6.75%
Kiwibank	floating 8.50%	3 year 7.65%	5 year 7.49%



the rentshop

Mike James

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

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TSB Bank	floating 9.44%	3 year 7.55%	5 year 7.59%
Westpac	floating 8.64%	3 year 7.25%	5 year 6.99%

With LVR restrictions rumoured to relax in June 2024 and the 10 year brightline test being repealed in July 2024, you would have to conclude that the best time to buy a house is over the next several months when supply is high, prices are soft and Vendor motivation is strong. Let's look at the sales:

Helensville	\$840,000
Huapai	\$1,197,500 to \$1,240,000
Kumeu	\$770,000 to \$2,965,000
Parakai	\$540,000
Riverhead	\$1,635,000
Swanson	\$855,000 to \$955,000
Taupaki	\$3,100,000
Waimauku	\$947,000 to \$3,100,000
Whenuapai	\$790,000 to \$1,250,000

If you are looking to achieve a great result for the sale of your property please contact me today for a free pre-sale property checklist and appraisal that will provide a starting point in your decision-making. After 18 years working with buyers and sellers, I have a depth of knowledge and experience to share with you. No cost, no obligation, just some honest feedback. Call me, Graham McIntyre AREINZ directly at 0800 900 700, via text at 027 632 0421, or through email at graham.mcintyre@mikepero.com. Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

The picture-perfect dream or the beginning of a nightmare?

By Elyse Crowther of ClearStone Legal

It can be pretty exciting buying off the plans. Your dream is the picture-perfect, shiny new home. After months (or sometimes years) of waiting, you finally get to do your pre-settlement inspection. But your brand-spanking new home is not perfect - there are defects.

Whether you're buying a new or old property, defects do occur. It is particularly common with newly built homes for there to be a number of (usually minor) things that haven't been completed or aren't perfect. So, what happens next?

Generally, with an off the plan purchase you won't have the same



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Property

rights to compensation, retentions or to delay settlement. However, you are protected under the Building Act and you will likely have a maintenance clause in your agreement that provides the ability to raise any defects from faulty workmanship or materials and the developer is required to rectify them within the period set out in the clause.

We recommend you complete a pre-settlement inspection as soon as possible once CCC has been issued. You can do this yourself or you can take a builder through and from here you can prepare a list of any defects in the property and give formal notice. Don't panic if you don't pick up everything, you can raise issues after settlement too.

What's defined as a defect in a new build? It could be anything from a rough paint finish, paint marks on the carpet, shower seals not done correctly, a leak in a tap or even a missing handle from a door. The vendor is required to fix the defects. If you raise them prior to settlement, you may find that some of them are rectified before, however they will most likely be completed after settlement has occurred. However, if there is a more major defect that makes the property uninhabitable, then this will need to be rectified prior to settlement.

Let us help you live the dream and avoid potential nightmares. Give us a call on 09 973 5102 or make a time to come and see us at either our Kumeu or Te Atatu office.

A flood of issues to consider when buying property

It has been over a year since the tragic floods in Auckland in 2023. Since then, New Zealand has still experienced severe weather patterns throughout the country. Before buying a property, it is essential to conduct thorough research on the area's history of flooding. This can be done by checking with local councils to see if the property is situated in a flood-prone zone or if it has ever been affected by flooding in the past. It is also advisable to check with other residents in the area as to the likelihood and severity of this happening.

It is equally important to consider the type of flooding that may occur in the area. Some regions are more prone to river or coastal flooding, while others may be at risk of flash floods caused by heavy rainfall. Understanding the type of flooding that may affect a property can help in making informed decisions about its suitability. A flood path might run directly through the property or may affect the roads accessing the property to the extent that getting in and out of the property may be difficult.



Potential buyers should also consider the insurance implications of buying a house in a flood-prone area. Insurance premiums for homes in high-risk areas may be significantly higher, and in some cases, insurance may not be available at all.

Overall, being aware of flooding issues is crucial when buying a house. By doing thorough research and seeking professional advice, buyers can make informed decisions about the suitability and potential risks of a property before making a purchase. If you are looking to buy or sell a property and are wanting more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Maximizing Investment Returns

For individuals entering the realm of property investment, the decision of whether to manage their properties independently or to enlist the services of a professional property management company carries significant weight. While the allure of self-management may initially seem appealing due to perceived control and cost-saving opportunities, it is crucial to weigh the full spectrum of responsibilities and risks associated with this choice, especially for first-time investors.

Self-management requires handling a number of tasks such as strategic advertising, rent calculation, tenant screening, maintenance, and legal compliance. While these responsibilities may appear manageable at first glance, executing them effectively demands a high level of expertise and commitment. As challenges



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Property

accumulate, including stress, high vacancy rates, and tenant-related issues, self-managing landlords may find themselves overwhelmed and struggling to maintain profitability.

Professional property management companies offer a comprehensive suite of services designed to alleviate the burdens associated with property management while maximising returns. At The Rent Shop Hobsonville, we provide tailored solutions to address the specific needs of property investors, offering expertise across key areas:

1. **Optimising Vacancy Rates and Rental Returns:** Our team conducts complementary appraisals, providing insights into market performance and rent valuation. By recommending practical renovations and targeted marketing strategies, we enhance a property's appeal, thereby minimising vacancy rates and maximising rental returns.

2. **Tenant Selection and Screening:** Leveraging extensive databases and sophisticated marketing strategies, we identify and attract ideal tenants for your property. Our thorough screening process includes comprehensive background checks to ensure reliability and compatibility, mitigating the risk of problematic tenancies.

3. **Legal Compliance and Dispute Resolution:** Our Property Managers stay abreast of the latest safety and legal standards, ensuring compliance with regulations such as Healthy Home Standards and pool fencing requirements. Regular training and workshops conducted by our Training Manager equip our team with the expertise necessary to navigate the complexities of residential tenancy law. In the event of disputes, our experienced professionals adeptly manage negotiations and represent landlords' interests, providing peace of mind and ensuring legal compliance.

4. **Maintenance and Repair Coordination:** We take on the responsibility of maintaining properties in optimal condition, coordinating with trusted local tradespeople to address repair and maintenance issues promptly. By ensuring a secure and well-maintained living environment for tenants, we enhance tenant satisfaction and preserve the long-term value of your investment.

While engaging a professional property management company entails additional costs, the benefits outweigh the expenses in the long run. By outsourcing management tasks, landlords gain peace of mind, reclaim personal time, and reduce stress, ultimately leading to potentially higher returns on investment. For serious investors aiming to achieve their financial goals, partnering with a reputable management company is a strategic and forward-thinking decision.

At The Rent Shop Hobsonville, our team of property management experts brings years of professional experience to the table. We are committed to transforming your property investment experience, providing personalized solutions to meet your unique needs. Experience the difference professional management can make.

Mike James 021 413 660 mike.james@therentshop.co.nz

Do you pay to get the support and help of a mortgage adviser?

A mortgage adviser (or mortgage broker), acts as an intermediary between you and the bank, helping you find the most suitable home loan products that match your specific needs and financial circumstances.

They have access to a wide range of loan options from various banks and lenders, allowing them to compare and recommend the most suitable options to our clients.



Mortgage advisers also have in-depth knowledge of the home loan market and can guide borrowers through the complex and often overwhelming process of securing a home loan.

In short, a mortgage adviser takes care of all the legwork for you when it comes to researching the best bank, loan options and ultimately applying for the loan. They also take care of the negotiations when it comes to interest rates and cash contributions from the bank.

While your personal banker can also give you good guidance and recommendations but remember, they can only offer advice on their own products so you may be missing out on a more suitable option elsewhere.

So how do mortgage advisers get paid?

Contrary to popular belief, mortgage advisers generally don't charge a fee for their advice and service. Instead, they earn a commission

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Property

from the banks and lenders upon the successful referral of a new mortgage customer and subsequent draw down of a home loan.

Savings for the borrower

A mortgage adviser's ability to secure a better interest rate or negotiate more favourable loan terms can potentially result in long-term savings for borrowers.

The ongoing service provided by a mortgage adviser after you have settled on a property can also save you time and hassle - like when it's time to refix your interest rate, or if you need a top up on your home loan.

So, if you would like some support or advice please don't hesitate to get in touch with me for an obligation free chat.

Stephen Massey - Loan Market, Call 021 711 444 or check out my website loanmarket.co.nz/stephen-massey

Six must-do's in matrimonial separation

Navigating a matrimonial separation can be a complex and emotionally challenging process. It's important to approach it methodically and consider various legal, financial, and emotional aspects. Here's a step-by-step guide to help you through the process, including dealing with assets:



Seek Legal Advice: Consult with an attorney who specialises in family law. They will help you understand your rights, responsibilities, and the legal implications of your separation.

