

Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships



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

Great grandfather's ketch

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

Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.

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

October 2024



Greetings

I checked out the new Foodie Asian Supermarket at Westgate.

Found a couple of cans we wanted (water chestnuts and bamboo for a lettuce wrap meal) but the checkout queues were so long I abandoned them and fled.

The carpark was full so we only got in by grabbing a park just as someone was leaving. Got lost trying to find the supermarket next to Mega Mitre 10 Westgate – went up the wrong side road (even using iPhone maps) and found it after asking directions.

Seems half of Auckland was there on the same weekday, people in every aisle – and it's a big supermarket! Obviously very popular.

I also checked out the new restaurants and drive-throughs to the south of the Costco Fuel station – Taco Bell, KFC, Starbucks and Carl's Jr – also busy.

A huge Kmart store is expected to open at Westgate in 2026, while a Tesla site and West City GWM/Haval permanent showroom are also due soon (a pop-up GWM showroom is near the Event Cinemas Westgate complex).

New Zealand's first Costco Wholesale store is there and still packed, various other outlets including those in the NorthWest Shopping Centre such as Farmers, Countdown and more than 120 other shops and brands, plus food places, footwear and clothing specialists, jewellers, paint shops, a Stihl shop and others in the area including Bunnings Warehouse, Pak'nSave, The Warehouse, and a stack more.

Te Manawa with its library, JP services and other facilities is popular too – just try to park nearby!

All are within easy reach of the Kumeu district which also has commercial growth.

Westgate has rapidly become a regional hub for shopping, food and entertainment – and I expect the Kumeu area will become so too.

That's probably once the traffic issues are sorted and the bypass established, making it more accessible.

Not that long ago the Westgate area was more rural with strawberry farms, orchards, vineyards, rural homes, lifestyle blocks, etc – just like Lincoln Road once was.

I can see the same happening to the Kumeu district.

Geoff Dobson, Editor

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People & Places

Great grandfather's ketch

Former Muriwai man Neil Reid, now at the Country Club Huapai, was researching Muriwai shipwrecks when his own name "jumped" out the book he was reading called "New Zealand Shipwrecks, 1795-1970" by CWN Ingram, published in 1972.

Turns out the Captain Neil Reid in the book was the current day Neil Reid's great grandfather on his dad's side who came to New Zealand from Carrickfergus (north of Belfast) in Ireland.

The son of John Reid, this Neil Reid was born in 1842 and arrived in Dunedin as a 19-year-old in 1861, apparently attracted by the Central Otago gold rush.

By 1871 he had several properties in South Dunedin in Macandrew Road, south of King Edward Street, adjacent to the Shamrock Hotel (now the Ocean View Hotel) and had sufficient land for grazing horses and cows.

He began a business arrangement in 1871 to build a ketch (a two-mast ship with the rear mizzen mast smaller than the main one) called the Eliza McPhee - named after a wife of boat-builder William McPhee (initially from Nova Scotia) who built the 39.4-ton ship at The Landing in Owaka on the Catlins River in South Otago from January to March 1871.

It was 64.7 feet long, 17.9 feet wide and had a 6.2-foot draft.

Owned by Neil Reid and William Peterson of Dunedin, the Eliza McPhee was launched on March 16, 1871, and sailed for Dunedin on April 9 that year with a timber cargo as ballast.

The present-day Neil Reid learned the ketch went aground at Mayhew Island inside Kapiti Island on June 17, 1876.

The ship was wrecked and surrendered to the insurers.

It was salvaged and then rebuilt, and owned by several people until it was finally wrecked in Waikawa Harbour after breaking its moorings in 1881, having been owned in Riverton for several years,



a newspaper reported at the time.

Neil travelled from Muriwai to the Owaka Museum in 2019 to add more to the story, finding the original half-hull model that triggered his build of the scale model of the Eliza McPhee - which he built in six months in 2023 - now on display in the Country Club Huapai main foyer.

Learning more about his great grandfather, Neil says his ancestor married Anne Laverty (formerly from Ballyeastle, Ireland) in October 1873 and they had four children with modern Neil's grandfather John (1876-1918) the sole survivor past puberty.

Great grandfather Neil Reid died at 37 in Dunedin Hospital on February 2, 1879, from injuries sustained after being kicked by a horse while tending his cattle on January 31 of that year.

His death came not long after the Eliza McPhee's Kapiti wreck.

Later in the year the model will find a new home at the Owaka Muesum joining other memorabilia from the early European settlement of South Otago.

Foodie Asian Supermarket popular at Westgate

Customers continue to pour in the door at what's billed New Zealand's largest Asian supermarket.



They come to the \$20 million Foodie Asian Supermarket at 33-47 Northside Drive (next to Mega Mitre 10 Westgate), open from 8.30am to 8pm, for a wide variety of products under the one roof.

The 3800 square metre store near Costco Fuel and the Bargain Chemist Westgate has more than 200 carparks - full the day we went shopping there.