Collect Important Documents: Gather all relevant documents, such as marriage certificates, financial records, property deeds, bank statements, tax returns, and prenuptial agreements.

Temporary Living Arrangements: Decide whether you and your spouse will continue living together during the separation or if one of you will move out temporarily. This should be discussed and agreed upon if possible.

Child Custody and Support: If you have children, establish a temporary custody and visitation plan. Determine child support arrangements according to your state or country's laws.

Spousal Support: Discuss and potentially negotiate spousal support, if applicable, based on factors such as income, length of marriage, and financial needs.



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Asset and Debt Inventory: Create a comprehensive list of all assets (e.g., real estate, vehicles, investments) and debts (e.g., mortgages, loans, credit card debts) acquired during the marriage. This will be crucial for property division.

For a complete step-by-step guide and a matrimonial separation checklist contact Graham McIntyre AREINZ on email graham.mcintyre@mikepero.com or call/text 027 632 0421. With over 17 years operating at the top of the real estate market and with AREINZ qualification, Graham is a proven, stable, professional by your side helping and guiding you to the very best decisions and outcome.

Mortgage Ladies and Co

The small mortgage advisory with the big heart. Headed up by Heather Roney, award-nominated Financial Adviser and pink stiletto superwoman.



Hi! I'm Heather, founder of Mortgage Ladies and Co, dedicated wife, mum, and the face behind that awesome stiletto logo.

Our logo symbolises what happens when things get tough around here - I don my power heels to go into action to get the job done. I'm driven by my passion for helping families and individuals on their financial journey.

All good relationships start with open communication and honesty, and I absolutely stand by the Mortgage Ladies and Co motto - with you every step of the way; but don't take my word for it - check us out at Mortgage Ladies and Co.

Whether you are looking to purchase your first property, an investment property, debt consolidate or refinance we are here to help you navigate your journey. If you're looking for financial guidance, get in touch for a chat today.

\$100 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$100 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$3.30 a day. For more information email our editor at editorial@kumeucourier.co.nz.

Graham McIntyre

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Mike Pero
REAL ESTATE



M 027 632 0421
P 09 412 9602
FP 0800 900 700
E graham.mcintyre@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland

Area Property Stats

Every month Mike Pero Real Estate Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential transactions that have occurred.

To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HELENSVILLE	840,000	345M2	121M2	840,000		830,000	100M2	89M2	695,000
HOBSONVILLE	1,325,000	269M2	175M2	1,237,500		1,125,000	654M2	191M2	1,050,000
	705,000	0M2	83M2	620,000		880,000	189M2	99M2	902,000
	860,000	80M2	120M2	965,000		1,425,000	999M2	215M2	1,132,000
	1,230,000	177M2	170M2	1,249,000		1,400,000	851M2	190M2	1,110,000
	885,000	0M2	81M2	740,000		870,000	536M2	104M2	790,500
	2,750,000	0M2	109M2	1,555,000		1,000,000	173M2	140M2	995,888
	1,375,000	204M2	233M2	1,318,000		1,200,000	719M2	120M2	810,000
	970,000	167M2	99M2	955,000		1,300,000	502M2	225M2	1,257,500
	1,445,000	287M2	169M2	1,322,000		1,650,000	787M2	190M2	1,215,000
	850,000	105M2	825M2	640,000		980,000	628M2	112M2	1,280,000
	1,260,000	208M2	164M2	1,250,000		1,000,000	419M2	220M2	753,000
	1,680,000	360M2	223M2	1,620,000		960,000	673M2	90M2	850,000
	1,025,000	145M2	161M2	1,200,000		1,100,000	565M2	139M2	871,000
	1,780,000	329M2	274M2	1,776,888	PARAKAI	580,000	276M2	112M2	540,000
HUAPAI	1,375,000	745M2	192M2	1,240,000	RIVERHEAD	1,780,000	800M2	256M2	1,635,000
	1,250,000	1220M2	180M2	1,197,500	SWANSON	770,000	450M2	120M2	855,000
	1,325,000	581M2	178M2	1,204,000		1,025,000	640M2	134M2	955,000
KUMEU	860,000	114m2	116m2	770,000	TAUPAKI	3,300,000	5.25HA	290M2	3,100,000
	1,625,000	592M2	236M2	1,480,000	WAIMAUKU	970,000	1265M2	132M2	947,000
	2,150,000	1.05HA	350M2	2,965,000		2,775,000	9.28HA	407M2	3,100,000
	1,300,000	503M2	171M2	1,175,000		1,225,000	1501M2	230M2	1,246,000
	930,000	220M2	98M2	861,500	WEST HARBOUR	1,620,000	882M2	300M2	905,000
MASSEY	1,130,000	675M2	128M2	928,000		860,000	76M2	130M2	830,000
	1,875,000	2909M2	347M2	1,530,000		870,000	0M2	100M2	820,000
	600,000	61M2	51M2	515,000		1,000,000	236M2	105M2	1,040,000
	890,000	151M2	100M2	846,000		980,000	209M2	109M2	840,000
	930,000	180M2	86M2	885,000		880,000	140M2	112M2	830,000
	1,325,000	842M2	130M2	1,063,000	WHENUAPAI	1,365,000	360M2	225M2	1,250,000
	1,425,000	862M2	240M2	1,165,000		790,000	0M2	86M2	790,000

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!)

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Graham McIntyre
Brand & Territory Owner
027 632 0421

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Lorca Outdoor Lounge &
Dining Setting 5 Piece



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Ooni

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Hot Property



Recent rebuild – affordable lifestyle with views

Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living.

Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form.

Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining.

Extensive sliders deliver the outside in, enjoying open plan lounging and kitchen-cozy meeting the dynamic needs of family living.

Hardwood flooring that takes your breath away. All bedrooms, bathroom and laundry off a central corridor. Master, ensuite and walk in wardrobe also enjoys slider access to north facing decking.

Over 500 square meters of raised bed gardens, fruiting trees, delivers an orchard and market garden at your doorstep. A short stroll to shops, schools, park and transport links. So if you're a family looking for the good life - you've just found it.

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

Hot Property



transaction list please email graham.mcintyre@mikepero.com.

For more information on this property call Graham McIntyre on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).





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4 1 2 2

By Negotiation

812 Inland Road, Helensville

By Negotiation
Viewing by appointment

Amidst a serene North West facing rolling landscape, this property offers breath taking views of the Kaipara Harbour and is just a short drive away from the charming Helensville Township. A remarkable opportunity awaits, as this fully rebuilt home, meticulously crafted to code, comes with the assurance of a 10-year master build warranty. Surrounded by regenerating native bush, an orchard, and a grassy glade, the property harmoniously integrates with its natural surroundings. This as new 4-bedroom, 2-bathroom home boasts an open-plan entertainers kitchen, dining, and lounge area, leading out to decking all designed to capture the beauty of the surroundings. Completing the package is a double garage and workshop. This home caters to buyers seeking all the advantages of an as-new build while relishing a rural aspect and enjoying fewer neighbours.

www.mikepero.com/RX3894927



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



OUTSTANDING VIEWS - SUNNY AND PRIVATE

3 2 2 2

By Negotiation

147 Wiseley Road, West Harbour

By Negotiation
Viewing by appointment

Nestled in the heart of West Harbour, just minutes from the ferry, this much loved family home provides the perfect balance of views, sunshine and convenience. This brick and weatherboard home set over three levels provides an excellent stage for the whole family to perform at their best, offering ample storage space for all the family and their toys and tools. Double garage, formal entrance and storage rooms downstairs lead up to an entertainer's kitchen, separate cosy living area and decking on the first floor. This leads through to dining, decking, and formal lounge with expansive views of the harbour and the city skyline. Floor one also has a bedroom, laundry and bath room with access to the fully fenced back yard, providing a safe place for children and pets to play. Up to the next level you'll find two generous bedrooms, commanding views and a shared ensuite.

www.mikepero.com/RX3857660



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OCEAN AND KAIPARA VIEWS, BUSH AND GRAZING

3 2 3 3

By Negotiation

429 Kiwitahi Road, Helensville

By Negotiation
Viewing by appointment

Indulge in the splendour of country living with this extraordinary home boasting unparalleled views to the Tasman Ocean and northward to the enchanting Kaipara Harbour. Nestled on a sprawling 1.6 HA (approx.) of land, the property features meticulously designed formal and informal gardens, meandering pathways, an amphitheatre, and unique micro-glade gardens seamlessly blending into native bush. This restyled and refurbished home offers spacious living areas, bedrooms, ensuites and with studio options, as outlined in the provided floor plan. Tailored for the discerning mature buyer who appreciates the value of active relaxation amidst a sun-soaked glade with breath taking panoramic views, this property is truly special. Barns, implement sheds, chicken and hobby garden, raised growing beds, deep water bore and established orchard, the list goes on.

www.mikepero.com/RX3870348



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027 632 0421
graham.mcintyre@
mikepero.com



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.