Checkout queues were long but didn't deter most shoppers - we

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People & Places

were after a couple of cans of items you don't usually see in normal supermarkets, but the Foodie Asian Supermarket also has six in-store vendors such as Oceanz Seafood, a butchery, bakery, a roast duck vendor, a Korean lunch bar and a Chinese deli takeaway shop.

Foodie Asian Supermarket Managing Director Tao Shi says Foodie Co. has leased the building for about 30 years.

The site and building is owned by NZ Retail Property Group (NZRPG) with Tao a director along with NZRPG owner Mark Gunton, Taiquan Wu and John Garelja of former Garelja Bros strawberry growers' fame whose farm was where Mitre 10 Mega Westgate now is.

Tao expects trade to remain brisk at the new Foodie Asian Supermarket, which has more than 30 staff, and he says thousands of customers have already been through its doors.

He had previously run a wholesale fresh produce business for 12 years while business partner Taiquan Wu had operated an international produce trading business.

Tao came to New Zealand from China 20 years ago and Taiquan about 21 years ago and they plan to open more Foodie supermarkets in Auckland.

The Foodie Asian Supermarket is also near the Taco Bell, KFC, Carl's Jr and Starbucks outlets with drive-throughs, and a planned Tesla site.

North West Country Inc

Santa is coming to Helensville! Yes, after four long years we finally managed to get him to come back. North West Country, Our Village, The Village Market and the Helensville A&P Association are joining forces to have a Santa Parade and Christmas Market combined event.



On Sunday 15th December the Helensville Showgrounds will host the Christmas Markets from 8:30am, with the Santa Parade at 12 noon. The floats will make their way round the race track and spectators visiting the market can watch from the sides.

We encourage all local and neighbouring businesses to enter a float and join us for a fun packed day. There will be music, games, food trucks, lollies, face painting, hair braiding and much more.

Simply head to our website to enter your float and find out more. Anyone who wants to sponsor a part of the parade is welcome to

speaking to me as we have a few items to pay for to make the day a real success.

For anyone wanting to learn more about digital marketing, we are also offering a course on October 15th, at Morepork BBQ in Kumeu. If you want to know more about websites, target audiences, Facebook Meta, Google Adwords, videos, brand awareness, AI and its use in digital marketing and much more, you need to book your tickets. Taught by Tu Whanake, this course is offered as donation only to North West Country members as they know how hard this year has been and how vital digital marketing is in your business success. Check out our website or Facebook event for ticketing.

The North West Country AGM is booked in for Tuesday 22nd October. It will be held at the Business Hub, 103C Mill Road, Helensville at 5:30pm. We welcome all members to attend and hear what we achieved in the year that has been, and help make decisions on the year ahead.

Don't forget, please come to me with any questions, ideas, issues, or support that you might need. I am here to help. Manager@northwestcountry.co.nz

New traffic layout on SH16 Huapai to Waimauku from November

Plenty of work has been going on through the day during the past 13 months behind metal barriers on State Highway 16's northern side as part of stage 1 of the Brigham Creek to Waimauku safety improvements project.



Crews have been making changes to the existing road to make it safer, upgrading bridges, improving drainage and utility services that run alongside the highway, and are set to move to the southern side of the highway from November.

This will involve the metal barriers being progressively shifted from Trigg Road to Matua Road with one-lane of traffic remaining open in each direction, says the NZ Transport Agency (NZTA).

It will happen at night under a series of full road closures. Each morning there will be new road markings and slight lane realignments, says the NZTA.

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People & Places

From December or January 2025, this switch will continue from Matua Road to Factory Road.

Road users are urged to take care as people adjust to this change and as road crews continue to work on delivering safety and utility improvements along this section of state highway, says the NZTA.

Pedestrians and cyclists are encouraged to consider other safer routes as there are no footpaths and the road corridor is very narrow.

Visit nzta.govt.nz/projects/sh16-brigham-creek-and-waimauku or email sh16safetyimprove@nzta.govt.nz for more information.

Technology and generosity help restore Kaipara Moana mauri

Efforts to protect and restore the mauri of the Kaipara Moana have received a boost thanks to the generosity of Spark IoT (Internet of Things) and Phathom.

Spark IoT and Phathom are providing the connectivity and technology which, along with the backing of Kaipara Moana Remediation and the University of Auckland, is making it possible for research leader Anne-Fleur van Leeuwen to focus her PhD on the effects of river sediment and nutrient dispersal in the Kaipara Moana, the Kaipara catchment extending to Taupaki.

That work began in August with a project at Port Albert wharf on the Hōteō river mouth, on the edge of the Ōruawharo estuary arm.

Phathom designs and manufactures Turbidity and Total Suspended Solids sensors for real time sediment monitoring, says Phathom Sales Manager Emma Ford.

"We use four beams of light and a ratiometric algorithm to accurately and reliably measure sediment in our awa.

"Our technology comes from our specialised dairy instrumentation, Quadbeam. We developed Phathom as a passion project in response to huge sediment spills and a lack of accountability. Same technology, with easier communication, low power and lower cost fit for the water industry.

"We love to stay true to our roots and get involved in community projects like KMR, using our technology to assist their mahi. If we



can help measure sediment in the beautiful Kaipara, we can take accountability for improving its health in the future."

Meantime, Spark IoT provided a Captis solar powered data logger that uses Spark's Cat-M1 IoT network. The logger is connected to the Phathom sensor to ensure water quality readings are collected at 15-minute intervals and sent to the cloud daily for a more immediate, granular and cost-effective analysis.

Philippe Boulanger, Spark IoT Growth Lead says IoT and other high-tech solutions are a natural enabler in helping communities to better understand and manage the health of our rivers, lakes and water as an essential resource.

"All water has 'mauri' or life force - measuring if the mauri of the water is improving or declining using IoT is critical to the KMR project."

Anne-Fleur says she is stoked to have the technology in place and monitoring underway.

She believes estuaries have a powerful filtering effect, which cleanses river water of sediments and nutrients prior to it entering the open ocean, helping ensure a thriving estuarine and marine ecosystem.

In fact, the Kaipara Moana and its estuaries form a significant ecosystem that is a meeting place between ocean and river water - and one which is deeply connected to the surrounding land and catchment.

Meanwhile, Anne-Fleur is focussed on utilising the Spark IoT and Phathom connectivity and technology to collecting water, sediment, and zooplankton samples.

These samples will be used together with existing data and satellite images to understand:

- Where riverine nutrients and sediments go under different tidal and weather conditions, including storms such as Cyclone Gabrielle
- How the sediment and nutrient concentrations change within the river plume and if river plume dynamics can be linked to zooplankton species and mangrove accretion.

She hopes her research will provide new knowledge to better identify areas affected by river sediments, and how this may change with climate change and on-land restoration efforts.

In future, with KMR's support, Anne-Fleur hopes to present her



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People & Places

research plans to the people of the Kaipara Moana.

Allely Estate raises \$8000 for Dress for Success Auckland charity

Allely Estate in Kumeu hosted a spectacular event incorporating 200 women in tiaras for an inspiring "Formal Friday" with television personality Hilary Barry.



This event aimed at supporting Dress for Success Auckland, an organisation that empowers women by providing professional attire and resources to help them succeed in the workforce.

And it exceeded all expectations, says Allely Estate co-owner Catherine Cooke.

It initially aimed to collect more than 500 clothing donations and instead brought in a staggering 4273 items of professional attire.

Women from across the community and wider region (including Whangarei, Tauranga, and Rotorua) gathered to donate gently loved and new clothing that would help other women feel confident and prepared as they step into job interviews for new roles.

In addition, the event also raised \$8000 - with fundraising efforts still ongoing. The funds will directly support Dress for Success Auckland's programmes, helping it provide not only attire but also career coaching, interview preparation, and ongoing professional

development for women facing economic challenges.

"To see 200 women come together, dressed elegantly in their tiaras, each one driven to make a difference, was truly heartwarming," says Catherine.

"The support exceeded anything we had hoped for, and it's a testament to the power of women supporting women," she says.

"Raising 4273 clothing donations and \$8000 speaks to the generosity and compassion of our community, sponsors, donors and partners."

Hilary Barry also praised the initiative, highlighting how events like these are crucial for creating lasting change.

Many people commended Allely Estate for the thoughtful planning and for creating an atmosphere where women not only enjoyed a beautiful event but also had the chance to meet other women, hear heartfelt stories from three clients of Dress for Success Auckland and give back in meaningful ways.

Allely Estate's "Formal Friday" event is an example of how a well-executed, community-focused event can bring about real, positive change.

As the donations and funds continue to grow, the impact of this event will be felt by many women in Auckland for years to come.

It's a tough time for businesses, yet Allely Estate remains committed to positively impacting the community at large.

Last year Allely Estate ensured \$76,000 went to Muriwai to help with disaster relief.

Wait and see what's planned for next year.

Go to www.allelyestate.co.nz/i-am-the-woman-that-empowers-another-woman/ for more on the Dress for Success Event.

Photo: Geoff Salisbury Photography.

Ancient Muriwai lava mega pillows recognised globally

Millions of years old mega pillow lava flows at Muriwai are now listed among the world's most significant geological sites by the International Union of Geological Sciences.

About 200 features around the world are recognised as



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Geological Heritage Sites by this scientific group for their value and significance to early geological history - including the Giant's Causeway in Northern Ireland and the Devil's Tower in Wyoming, United States.

Muriwai Regional Park's mega pillows were added to the list in August 2024 and fall under the Auckland Council's care.

Auckland Council Policy and Planning Committee Chair Richard Hills says having an Auckland attraction recognised as one of the best in the world and by one of the largest scientific organisations is huge validation for the work the council is doing.

"This special site at Muriwai is one of many taonga natural features that we care for in the regional parks network, to ensure that visitors can enjoy them for generations to come."