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Home & Garden

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Sunday 31st March (9.00am to 3.00pm)

We're holding our annual Easter Egg Hunt again so time to load up the kids and head to Kaipara Coast Sculpture Gardens this coming Easter Sunday.

If you want to come along in your bunny suit or other seasonal dress you won't be alone.

Egg tokens will be replenished during the day to ensure everyone goes home with Easter eggs.

While on the hunt you walk around the beautiful 1 Km sculpture trail

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which has over 40 marvellous new sculptures created for our 2023 exhibition by local and international artists on display.

There is also a 2.5km nature trail which meanders around farmland and native forest, has a beautiful lookout point of the Kaipara Harbour and forms an important part of the Kaipara Coast Plant Centre conservation and restoration program.*

PLEASE NOTE; the popularity of this event plus the limited spaces available means that **BOOKING YOUR ENTRY TIME IS ESSENTIAL**. You can email info@kaiparacoast.co.nz, or phone 094205655. Or for your greater convenience use the ticket link below.

Our cute little coffee shop will be running a sausage sizzle on site on Easter Sunday, plus you can select plants for your garden at the Plant Centre during your visit.

A wonderful way to spend Easter Sunday and we're only a few minutes' drive North of Kaukapakapa (and around 35 minutes from downtown Auckland).

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

* Trail not suitable for wheelchairs or walking frames.

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

Entry \$35 per family

Booking: www.kaiparacoastplantcentre.com/product-category/vouchers-tickets/

Laser Plumbing and Roofing Whenuapai

February is officially the last month of summer which means autumn is here. Autumn offers us more settled weather, and the deciduous trees turn beautiful shades of yellow, gold and orange.

It is also an ideal time to start thinking about making sure your property is ready for the months ahead.

Drainage - drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping your drains in good working condition and reducing the chance

of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out



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Plumbing - dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal, backflow issues. These are just some of the common plumbing problems you can experience in your home or business. We have a great team of maintenance plumbers who can easily remedy these frustrating issues, on time and hassle free.

We also offer full plumbing solutions for new builds as well as renovations.

Roofing - We find and fix roof leaks. Here at Laser, we specialise in all your long run/iron roofing needs, from roof repairs to complete roof replacements, gutter cleans, repairing and replacing gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will get you sorted.

We are also excited to share that we offer a Supergold card discount. Just let us know you have a Supergold card when you book in your plumbing job, and we will give you 20% off your first hour of plumbing labour.

Contact Laser Plumbing & Roofing Whenuapai today for all your service needs on 09 417 0110 or whenuapai@laserplumbing.co.nz.

We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website www.whenuapai.laserplumbing.co.nz.

co.nz.

Come grow with Kumeu Community Gardens

Kumeū Community Garden is in its own little microclimate. It's protected and low lying so we are growing some tropical fruit including tree tomatoes and pepino. They're ripening now, so hopefully the birds aren't also keeping an eye on them.

There are rich pickings for you if you want to come and harvest. Lots of greens like silverbeet, sweet sorrel, kale and other salad veges are ready to pick, and an abundance of tomatoes are on their way. You will see monarch butterflies, pūkeko and kingfishers all interacting with the garden too.

Take koha from the gardens. Give koha too if you can. We're looking for more gardeners, even if it is just every now and then. Tomatoes need staking, beds and pathways need weeding and plants need watering. If you'd like to be involved please let us know.

The gardening crew will be in the garden every fourth Saturday of



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Home & Garden

the month from at least 9-10. So we hope to see some of you on Feb 24, March 23, April 27 and May 25. Book those dates in your calendars. See you there.

kumeucommunitygarden@gmail.com.

Streamlining Your New Build or Renovation: Expert Electrical Design Solutions

Feeling overwhelmed about your new build or renovation? Let us take away that stress (at least from the electrical point of view).

Seb has been in the industry for over 17 years and prides himself on keeping up to date with design and product knowledge. Our software allows us to design the electrical for your home, giving us quantities, and specifications and making changes so there are no surprises when you are trying to work out your budget.

Our electrical plans are easy to understand, and Seb will sit down with you to understand what you are wanting in your home, what's a non-negotiable and what your nice-to-haves would be. We are also big on future-proofing, so even though you might not have an electric car now, should we future-proof for that just in case you do it later? It's much easier to do it during the build than down the track. Don't want those outdoor lights yet, but think it might be something you may like in the future. Lets wire for them, just in case.

We are about solutions, not problems, so if an issue comes up during the build, we are always there to fix it. Something's not going



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to plan; we're there to pivot and come up with another way of doing it.

Building or renovating shouldn't be a hassle; your trades should be there making it an enjoyable process. If you're looking for an electrician who has your best interests at heart give Blackout Electric a call.

Looking for a new lawnmower?

Choosing the right lawnmower is the first step in caring for your lawn. Head in and see our team at STIHL SHOP Kumeu for expert advice on selecting the best mower for your property.

They have a great range of STIHL battery mowers and petrol options from Masport and LawnMaster available in-store. They're also able to answer all your queries about STIHL's new range of iMOW robotic lawnmowers.

Before you start, if your grass has gotten away on you, you might need to do a couple of passes with your lawnmower; starting with the highest blade height setting and then at a lower setting during the second pass. Our STIHL battery lawnmowers have various cutting heights to choose from and can be easily lowered or raised by using the lever on the side of the machine.

Kiwis like to cut right down low to the ground, however taking too much off the top can be detrimental to the health of your lawn. Mowing at a recommended height of 4 - 6 cm helps prevent yellow blemishes and unsightly scorch marks from popping up across the surface of your lawn, and reduces its susceptibility to damage from pests and disease.

EXPERT TIP: Always use sharp lawnmower blades for nice, clean cuts that won't damage your grass. If you notice your blades have become blunt and dull - simply drop your lawnmower into our team for a quick and easy sharpening service.

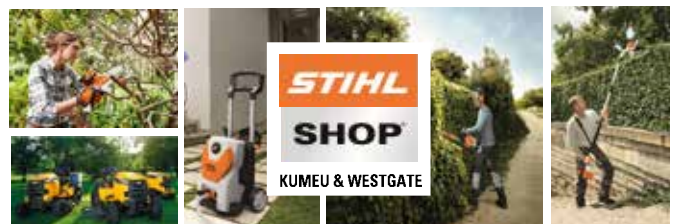
Head in and see our team at STIHL SHOP Kumeu!

STIHL SHOP Kumeu is open Mon-Fr 8.30-5.30, Sat 9-4



Waimauku Garden Club

It was a stunning day as we set off by carpool to our first destination, Crown Lynn and Clayworks Museum located in Ambrico Place New Lynn on the old Garden Brothers and Parker brickworks site next to their original brick kiln. Once the home to the iconic Crown Lynn Potteries, the largest domestic pottery manufacturer in Australasia. The Museum was opened in 2015 and holds a collection of about 6,000 objects as well as archives which include photographs and



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Home & Garden

designs. The collection relates mostly to Crown Lynn but also to the early brick and pipe industries of West Auckland. From bricks to tea cups. Louise Stevenson gave us a most informative and passionate presentation. It was quite nostalgic as we all recognized pieces from our homes or memories. Another hidden jewel out west to see and experience. Not far on to visit West Lynn Garden a slice of paradise set in two-and-a-half hectares of heritage trees, flowering shrubs, and sub-tropical gardens, it is renowned for its Butterfly house. A tranquil and peaceful haven. It was lovely to see the Monarch butterflies in abundance. We all met up for a leisurely lunch at the Brickworks Restaurant and Bar to enjoy a delicious lunch and refreshments. We could choose to head home or to the shops for a bit of retail therapy. A wonderful day was had by all.

Kumeu Plumbing

Those chilly nights are nearing. Every household deserves a cosy and dry home for the upcoming winter season. So, beat the rush. Install your wood burner now. Supply, installation, consent all taken care of by us. Inserts and free standing both available.



Don't let the winter doldrums get you down. If you have a roof leak that's giving you grief, we're here to help. We specialise in roof repairs and preventative maintenance. Be sure to book that niggly roofing service in today.

Are you providing safe and clean drinking water for your family? Elderly, children, babies, pregnant women and immune comprised

people are most at risk. Install your UV filtration system now to stop unwanted waterborne threats like bacteria and viruses. Being chemical free, it is the natural way to ensure safe drinking water to your whole home. A cost efficient and effective way to ensure your drinking water is safe. Make a move to safeguard your family's well-being.

Contact us today for FREE quotes for fireplace installations, water storage tank supply and install, UV filtration, roof repairs, food safety testing for Council requirement, roof water and bore water testing, bore water analysis and all your general plumbing maintenance.

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Fabulous furniture - let's table this feature

Last time we introduced you to award-winning Natural Timber Creations' awesome kitchen design, manufacture and installation process. Not only do we do kitchens extremely well, our talented craftsmen also have experience, expertise and old-school creative skill in designing and making stunning pieces of unique furniture.



The technical and creative ability and know how required to make a special custom piece of furniture is still alive and kicking here at NTC, giving you an



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Home & Garden

heirloom feature piece for your home. We don't mass produce so we guarantee quality, beauty and durability. From minimalistic and modern through to more ornate pieces, we are here to deliver.

We are a one stop shop from design, manufacture through to installation - the same folk complete the entire job, and are invested during all points of the process.

We are experts in furniture manufacture but that doesn't stop us from realising your dream in any finish or style. Take a look at our website: www.naturaltimbercreations.co.nz or contact Paul Marley on 021 111 9637.

Tile and grout cleaning and re-colouring

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



Grout is porous, and dirt, grime and bacteria soak into the surface leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum

extraction) and re-colour your grout to look like new again.

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

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

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

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

I've been a franchisee of The Pro Group for 7+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email mark.b@theprogroup.co.nz.

Whenuapai Floral and Garden Circle

The first meeting for the year was well attended. Bus trips were discussed with rising costs yet again so forms were distributed to gauge the feeling of members about changing details. More than a few members had health issues over the break hence several cards had been sent out.

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Home & Garden

Our Guest Speaker was Lynn Miller from Green Bay. BirdCare Aotearoa wild bird hospital is a charitable organisation providing care and rehabilitation for rescued sick, injured, and orphaned wild birds. The charity relies on the generosity of donations, sponsors and volunteers. Lynn has a PhD in environmental toxicology and is the only wildlife rehabilitator in the country to hold the Certified Wildlife Rehabilitator qualification.

We were shown slides of the premises and Lynn outlined procedures when sick and injured birds are admitted, very like an Emergency Department for human patients. Unfortunately, about 60% need to be euthanised and this is very upsetting for all concerned. The success stories however are what keep the staff going in their endeavours. Bone broth has been found to be beneficial to recovery. Staff need to wear face shields and gloves when handling the birds and just like with humans the paperwork is very important to have accurate records of treatments etc.

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 on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket (good prizes). Until next time, Happy Gardening from Mary Anne Clark

March garden to kitchen

Watering is critical to the survival of plants over summer months. Check watering systems are working. Check pots and planters daily and deep water if necessary. Ensure all edible crops are watered well. Water less often but more thoroughly and take your time and check that the soil is wet to at least 5cm. Water in the early morning or early evening to reduce water loss due to evaporation.

March can be the month where vegetable crops are attacked by pests and diseases so be prepared to spray when necessary and if pests have become a problem use an environmentally friendly spray around your vegetables, spray late in the day when the bees have gone home. Replace sticky traps when necessary.

It's time to plan your winter veggie garden, sow seeds now for harvesting in winter - rhubarb, leek, radish, cabbage, cauliflower, broccoli, silverbeet, spinach, beans, beetroot, carrot, parsley, lettuce/rocket/mesclun and onion. It should be warm enough in most areas now to sow directly into the garden, water often as they dry out quickly.

Plant seedlings - cabbage, beetroot, cauliflower, leeks, celery, pak choi, spinach, parsley, silverbeet.

Stay on top of weeds as they compete for water and nutrients and give pests a place to hide, use a hoe around the vegetables.

To encourage tomatoes to ripen remove any leaves that are shading the fruit. Remove any damaged fruit straight away to prevent disease

spreading, keep plants well-watered and fed. Check the stakes are holding the weight as the plants become heavy with fruit.

Harvest garlic when tops have flowered then turned yellow. The lower leaves will have also started to turn brown.

Start harvesting fruit trees as they become ready, check their readiness by tasting. Remove any fruit that has fallen to the ground as this will help break the life cycle of bugs.

Check all fruit trees for overly heavy branches and remove some fruit early if necessary to protect the whole branch.

Keep plenty of water on passionfruit and tamarillos as they get close to harvest.

Trim away leaves covering grapes to expose fruit to ripen with the sun. Cover with netting to protect the ripening fruit from the birds.

Start tidying strawberry beds.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$100 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$3.30 a day. For more information email our editor at editorial@kumeucourier.co.nz.



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Pets

Pet Patch Pet of The Month

Meet Patrick! Patrick is a 7 year old American Bulldog he loves to go for runs in the paddock and play with his family

If you would like to be featured as next month's Pet Patch Pet of the Month please email your entries to info@petpatch.co.nz if you get featured you get a \$20 store voucher!



Pet Parrots with Pet Patch

Caring for pet parrots is a rewarding experience that requires dedication and understanding of these intelligent and social birds. To ensure the well-being of your feathered friend, provide a spacious and stimulating environment with ample room for exercise and mental stimulation. A diverse diet rich in fruits, vegetables, seeds, and high-quality pellets is crucial for their nutritional needs. All available at Pet Patch.

Parrots thrive on social interaction, so spend quality time bonding with your pet through play, training, and positive reinforcement. Establishing a consistent routine helps them feel secure. Ensure a clean living space by regularly cleaning cages, toys, and food dishes. Parrots, known for their vocal abilities, appreciate communication; engage in conversation and provide toys that encourage mental stimulation. Understanding the unique



needs of your parrot species is key to creating a happy and healthy environment, fostering a strong and lasting bond between you and your feathered companion. Here at Pet Patch we consider ourselves parrot experts and we are more than happy to help with all of your parrot needs including boarding service, wing clips, nail trims and general advice!

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 unhomeable 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 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. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz

\$100 = Exposure for a month

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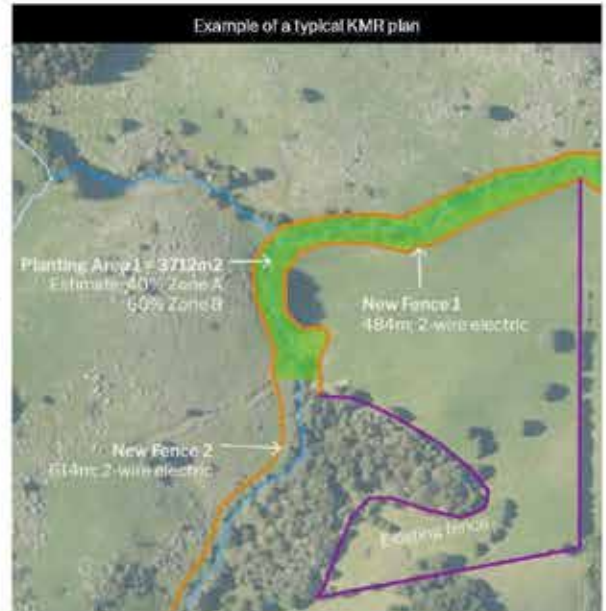
KAIPARA MOANA REMEDIATION

The Kaipara Moana has unique — and nationally important — values

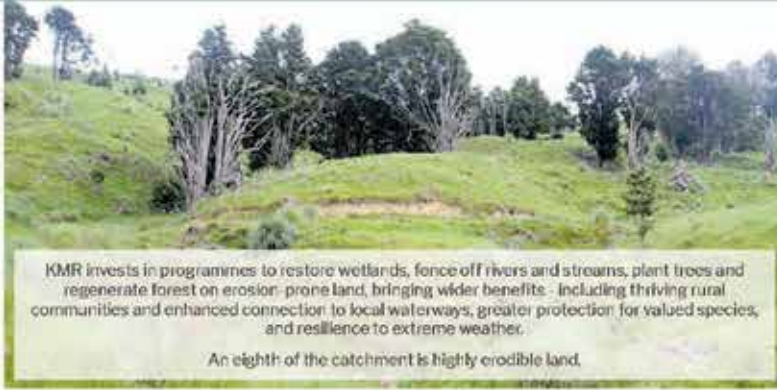
The Kaipara is the largest natural harbour in the Southern Hemisphere, and a place of global significance.