"It's also one of around 250 important geological sites in the region that are recognised and scheduled for protection in the Auckland Unitary Plan," he says.

Auckland Council Geologist and Natural Features Specialist Kate Lewis says Muriwai is considered by far one of best locations to see lava pillows, with three connected sites showing spectacular examples of this rare volcanic pattern at Maukatia Bay.

From the beach, visitors can see giant fans of lava pillows 20 metres high and 30 metres wide across the main cliff face. Each fan provides a cross-sectional view of the pillows themselves and also the vent or feeder tube that once supplied fresh lava to the pillows that surround it, says Kate.

"These shapes emerged after a massive underwater volcano erupted close to Waitakere 17 million years ago. When flowing lava is cooled quickly by the ocean, it forms a surface crust over bulbous folds that look like pillows. The liquid inside the lava flow pushes forward, and pressure from behind the crust cracks it, so more lava pushes out to form adjacent folds," she says.

"Muriwai's examples have earned the title of mega pillows due to their impressive size - up to three metres in diameter. They are extremely rare," Kate says.

Mega pillow lava flows can also be found in Iceland, Sardinia, Spain, and Tasmania, but none match the size and complexity of the Muriwai mega pillow flow - nor are they as accessible.

Auckland Council Parks Manager Scott De Silva says that while Muriwai Regional Park is often admired for its natural beauty not all visitors are aware of the geological significance of this remarkable landscape.

"We are thrilled to see these features receive such widespread recognition," he says.

"It will enable more people to learn about the history of this area and

continue to help us protect it."

Four other New Zealand attractions have been selected by world renowned geologists to join the IUGS list of 200 Geological Heritage Sites.

Those sites are the fjords and sea cliffs of Fjordland, Ruapehu volcano, Rotorua's geothermal fields (Ahi-Tupua), and Maruia Falls.

Sonia Mitchell leads NorthWest Physio Plus Pinc & Steel Cancer rehab programme

NorthWest Physio Plus offers the Pinc & Steel Cancer Rehabilitation programme, a specialised service designed to support women at any stage of their cancer journey - whether receiving treatment or not.

Led by experienced Pinc & Steel cancer rehab physiotherapist Sonia Mitchell, the programme focuses on helping women regain strength, manage side effects, and enhance their overall quality of life.

Pinc & Steel is a charitable organisation, and in some instances, treatment costs can be fully funded - reducing the financial burden for patients.

The Pinc & Steel programme is tailored for women diagnosed with any type of cancer, addressing the unique challenges that arise during and after treatment.

Cancer treatments often lead to long-term health issues, including severe side effects. Under Sonia's expert guidance, the programme aims to manage these challenges, minimise the impact of treatment, and support recovery.

The programme provides a personalised rehabilitation plan for each patient, including:

- Physical Therapy and Exercise: Targeted interventions to help build strength and improve mobility.
- Manual Therapy: Hands-on techniques to alleviate pain and restore function.
- Lymphoedema Management: Strategies to manage and reduce lymphoedema symptoms.



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- **Fatigue Management:** Approaches to cope with cancer-related fatigue and improve energy levels.
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Navigating cancer can be overwhelming but with the right support it becomes more manageable.

NorthWest Physio Plus empowers patients by providing the knowledge and tools necessary to take an active role in their recovery, helping them make informed decisions and take proactive steps towards a healthier future.

Why choose NorthWest Physio Plus?

- **Expert Care:** Sonia Mitchell's extensive experience ensures that patients receive high-quality, compassionate care.
- **Personalised Approach:** Each patient's plan is tailored to their specific needs, ensuring the best possible outcomes.
- **Supportive Environment:** A welcoming and supportive atmosphere to make patients feel comfortable and cared for is provided.

If you or a loved one is navigating cancer, contact NorthWest Physio Plus to learn more about how the Pinc & Steel Cancer Rehabilitation programme can assist at any stage of the journey.

Visit www.northwestphysioplus.co.nz for more information.

Auckland Future Fund inaugural board appointed

The Auckland Future Fund's inaugural board has three experienced directors confirmed to lead the new regional wealth fund.



The future fund trustee's board of directors includes Chair Christopher Swasbrook (pictured left) and Directors David Callanan (right) and Craig Stobo (centre). They have been formally inducted as a board for a three-year term.

Auckland Future Fund lead councillor and Performance and Appointments Committee representative Councillor Christine Fletcher chaired the selection panel and is pleased with the board's calibre.

"The Auckland Future Fund is an investment for current and future Aucklanders. Once formally established, the fund will be an enduring asset for Auckland - enhancing our region's resilience and helping fund services and infrastructure, while reducing our reliance on rates," she says.

"On that basis, we have selected Christopher, David and Craig based on their extensive experience in business, finance and investments. They were chosen from an impressive pool of over 80 candidates, which also reflects the high interest and support for the fund.

"We know how important the inaugural board is in setting the Auckland Future Fund on the right path and realising Auckland Council's vision for a fund that will provide for Aucklanders now and into the future."