As the 'nursery' for several fish species, the Kaipara also has unique, national economic value. For example, snapper is New Zealand's top commercial inshore fishery, creating export revenue of around \$35m a year and contributing \$69m to the economy & 579 jobs each year. However, sediments from the land are putting both the Kaipara Moana and the fishery at risk.

KMR aims to protect and restore the mauri of the Kaipara Moana. Our long-term aspiration is to halve sediment flows into the harbour.



SEE US AT THE NORTHLAND FIELD DAYS SITE #H4



KMR invests in programmes to restore wetlands, fence off rivers and streams, plant trees and regenerate forest on erosion-prone land, bringing wider benefits - including thriving rural communities and enhanced connection to local waterways, greater protection for valued species, and resilience to extreme weather.

An eighth of the catchment is highly erodible land.



Matakohe beef farmer David Byles is one of almost 600 farmers working with KMR

KMR is now working across the landscape

We have recently expanded our focus on waterway protection to include projects on erosion-prone hill country. KMR can now co-fund a range of projects including:

- Fencing to protect waterways
- Native planting near waterways
- Managing erodible hill country including:
 - Continuous canopy and permanent forest cover using native species or non-weedy, non-pine exotic species (e.g. eucalypts or redwoods).
 - Fencing and management to support regeneration of native forest.
 - Space planting of poplars while maintaining some grazing (subject to poplar supply).

What KMR provides:

- Free advice — we walk the land with you to discuss your aspirations and project options
- Funding — typically, KMR pays up to 50% of the cost of eligible sediment reduction projects
- For groups such as catchment groups or marae, we can also help with the cost of engagement, coordination and project management
- Planning and support — our Field Advisors prepare a plan to access KMR funding and provide support through the project

KMR is already working with close to half of the estimated pastoral landowners in the catchment.

Come and join us!

For more information, or to ask about KMR's new funding available to retire and plant on erosion-prone hillsides:

w: kmr.org.nz | e: hono@kmr.org.nz

Food & Beverage

Harvest is here at Soljans!

We're kicking off this month with our Berba Harvest Festival (2nd and 3rd of March) and will be harvesting our onsite grapes around this time too!

Whilst this is a busy time in the winery, our cellar door and bistro are still open 7 days a week for wine tasting, sales, and lunch.

Come along and see how we're going, you may even get the chance to see some of the action!

www.soljans.co.nz or 09 412 5858



West Auckland's best kept secret "Blend Art Café"

A young local entrepreneur raising 2 children, Amy Brent-Jones began her business during covid 2020.

Out of boredom Blend Art Café was created. Amy used a bag of concrete and a paper towel cardboard roll and with them made a vase out of concrete. She then researched & learnt how to make different mould's that she could use to cast figures like pots, bears and an assortment of others. From there Sip 'n' paint was created and the rest is history...

What began as making and selling décor from a trailer at various markets to 16 months ago opening her first premises in Huapai.

At the early stages whilst working hard Amy would go home after a long day and sometimes not feel like cooking and the only option was takeaways. Amy saw an opportunity to add wholesome food options to her art cafe. She created her own menu with dairy free, gluten free and vegan choices.

From humble beginnings to creating a unique concept combining Art, an assortment of delicious food, beverages, gifts & a special inclusive environment where everyone can enjoy the offerings at Blend.

Amy & her team thank you all for your support and encouragement in making Blend Art Café possible.



Fish.Smoke.Fire

We heard your requests for a fish specialty class and have created one.

This cooking experience is for anyone that loves fish, and wants to learn more about the butchery of both round and flat fish alongside the art of curing, hot and cold smoking, marinating and cooking fish over fire.

The class runs from 9:30am - 3:30pm and is finished up with a late lunch, a glass of local wine or craft beer. Tickets are \$300 per person.



The first class runs on Friday the 15th of March, with more to follow. Head on over to our website for more details.

www.goodfromscratch.co.nz/whats-on/

Allely Estate

Allely Estate are renowned for being the venue for the NZ Bride & Groom Wedding of the Year but they also put on & deliver many local events. Last year finished with the exciting NorthWest Country Business Awards.

This year kicked off with a successful Italian Long Lunch with 180 guests indulging on an afternoon of Italian food, beverages, and amazing tunes by singer/songwriter Jaz Paterson.

Last year, our community spirit soared high as Allely Estate contributed greatly to an event and post sales that raised over \$70,000 for Muriwai in a fundraiser fueled by their love for all things local.

This year, Allely Estate's visionary & passionate 'about community' owners, Peter and Catherine, teamed up with renowned local businessman, Andy Cummings of River Valley Meats & Kumeu Meat Processors, to turn a dream into reality. Together, they bring you a long lunch extravaganza that showcases the best of our local flavours.



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Food & Beverage

Allely Estate's Head Chef Kevin, in collaboration with an array of local businesses (see below), has curated a mouth-watering menu that perfectly complements the richness of our community. From 12:30 to 5:30 pm, your booking will have you indulge in a culinary journey featuring a cheese appreciation talk by Dan from The Artisan Group, covering all things cheese and wine pairings.

Elevate your experience with an exquisite selection of wines from Kumeu Valley Wines and Cooper Creek or savour the craftsmanship of local brews from Hallertau all in one place.

Immerse yourself in the ambience of the afternoon with the soulful tunes of local musician and songwriter Jaz Paterson. It's an opportunity to connect with neighbours, friends, and family while savouring the diverse and delectable foods our community has to offer.

Join Allely Estate for an unforgettable celebration of local flavours, community spirit & the joy of coming together over a long, leisurely Local Artisan Food Long Lunch event! Book here for this event and others: <https://www.allelyestate.co.nz/events/>

Local Suppliers being showcased:

River Valley Meats, Scotts Seafoods - Henderson, Massimo Cheeses, Real Bread Project - Helensville, The Artisan Hub - Hobsonville, Kumeu Produce Market, Lemon Lime Grow Farm - Helensville, Kumeu River Estate Wines, Coopers Creek Wines, Hallertau Beer

Foodtogether

You might have heard about Foodtogether, a non-profit, volunteer run, fruit and vegetable pop-up? They supply a fresh seasonal selection of produce for \$15, straight from the market to the community. Everyone is welcome.



The pop-up often has added extras that you can add on to your order when you come in. What we have each week is posted earlier in the week, on the Foodtogether Massey Facebook page, it is subject to change on the day. The volunteers will let you know if there are changes.

It is held at the main entrance to Massey YMCA, 545 Don Buck Road, every Friday 3pm until 6pm. There is plenty of parking, for quick pick-ups. The volunteers will take your produce to the car if you need assistance. Orders help us prevent waste.

Please consider ordering www.foodtogether.co.nz. On Thursday at midday the orders close for Friday pick-ups. If you place the order after cut off, your order will be there on the following Friday.

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Once orders are made up, we have a limited supply for our casual walk-in customers, don't leave it too late to pop in. Please find us on Facebook 'Foodtogether Massey pop up' updates are posted regularly.

Want to try honey from avocado trees?

No, this honey does not taste like Avocado. Honeybees make honey from nectar produced by flowers, which later turn into fruit (if it is a fruiting plant). This honey comes from a large avocado orchard near Kaikohe in Northland and from Manuka scrub that was flowering on the nearby hills. 60+ MGO



Manuka. 500g pots. \$16 for a pot, mix and match bundle discounts apply. Also available in a Far North Five pot variety pack (\$60), and in 2kg minibuckets (\$45). Honey can be couriered to you with Post Haste or picked up from me in Massey. Order through my business website: www.donbuckhoney.co.nz or email DonBuckHoney@gmail.com.

Westbrook Winery

Summer 2024 at Westbrook Winery was truly spectacular. As the days slowly shortened, we enjoyed the slightly cooler mornings while still basking in the glorious sunshine during the day. On sunny days the terraces were the perfect hang-out spot, cloaked in dappled light from the big trees, providing picturesque views across the pond and vineyard. The all-important grapevines were covered in intensely-green leaves and the small-but-perfectly-formed bunches of grapes hinted at the delicious wine to come. Once the vines and their precious cargo were safely tucked up under the netting, all we had to do was wait for the sunshine to work its magic and ripen the fruit! Lots of sunshine equals a spectacular vintage! The Cellar Door was busier than ever, and the team enjoyed hosting many groups of all sizes for family gatherings, friend catch-ups and a handful of very special weddings. Planning a visit? Bookings are essential for weekends and public holidays, and large groups on any day of the week. Please book online www.westbrook.co.nz/book-now or call the friendly Cellar Door team on 09 411 9924.



RYAN JACKSON

M: 027 498 6202. E: ryan@treehouseprint.co.nz

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

Health & Beauty

What to expect after knee replacement surgery?