The future fund was confirmed in June through the council's Long-term Plan 2024-2034. It is estimated to provide the council with around an additional \$40 million of cash returns annually from 2025/2026.

The fund will initially be capitalised with the council's remaining Auckland International Airport Limited shares.

As a Council-controlled Organisation (CCO), the Auckland Future Fund will operate under the high-level direction of the council, but through an independent structure.

This means the board will make all key decisions on how the fund will operate, once in place. Detailed governance arrangements for the Auckland Future Fund will be confirmed once the board has formally met.

Auckland Mayor Wayne Brown welcomes the new board and the value members' expertise in business and investing will bring to the new Auckland Future Fund.

"The fund is a way for us to deliver greater physical and financial resilience for Auckland, protect the value of council's intergenerational assets and enhance cash returns," he says.

"I am really pleased to see this board in place and progressing the fund, which is a new strategy that will help us better deliver for Aucklanders."

The Auckland Future Fund board's appointment was confirmed at the council's Performance and Appointments Committee on August 27, 2024.

The Performance and Appointments Committee is responsible for appointments to the boards of CCOs in accordance with the council's Appointment and Remuneration Policy for Board Members and the Local Government Act.

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Safer Communities



These days, lithium-ion (Li-ion) batteries are everywhere, from e-bikes and e-scooters to vapes and power tools. They are light, compact, and long-lasting, but can be a fire hazard if they are damaged, mishandled, or improperly disposed of.

Currently there are no satisfactory methods to easily and safely extinguish a Li-ion fire other than completely submerging in water which also comes with its own level of complexity and risk and therefore proactive safety precautions are required.

Avoid Physical Damage: Ensure that batteries are not punctured, crushed, or otherwise damaged. Physical damage

can lead to short circuits and fires.

Only use chargers and batteries supplied with the device, or certified third-party charging equipment compatible with the battery specifications (same voltage and current).

Always charge e-scooters and e-bikes away from exits to ensure you can safely escape in the event of a fire. Where possible these should be stored and charged outside or in a garage, shed or carport, away from living spaces.

For smaller devices, such as vapes, phones, and laptops, do not charge these under a pillow, on the bed or on a couch - they can overheat and cause a fire.

Monitor Charging: Keep an eye on devices while they are charging. Unattended charging can increase the risk of overheating and fire. Always store lithium-ion battery devices in cool dry spaces, out of direct sunlight. It is suggested to set a reminder to check and disconnect the charger.

Only get device repairs and battery replacements done by a qualified professional.



Proper Disposal: Dispose of lithium-ion batteries at designated recycling centers. Improper disposal can lead to environmental harm and fire hazards.

A working smoke alarm or a heat alarm should be installed in any room, garage or structure where lithium-ion batteries are regularly charged to ensure that you and family have as much warning as possible to evacuate and call for assistance.



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Community News

Gently Loved Markets

Get ready to score some amazing deals and discover one-of-a-kind treasures because Gently Loved Markets is back at the Kumeu Community Centre on Saturday 5th October for your preloved treasure hunt from 10am till 1pm.



30+ stalls with an array of preloved, modern, vintage, retro, and upcycled goodies. Whether you're a fashion enthusiast, a home decor aficionado, or just someone who loves a good bargain, there is something for everyone at Gently Loved Markets. From statement pieces to everyday essentials, this treasure trove has got you covered.

Grab a friend 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 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.

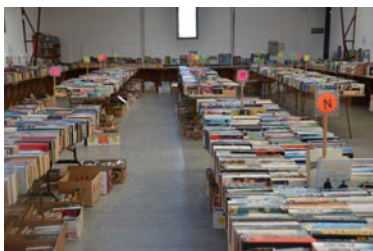
To inquire about a stall contact Donna Buchanan on gentlylovedmarkets@gmail.com.

Christmas Book Fair

30th November - 1st December - Helensville A&P Showgrounds.

The Lions Club of Helensville will be holding their Christmas Book Fair at the Helensville A&P Association Showgrounds on the weekend of the 30th November - 1st December, opening at 9.00am on Saturday until 4.00pm and again on Sunday 10.00am until 3.00pm. As this is a community event entry is free, and we do not allow traders in before you, our community.

Our last Book Fair held in May raised \$9,593 from the sale of books, for which many thanks. All the money raised went towards helping schools, organizations and individuals in our community that



required assistance. We have again had a large number of books donated, so there will be plenty to choose from.

Books are priced to sell, with nothing over \$2. There is a large selection of children's and YA books for \$1. Also, we have many jigsaw puzzles, board games, DVDs, CDs, and quality magazines available.

Non-Fiction will be split into twenty separate categories, including one section dedicated to New Zealand subjects, which is still our largest section. There is for boaties a huge Maritime section and this year's Cooking section is the largest ever we have had. There is also plenty of general Non-Fiction which you can spend hours browsing through.