Knee replacement surgery can be a daunting prospect, but with the right preparation and support, it can also be a transformative experience. At NorthWest Physio Plus, we understand the journey ahead and are dedicated to guiding you through every step of your recovery.



Q: What will my first few days after surgery be like?

A: You can expect some pain, swelling, and discomfort around your knee. You'll be encouraged to move as soon as possible and will likely use temporary walking aids like crutches or a walker. Our team at NorthWest Physio Plus will start you on gentle exercises to promote healing and range of motion.

Q: How much pain can I expect after surgery?

A: Everyone experiences pain differently, but medication will be provided to manage your discomfort. We'll also teach you pain management techniques like ice and elevation.

Q: When can I start physio?

A: Physio should begin as soon as possible after surgery, often within the first 24-48 hours. Our experienced physiotherapists at NorthWest Physio Plus will design a personalised programme tailored to your specific needs and recovery goals.

Q: What will physio involve?

A: Your physio program will focus on reducing pain and swelling, improving range of motion, strengthening your muscles, and regaining mobility. We'll use a variety of techniques, including exercises, manual therapy, and modalities like ice and electrical stimulation.

Q: When can I return to normal activities?

A: Recovery timelines vary, but most patients can resume basic activities within 6 weeks and return to more strenuous activities like sports or heavy lifting within 3-6 months. We'll work closely with you to establish realistic goals and gradually progress your activities throughout your recovery.

Q: Why choose NorthWest Physio Plus for my knee replacement rehabilitation?

A: At NorthWest Physio Plus, we specialise in orthopedic rehabilitation and have extensive experience helping patients recover from knee replacement surgery. Our team of qualified physiotherapists will provide personalised care, expert guidance,

and ongoing support throughout your journey.

Q: Are there specific exercises aimed at improving knee flexibility and range of motion?

A: Absolutely. Your physiotherapy plan will likely include targeted exercises to enhance the flexibility and range of motion of your knee joint. These exercises are designed to improve your overall joint function and decrease stiffness.

For any questions, concerns, or additional assistance, please do not hesitate to contact NorthWest Physio Plus directly on 09 412 2945 or visit www.northwestphysioplus.co.nz.

Ask Dr Heather

What is Botox®?

Anon, Whenuapai.

A great question. Many assume they know as it's well splashed over the media, however I imagine many don't know more than "it freezes your face, Susan".

Botox® is actually a brand name for Botulinum toxin (other brand names include Dysport® and Xeomin®). All of these contain variable concentrations of toxin produced by the bacteria *Clostridium botulinum*. Originally used by the United States Army as a bioweapon in World War II, this chemical has a powerful effect on paralyzing muscles.

In large quantities Botulinum toxin can be dangerous, causing muscles needed for breathing to stop working. When used in much smaller concentrations, such as those used in Cosmetic Medicine, it is an effective tweaker of facial musculature, acting as a relaxant for muscles that cause pesky wrinkles. In skilled hands the result is a lovely, refreshed face, without looking frozen (think post-holiday-in-the-tropics glow). In not-so-skilled hands it can lead to something that resembles a stroke.

Botox® also acts on other parts of tissue such as sweat glands, providing an effective treatment for hyperhidrosis (excessive sweating). It has also been shown to help reduce the appearance of scars. The effect of this chemical is transient, lasting 3-4 months on average (up to 6-9 months in some). Muscle fibre and sweat gland function completely returns once it wears off, so top-ups are required to maintain results.

Despite function recovering, repeated treatments on muscles leads to wasting, as one slowly diminishes their desire to do certain expressions targeted by treatment injections, such as frowning. This alters the connectome in the brain, the complex wiring of



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Health & Beauty

brain cells connecting muscles of facial expression with emotion. Gradual weakening of muscles leads to altered emotions, hence less frowning triggers us to feel happier. Our animal instincts cause us to mimic each other, so if we look happier, so too do our peers.

Like so many historical discoveries, Botox® began as a beast and morphed into a thing of beauty. In the right hands, you too can benefit from its clever brilliance.

Dr Heather Anderson is a Cosmetic Medicine and Urgent Care 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.

“You’re not crazy ... just menopausal!”

“I just want to smack my husband around the head for breathing loudly!” ... sound familiar? This sort of sentiment is something Nikki Williams, prominent local menopause weight loss coach, hears a lot! And this is what Nikki covers in her Positive Menopause Project to let women know they're not alone in their experience of perimenopause and menopause, and, that they're not going crazy!



Nikki Williams and Women's Pelvic Health Coach Kirstyn Campbell, are teaming up for a workshop Saturday the 9th March in Kumeu. It's a relaxed afternoon for anyone entering perimenopause, in menopause or with a partner entering this phase of life (yes - spouses are welcome too!).

“Until recent years the “M” word has still been cloaked with a layer of secrecy, or only referenced with patronising jokes about ‘hot flushes’”, says Kirstyn. “It's something that needs to be talked about more! Nikki and Kirstyn aim to blow the lid off this topic in a relatable, fun and empowering way: “We want to give women some super easy to apply tools - small lifestyle changes - that make a huge difference in helping hot flushes ... and the other 34 symptoms women commonly experience!”, says Kirstyn. The pair are excited about demystifying perimenopause, menopause and talking about what actually can help women walk through this season positively!

Get tickets for The Positive Menopause Project, 2 - 4pm on Saturday 9th March, Huapai. www.kcfitathome.com/the-positive-menopause-project.

What is menopause - how do I know if I am going through it?

I know this might seem an obvious question to some of you but just this year I have had SO many conversations with women who really are really confused about what menopause actually is and how they know if they are menopausal. I have heard women say that they have been told by those who should know better that they can't be menopausal because they are 'too young' or 'don't have hot flushes' or 'still have their period'. So I thought I would use this opportunity to clear up the confusion.



There are 3 parts to menopause:

1. Perimenopause,
2. Menopause and
3. Post menopause.

Perimenopause

This is the time leading up to 'menopause'. It can last no time at all, it can last 13 years

and anything in between. You can start experiencing 'symptoms' at 35 years and into your fifties. It tends to be the most volatile time for symptoms because our reproductive hormones - oestrogen, progesterone and testosterone are on a little rollercoaster ride.

There are MANY symptoms (up to 50 are known but more are always being added) including: joint pain, anxiety, depression,

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Health & Beauty

anger, poor memory, foggy thoughts, sleep problems, painful sex, low libido, itchy skin, candida, sensitive scalp, dry everywhere, weight gain (hello meno belly), burning tongue, gums and feet, digestive issues...the list goes on. The reason why is because those reproductive hormones especially oestrogen are not just needed for reproduction - oestrogen is needed all over the body and required for brain function, gut function, heart health, bone health etc. hence the wide ranging symptoms....hot flushes are the tip of an iceberg and many women do not experience them. Period changes only happen right at the end of this phase.

Menopause - it's used as an umbrella term for this whole transition (and transitions take time) but really it is a 1 day event - 12 months and 1 day of no period and you are technically in menopause.

Post menopause - is the day after and for the rest of your life. Many women can still experience menopausal symptoms well after menopause itself has occurred,

Menopause is not a sign you are 'old'. Many younger women can experience this transition (early menopause between 40-45 years old) and women under 40 years may have what is known as premature menopause or primary ovarian insufficiency (sometimes medications and surgery can induce it too).

I also firmly believe that post menopause is not a time for a woman to be invisible but a time for a woman to stand up, be heard, be seen and be a leader.

If you have any questions about whether you might be in menopause then please contact me at admin@sarah-brenchey.com or come along to my next free 7 day menopause challenge in March - go to <http://sarah-brenchley.com/links> for more information.

If you are working with clients experiencing menopause and want to know how to help them please also contact me. I work with an organisation called Menopause Experts Group who provide training and resources for health practitioners, foodies, workplaces, gyms, salons, pharmacies and clinics etc.

What to expect with injury healing

When injury strikes, the first thing that most of us want to know is 'how long will this take to heal?' Unfortunately, the answer to this can be complicated and requires at least a little understanding of how the different tissues of the body heal. Each of the tissues of the body, including muscles, tendons, ligaments and bone, heal at different speeds and each individual will have some variation on those times as a result of their individual health history and circumstances.

Understanding the type of tissue injured and their different healing times is an important part of how your physiotherapist approaches treatment and setting goals for rehabilitation. On an individual level, a patient's age, the location and severity of the injury and the way the injury was managed in the first 48 hours all affect the healing times of an injury. Unfortunately, as we age, injuries do tend to heal more slowly than when we are young. Any medical condition that reduces blood flow to an area, such as peripheral vascular disease, can also reduce the body's ability to heal at its usual rate.

There are some guidelines that can be followed when predicting how long an injury will take to heal based on the tissue type affected. Muscles are full of small capillaries, giving them a rich blood supply, and as such, they have a comparatively fast healing time with 2-4 weeks for minor tears. This time will be extended for larger tears and more complicated presentations.

Ligaments and tendons have less access to blood supply and injury to these tissues generally take longer to heal. Larger or complete tears of all soft tissues, may not be able to heal themselves and in rare cases, surgery may be required for complete healing to occur. Similarly, cartilage, the flexible connective tissue that lines the surface of joints is avascular, which means it has little or no blood supply. To heal, nutrients are supplied to the cartilage from the joint fluid that surrounds and lubricates the joint.

While the different tissues of the body all have different healing times, they do follow a similar process of healing with three main stages, the acute inflammatory phase, the proliferative stage and finally the remodeling stage.

The inflammatory stage occurs immediately after an injury and is the body's primary defence against injury. This stage is identifiable by heat, redness, swelling and pain around the injured area. During this phase, the body sends white blood cells to remove damaged tissue and reduce any further damage. This stage usually lasts for 3-5 days.

The proliferation stage is the phase where the body starts to produce new cells. Swelling and pain subside and scar tissue is formed that eventually becomes new tissue. This stage usually occurs around days 7-14 following an injury.

The final stage, known as the remodeling stage is when the body

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completes healing with the reorganization of scar tissue and the laying down of mature tissue. This stage usually occurs roughly two weeks after the initial injury is sustained.

At each stage of the healing process, a different treatment approach is required and your physiotherapist can help to guide you through your recovery. Ask your physiotherapist to explain how your injury can be managed best and what to expect in your recovery process. Book in to our Riverhead or Hobsonville clinic today either online at www.hobsonvillephyiotherapy.co.nz or call 094164455 and let us help you find your freedom in movement again.

A Holistic Approach to Digestive Health, Skin Radiance, and Stress Resilience

In the pursuit of genuine well-being, I invite you to embark on a transformative journey that encompasses not only radiant skin but also optimal digestive health and stress resilience. At SWAN Skin Wellbeing and Nutrition, I understand that the path to

well-being comes from many aspects, and my commitment as a Functional Skincare Practitioner and Nutritionist is to guide you towards a harmonious balance within your skin, digestive system and wellbeing.

Nurturing Digestive Harmony - A flourishing complexion begins with a healthy gut. As a dedicated Nutritionist, I delve into the interaction between nutrition and digestive wellness. My personalised consultations focus on unraveling the root causes of digestive issues such as bloating, IBS, reflux, detox and more, allowing me to tailor nutrition plans that not only restore gut health but also pave the way for skin radiance. I believe that true beauty stems from the core, and my expertise lies in nurturing that foundation.

Illuminating Skin Radiance - While radiant skin is a testament to internal well-being, my approach extends beyond the surface. I craft customized plans with skincare products and treatments that address both external and internal factors impacting your skin. From targeted skincare routines to nutritional support, I guide you towards a holistic skincare approach that complements your digestive health and wellness journey.



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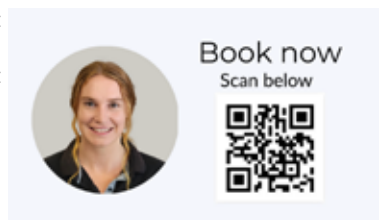
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Kate is your go-to expert for treating injuries, easing niggles, and banishing that tight feeling. Why choose her? Well, anyone can claim to be a massage therapist after a weekend course, but Kate stands out for her extensive training and qualifications.

When you want genuine relief, Kate is the person to turn to.

Whether you're dealing with stubborn headaches, tension in your back, neck, or shoulders from work, sports, or just the daily grind, Kate, a proud Muriwai local, is here to help. You can find her at the Massey Clinic on Don Buck Road, ready to tackle your specific situation. As a special offer for our magazine readers, Kate is extending a fantastic deal - enjoy a 60-minute session with this skilled and certified therapist for just \$95.

Ready to make a positive change for your well-being? Scan the QR code below to book your session with Kate and become a regular beneficiary of this exclusive offer. Let Kate work her magic, and say goodbye to those persistent aches and pains.



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Area Columnists

Does your child find it hard to sit still?

Within the grounds at Country Bears, children get to experience undulated ground beneath bare feet and all the different textures that come with being outside in nature. We understand the importance of children being outside, being able to move with space and freedom, in a safe and stimulating environment.

When Country Bears first opened our doors to the community in 1993, a child with a development or neurological problem was very rare. Now there appears to be a very large increase with more and more children being diagnosed with poor attention skills, unable to self-regulate or manage their own emotions, a poor sense of balance, a decrease in strength and endurance, increased aggression and a weakened immune system. More and more children are heading off to school with these and adults are asking why?

There has been a massive rise in children being diagnosed with ASD, ADHD and ADD. According to the National Institute of Health (NIH) in the USA, an astonishing 5.3 million (or 8.7%) of children were diagnosed with ADHD, with this number rising yearly. ADHD New Zealand states "an estimated one in 20 New Zealanders have ADHD" and that ADHD affects 2%-5% of all children.

So what's the answer? Get the children outside. According to Angela Hanscom, a pediatric occupational therapist, unrestricted outdoor play makes for strong, confident and capable children. Being outside, the children are able to move their bodies in all sorts of directions, use all their muscles to build strength, use all of their 7 senses (yes, 7), which helps children to then cope with being in a formal environment that requires focus and stillness. She believes that children need to spin, roll, be upside down, move, move and move some more, to make sure that each child's cognitive and physical development is developed fully.

With all the research telling us that children need to be outside, we know that Country Bears offers children all these skills to ensure children are moving off to school with the best possible start.

Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With over 30 years of experience, Country Bears is the name in childcare that you can trust. We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another generation.



Please feel free to come and have a look at our beautifully placed Centre with our professional and caring team of teachers. Check us out on our website: www.countrybears.co.nz or our Facebook page: www.facebook.com/cbearsecc

Time to let go

Are you feeling tired, worn out, heavy, and you can't move forward?

Do you feel bogged down and stuck?

IF you feel like this, you are not alone. Its normal to feel this during certain times in our lives.

Maybe there is something that holding you back, something from the past or even something more recently that you are struggling to deal with or let it pass. Such things maybe grief, job loss, relationship break up, childhood issues or just day to day life.

Do you need to continue to feel this way? No, you do not. Are you ready to let these go? Yes you are.

Now is the time to let these go and work through the issues you need to in order to regain control of your life and move forward and seek enjoyment and fulfillment of your life.

The first step in letting go is to give yourself permission, as hard as it is, this is the first step in taking back control of your life and emotions. Will it be easy, no. But can you do it? Yes! Next step in this process is to go deep inside yourself and explore what you need to let go, maybe you already know, even if you do, still go deep into yourself and have a look around, it maybe something else that you need to let go first. Give yourself time to work through this step. Once, you have identified what needs to go, then you need to give yourself time to work through it, understand what you need to do to let it go and work through the process. Once you have worked through this process, you need to LET IT GO and NOT take it back.

You do not need to be on your own to work through this, you have already done the hard work by identify the issues and you have given yourself permission to LET IT GO and release what is holding you back. Astramana™ Healing Services can help you and provide you with the motivation to LET IT GO! The TIME IS NOW!

We cannot and will not do it for you, as only you can, but we can help you, through the various the process with the various services we offer. Some of the tools we offer you is hypnosis, healing sessions and teaching you to heal yourself.



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Area Columnists

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: www.astramana.com (if not working, www.astramana.co.nz) or email astramana@gmail.com, phone/ text us on 021 0277 0836 with any questions or to book a session, workshop or a New Year's Tarot reading. We offer a mobile service to those out West Auckland.

Continuing community connections

Understanding our community is a critical key for Citizens Advice Bureau volunteers.

"Knowing and growing connections with local groups, organisations and agencies helps us unlock a good service," manager Rani Timoti says. "The more familiar we are with what's out there, the easier it is to direct clients."



When volunteers refer a client to an organisation they're already familiar with they can share some handy points to make their next steps smoother.

For example, if there's parking available, what the building looks like, is there a landmark near it, about the friendly staff or who best to see.

Volunteers can save clients time and frustration if they're aware of some main factors/points with local agencies/organisation.

"Building relationships can also lead to learning and development opportunities for volunteers where people can be invited to speak about their group or service," says Rani.

This year the CAB office at 16 Commercial Rd has been brimming with community comings and goings.