Fiction is arranged alphabetically by authors, with six special interest groups, the largest of which is the Fantasy/Science Fiction section, though Classics would come a close second. Popular authors are grouped together at the end of the hall.

Small donations of books can be left at Burmester Realty, Helensville, or for larger lots, contact Chris on 027 646 3324, or any other member of the Helensville Lions.

Please note that the last date we are accepting books for this Book Fair is Friday 23rd November. Sorry, but we cannot accept donations at the Book Fair.

Sharing the Light, Love and Loaves Together!

Sunday 8 September saw seven of our local churches gather for our annual combined church service. This has been happening in our area for several years now. The group started out as four churches, so they called it '4C'. Now that there's seven churches in the group it's called 'Foresee!'. A representative from each church lit a candle - the variety of candles being indicative of the variety of our churches, yet each with a common flame, representing the light of Christ.



The gathering this year was held at St Patrick's Catholic Church in Huapai. People attended from, in alphabetical order, Abundant Life in Waimauku, Church Northwest in Hobsonville, Faithpointe's House Church in Huapai, Kumeu Baptist in Kumeu, Riverhead Family Church in Riverhead, St Chad's Anglican in Huapai and, of course, St Patrick's. Along with vibrant songs and prayers, there was a tasty

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message - literally! While Hamish spoke about Jesus's miracle with the loaves and fishes, we munched on crackers and mini chocolate fish. Our offerings to God were in the way of food for South Kaipara Good Food's (SKGF) pantry in Helensville. Our humble 'loaves' were turned into this generous supply of kai. It is wonderful how much can be accomplished together.

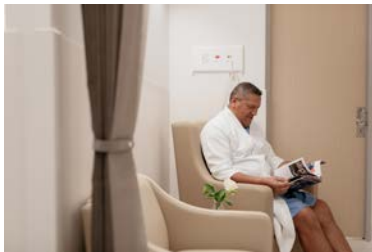
Photo is of Katherine and Amisha in their new SKGF premises in Mill Road, Helensville, receiving our love offering. SKGF offer so much more than food parcels and we are proud to support them.

"The Prep is worse than the Colonoscopy!"

Listening to our patients' feedback of getting themselves ready for a Colonoscopy, this is not an uncommon remark and sometimes, the real reluctance for having the short day-stay endoscopy procedure itself!

So why do patients need to go through a "bowel preparation" before having a Colonoscopy?

This is because the large bowel or colon needs to be clear or as empty as possible so that your Endoscopist or the doctor performing the procedure can have the best views of your colon to make a



diagnosis and to minimise the risk of any polyps (pre-cancerous growths) or lesions from being missed.

Here at Waitemata Endoscopy (WE) optimising the best outcome for the individual patient is a priority for us. Every referral is triaged by our Senior Endoscopy Nurses first to ensure that our friendly Customer Service team asks the relevant questions to determine the right amount of "bowel prep" for adequate cleansing based on your own bowel habits. In addition, your medical history as well as the list of medications you take will be taken, to provide any individual advice if required. This is usually done over the phone, so it is handy to have a list of your regular medications with you.

To support good bowel cleansing, a low fibre diet, which reduces the volume of your bowel movements, is usually started 3 days prior to a Colonoscopy. At times, depending on the individual, this may need to be longer to ensure the best outcome for the patient. This involves avoiding certain foods such as wholegrain bread, nuts, seeds, and skins. While this may sound a bit restrictive, there are still plenty of food options left during this short time, and we have developed patient resources to guides you through this.

How can you offer a Colonoscopy in just 7 working days of a referral, that almost seems too quick?

We have been working really hard to solve the problem of timely access. When you let us match you with the availability of our 17 experienced Specialists across the Waitemata Endoscopy Group without specifying a specific doctor, we can schedule most standard Colonoscopy appointments within 7 working days of a GP, Specialist referral or self referral. All of our Specialists have had international training and extensive experience, which makes for a complete service for all Gastrointestinal disorders and diseases, or symptoms which require you to have a Colonoscopy for peace of mind.

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We have been serving the Waitematā community for over 16 years, offering access to a group of experienced Gastroenterologists and Surgeons.

Bringing you timely access to Colonoscopy, Gastroscopy and advanced procedures closer to home **where care meets excellence, as your local Endoscopy Experts.**

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

www.waitemataendoscopy.co.nz/referrals

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URGENT APPOINTMENTS AVAILABLE

Community News

At Waitemata Endoscopy, taking a proactive approach to your gut health is easy, and our nurses, as well as doctors, are one of the most complimented parts of our service, as we know first-hand, the impact to patients of providing exceptional endoscopy care in our community.

Sihaam Bagus - Charge Nurse, Waitemata Endoscopy. To see the video tour of our clinics, please visit www.waitemataendoscopy.co.nz/locations.

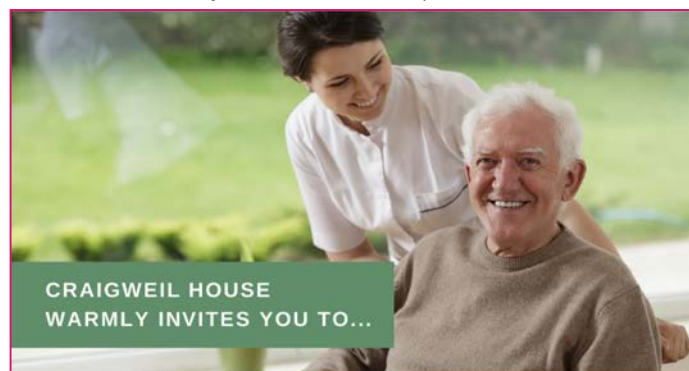
Residents at Craigweil House Delight in Word Find Games

The residents at Craigweil House Home and Hospital have been enjoying the simple pleasure of the game Word Find. Every week they gather around our white board. The challenge is to find smaller words within a single long word.



Word finds engage the mind in a unique way, encouraging residents to sharpen their focus and enhance their vocabulary. As they search for hidden words, they exercise their cognitive skills, which can help combat feelings of isolation and cognitive decline. The thrill of finding that elusive word can spark joy and satisfaction.

We warmly invite you to visit Craigweil House Home and Hospital and experience the welcoming atmosphere that makes our community feel like home. Whether you're interested in learning more about our care services, meeting our friendly staff, or simply taking a tour, we're here to show you what makes us special. Phone 09 420 8277.



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Kumeu Childcare

Kumeu Childcare fundamentally values children's development, which is to provide tamariki with a safe, rich, loving and inspirational learning environment. Children initiate their own learning through play and through their interests and experiences by touching, moving, listening, seeing and hearing. Our educators strongly believe that a positive climate demonstrates Whanaungatanga (Partnerships and sense of family and kinship through shared learning experiences) Manaakitanga (Showing respect, generosity and care for others) and Ngākau nui (big heartedness) which empowers children's social and emotional competence.



We warmly invite all to visit the centre and to meet the teaching team, and ask us how we can best support you with your childcare needs, and whānau aspirations for your child. To book a tour please email or call info@kumeuchildcare.co.nz or manager@kumeuchildcare.co.nz. Phone Alka 021 119 5148 or Anna 021 0910 4333.

Tākaro wai ki te taiao

Water play outdoors. Don't let the cold weather stop you.

Water play is an important part of early childhood growth. Through play our tamariki brains are developing and making new nerve connections. Water play creates many opportunities for hands-on discovery and development.

But playing in water in winter will make our tamariki sick!

A common misconception is that tamariki will get sick if they play outdoors when it is cold and wet, however, it is not exposure to the cold that causes viruses. It is more likely that bacteria and viruses will be found in unventilated indoor environments. Playing outside actually provides tamariki with necessary fresh air and vitamin D which boosts the immune system.

However, keeping their core body warm will help tamariki to keep viruses at bay, so dress your child in warm clothes, wet weather



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Community News

gear in the rain, a jacket and socks and gumboots, which they will probably take off anyway! Getting them changed as soon as they have finished playing will also help keep viruses away.

Water play allows tamariki opportunities to explore scientific and mathematical concepts, hone gross and fine motor skills, promote language learning and work with and alongside others. Water is versatile, easy to set up and can provide a range of experiences for tamariki, from calm and soothing, to active and energising.

Playing with water supports the Exploration - Mana aotūroa strand of Te Whāriki (our Early Childhood curriculum), where children gain confidence in and control of their bodies, and where they learn strategies for active exploration, thinking and reasoning. Water play also gives tamariki the opportunity to develop useful social skills as they play alongside other tamariki (Contribution - Mana tangata). When tamariki play with water they can learn about the value of water and the importance of kaitiakitanga and conserving water (Belonging - Mana whenua).

Water play can help our tamariki to integrate sensory information, for example hearing the sounds of pouring and splashing water, understanding mathematical and scientific concepts, learning to problem solve and share with others, learning that water is a taonga and the importance of conserving water.

As adults we can support this learning by asking questions and using language to support their mathematical and scientific concepts such as volume, measurements, heavy/light, full/empty, encourage tamariki to ask questions and test theories, creating awareness that water is a taonga and we are kaitiaki, and teaching them how to be

safe around water.

Water play in winter doesn't have to include big pools of water. Some creative ideas are; using ice, small containers of warm water with shells, small containers of water with jugs for pouring and water transfer, bubbles, washing clothes and water painting. All of these could be done inside as well.

Of course, nothing compares fun of being outside and dancing in the rain, stomping in the mud and splashing in puddles, so release your inner child and put on your coat and boots and do it!

SeniorNet Kumeu

Last month at our busy meeting we had a very interesting speaker.

He told us about the fencibles which is a part of our history of Auckland most of our members didn't know about but were very interested to hear about. Later we learnt all about the future of technology which included some fascinating inventions around the world. We then learned about what was being planned for the coming month and the free courses that the club members could enjoy.