So far the established Community Support Networking Group, Pro Care's Ready Steady Quit programme and Otakanini Topu regularly meets there.

Meetings are also held at various times for Oranga Tamariki, the local Justice of the Peace association and a health group.

Clients are also referred to our budget advisor from groups like Parent Aid and South Kaipara Good Foods and agencies like Work and Income.

"This year our budget advisor, who is also a JP, will provide his expertise for South Kaipara Good Foods to continue their support for their own clients who have a rapport with this amazing operation with volunteers just like us who want the best for our area," says Rani. "To work alongside our community organisations is a privilege for us. We are helping each other to help our locals so it's a cycle of comradeship."

Rani already has many ties in the community and will be speaking to local groups and organisation throughout the year about her "indispensable" Citizens Advice Bureau.

The CAB office opens Monday to Friday from 10am to 1pm and Saturdays from 10am to noon. Trained and qualified volunteers also include JPs each day.

The Community Support Network group meets monthly on the first Tuesday of the month at CAB Helensville from 11am.

Chris Penk MP

When walking about Kumeu recently, a number of people have been approaching me about building and construction matters.



That's partly because I have that role in government these days, as the minister. More importantly, though, it's because there are lots of related issues that affect people here.

On one level, the key stakeholder is the tradie (whether builder, plumber, sparky etc) who is looking to do work ... and wants to be allowed to get on with that safely and well.

The key group in all of this, however, is really the local family or business needing a roof over their head to live, work and play.

Everyone is affected by exorbitant costs for building, in other words.

I recently highlighted in the media that the cost of a standalone home in New Zealand (comparing like-for-like with Australia) is 50% higher on this side of the Tasman.

The solution must be to enable greater competition among those offering building products. We have some very innovative people in Northwest Auckland and all around the place.

I am keen to ensure that they get a fair crack of the whip when it comes to supplying materials.

That will be to the benefit of us all, with better, more affordable



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Area Columnists

housing that we can get in place as a result.

Of course, none of this is to say that housing without accompanying infrastructure is acceptable. We must remain alive to the need to plan and provide much better in this regard. I remain fixated on that as your local MP, rest assured.

Chris Penk MP for Kaipara ki Mahurangi electorate

chris.penk@parliament.govt.nz

Brynderwyn disaster commemorated

On Pēpuere (February) 7, 2024, a moving commemoration was held at Te Awaroa Museum to honour the 15 people who died and the 21 who were injured on that date in 1963 when the bus bringing them home from Waitangi Day celebrations crashed at the bottom of the Brynderwyn hills. Those involved in the worst motoring accident in Aotearoa's history were mostly either connected to Rewiti Marae on State Highway 16, just south of Helensville, or to Onehunga.



The Waitangi Day attendees had had a great day on the 6th. They attended the celebrations as part of the Māori contingent from around the country selected to meet Queen Elizabeth, who was in attendance. Concerns about the wooden-framed Army surplus truck, converted to a bus, that arrived in Helensville to take them to Waitangi after they were transferred from their original bus had faded - the feeling was "it got us there so it would get us back" - and the travellers were not prepared for the accident that took so many lives and caused so much pain to the living. The bus had crashed on the last bend in the twisty Brynderwyns due to complete failure of service brakes.

Many whanau of the dead and injured attended the ceremony, officiated by Rev. Warahi Huinga Paki, JP. Interspersed with waiata, hymns and prayers, the names of the dead were read out, a bell was rung, and a candle was lit for each one. Connected forever by the disaster, several whanau gave emotional accounts of their stories from the event, saying that talking about it helps them deal with the grief they still feel. With current issues also front of mind, one speaker emphasised the need to "hold fast to your reo, mana, and lands".

The special event was organised by Te Awaroa Museum President

Leigh Bosch (Ngāti Whātua) who lost whanau in the accident and Vice President Megan Williams, assisted by other Museum helpers.

An exhibition of newspaper articles and photographs, including documents from the inquiry held after the accident was of great interest, as was the Mark Sainsbury-fronted documentary 'Descent from Disaster', which had screened on television to mark the 50th anniversary of the Brynderwyn accident. This exhibition is ongoing and has been visited by several people since the commemoration.

Whanau who attended the commemoration expressed thanks for the opportunity to come together and honour those involved. "As old as we are we have not forgotten. Out of grief comes growth, and opportunities to connect."

Parents' Choice – Kiddywinkles

Six months after arriving in Huapai, Kiddywinkles Childcare has certainly taken the attention of many young parents.



With so many childcare centres in the Huapai/Kumeu area, I was interested in understanding how in such a short period of time, parents are choosing Kiddywinkles over other centres.

Allen Court, Centre Owner and hands on Centre Manager explains. "We are all about people. Our teachers, parents and children are all part of the Kiddywinkles' whanau. We support our teachers to become the very best they can, we welcome all parents everyday, and our inclusive environment embraces children and lovingly supports them on their journey with us".

I was curious to see what parents had to say and I must say, the feedback was very good.

Jess says 'choosing the perfect daycare for our daughter was our top priority. After researching and viewing many of the surrounding daycares, we found Kiddywinkles to be the best fit for us. What really stood out was the spacious indoor and outdoor areas. I am so grateful to have found a centre where we have witnessed tremendous growth in our child's confidence. Kiddywinkles is more than a daycare, it's a community. If you are considering a daycare around Huapai, I strongly recommend checking out Kiddywinkles.'

Patricia says 'we looked around this area and Kiddywinkles was the top childcare centre for us. With two children now enrolled we love watching progress - the teachers are very supportive. We have a very open communication with teachers and Allen. Enrolling our children in Kiddywinkles is the best decision we've made"

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Valerie says "Kiddywinkles has exceeded our expectations, making our child's daily experience not only educational but also emotionally enriching. We are grateful for the positive impact it has had on our child's development and look forward to continued growth and happiness at this outstanding centre"

With Huapai District School only 50 metres away, Kiddywinkles is the perfect spot for younger siblings or for children who will eventually go to this primary school.

Before choosing a centre for you little one, check out Kiddywinkles in Station Road - you won't be disappointed.

Vibrant Auckland-wide EcoFest will kick off in March 2024

Learn to make butter like they did one hundred years ago, explore Auckland's largest wetland on a VIP kayak tour; nurture native seeds to help restore our local streams; master the art of Japanese gift wrapping! These are just a few of over 250 inspiring and sustainable activities on offer during this year's EcoFest, running from 15 March to 14 April.



There will be more than 100 events to choose from in West Auckland alone, from composting workshops to discovering our local wetlands. EcoFest's aim is to make sustainability fun and accessible; inspiring people to make simple changes to reduce their impact on the environment.

"EcoFest has always been a grassroots festival, offering local change-makers a chance to share their skills and ideas, championing our local environment, supporting collaboration and celebrating the importance of community," says Carla Gee, CEO of EcoMatters Environment Trust.

Starting on Friday 15 March, the month-long EcoFest 2024 programme will be packed with events, activities, installations and workshops for people of all ages and at any stage of their sustainability journey.

This year, take part in one of the conservation projects happening in your neighbourhood. In West Harbour, volunteers can help regeneration efforts at Clearwater Cove to stop the spread of pest plants and animals and protect this space as a habitat for seabirds. Or join the huge coastal clean-up happening in Whenuapai and

Herald Island on Saturday 23 March, where volunteers will head out in kayaks or on foot to tackle litter in hard to reach places.

West Aucklanders already know and love EcoFest, which has run in their area for more than a decade now. In 2023, organisers EcoMatters Environment Trust joined forces with Kaipātiki Project, Beautification Trust and Waiheke Resources Trust to take the festival regionwide.

Find out more at ecofest.org.nz.

Flip For Fun and For Health!

Did you know...?

Having beaten the nasty Covid 19, health issues are present in our collective minds. To remain free from illness and infections we know it is important to stay healthy and fit.



Did you know, amongst many other benefits of trampolining, bouncing (which is like pumping the body) improves the functioning of the Immune System. The lymphatic system is a vital part of the immune system.

It is a defence mechanism against viruses, bacteria, diseases and infection and helps to get rid of the body toxins, waste and other unwanted materials in the body. So bouncing helps slow the aging process too - bonus!

Regular bouncing helps tone the body, especially the stomach, back, and legs. Core stability muscles are consistently engaged to help enhance balance. This type of training helps boost your metabolic rate and the ability to burn calories and remain healthy.

To find out more be sure to check www.flippinfun.co.nz/info/health-benefits/ or call us on 09 833 6880. Also follow our Facebook page.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$100 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$3.30 a day. For more information email our editor at editorial@kumeucourier.co.nz.

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