Our club is a friendly club and we get members from as far away as Hobsonville and Helensville, so no matter where you live why not come and join us for the next meeting to see what we are all about. We meet on the first Wednesday of the month at 10am in the hall of St. Chads Church 7 Matua Road, Huapai.



In Brief

Kumeu Library

Kumeu Library is always a busy place in the school holidays, and this October will be no exception with our fun, free activities for school-aged children every day at 10.30am. The theme for the October school holidays is Time Warp, and our activities include making a time capsule, learning the traditional skill of crocheting chain stitch, creating an expanding card, Kahoot! Quizzes, movies with popcorn, and special family storytimes. An extra special event will be on Thursday 4 October at 10.30am, when the Hand Pulled Collective presents their performance "Friends Exploring Epic Tales" - you won't want to miss this fun event. All our events are free, and there are posters and handouts available at the library giving details of which day each activity is on (or keep an eye on our Facebook page for regular updates). The library is also a great place to just drop in at anytime during the school holidays - we will also have activities to do in the library any time, including the popular Scavenger Hunts, colouring pictures, puzzles and games. Meanwhile, our Spring Book Sale continues until the middle of the month - the stock changes all the time and there are bargains to be had! Our sale area has non-fiction books on a wide variety of subjects, and fiction of all genres. Come in and check out what's for sale - it's a great time to stock up on reading material for the bach or camping trip over the summer holidays! Keep up with all Kumeu Library's news and events on our Facebook page (www.facebook.com/kumeulibrary).

Mum Camp is back!

Lost some of your mum-mojo? Mum Camp is a one of a kind, locally-invented weekend away for mums who love this journey of motherhood AND want to remember that their own thriving relationships, wellbeing and happiness is at the core of being a "good parent".



A unique opportunity to get re-inspired with fabulous speakers, to mend those frayed edges, indulge in delicious food, lose yourself in creativity and connect with other amazing Mums. Being nurtured with gorgeous food is a big part of it, as are the art tables, the workshops and speakers and the time to soak up the native bush surrounds and chat with other mums.

This is the third Mum Camp run at Houghton's Bush Camp, Muriwai by locals Kirsty, Taina and Suze, because everyone should get the

opportunity to be filled up in such gorgeous surroundings, and for the best reason - because you are at the centre of your family's wellbeing.

Numbers are capped at 44. Tickets are \$325.00 and include all meals, speakers, activities and two nights' accommodation at Houghton's Bush Camp in Muriwai. Friday, 5pm 1 November, until Sunday 12.00pm 3 November. Email mumcamp.muriwai@gmail.com to book, and find out more on Facebook. We hope you can join us!

The Village Market Helensville Showgrounds

Sunday 20th October 8.30am to 1pm. With plenty of great stalls to browse, live music from Mike Lea and free face painting the market is a great morning out for the family. Local art, crafts and gifts, jewellery, hand knits, collectibles, preserves, plants, fresh fruit and veg, pet health products, pre-loved bargains and books and much more. Something for everyone plus there's a great selection of food from our market café, the Lions sausage sizzle and barista coffee. 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.



Kumeū Arts

October brings three exciting exhibitions to Kumeū Arts, which by chance have a linked theme of upcycling, recycling and repurposing. Come along and see how these ideas intertwine through each artist's work.



The Pip Window Gallery will hold Ollie and ZER's "Past Present" installation - the exhibition will highlight how fresh perspectives can revive and rejuvenate mundane objects.

The Manatunatu Exhibition in the Main Gallery is a Samoan-linked group of artists, showcasing repurposed materials reflecting the influence of Pasifika past on its artistic expression today.

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In Brief

Jeff Thomson's exhibition 'MESH', in the Pod Gallery is a collection of metal, mesh house shapes and related drawings giving insight into his process.

These exhibitions run until Saturday the 26th of October. Creative Matters and BrainPlay are both running creative school holiday programmes here at Kumeū Arts over the next school holidays.

Classes coming up include: Painting Foundations 8-week course with Michelle Reid. Sustainable Printing 5-week course with Brie Rate. Teen Ceramics 6-week course with Louise Wild. Watercolour Portraits 3-week workshop with Olga Atkins. See our website for the full list of classes and how to book.

Fun workshops and classes for all ages and abilities are always on so come in and speak with us or go to our website for more information.

Tracey - The Travel Brokers

Hi, My name is Tracey, I am a local independent travel broker and a member of the award-winning The Travel Broker Team.

Born and bred in Taranaki now living with my 2 primary school aged children and partner in Kumeu, Auckland.

I love everything about travel - the planning, the lead up and the thrill of the journey itself. I have travelled extensively from doing my OE in my 20s in Ireland and the UK and travelling all over Europe be it a bus tour, backpacking or short city stays. And many more amazing memories have been made on trips over the years visiting some amazing parts of the world - highlights to mention are trekking the Inca trail in Peru to a Safari in South Africa. A huge highlight of my travels was experiencing central America - Mexico, Belize and Guatemala were incredible.

I am a people person - my clients start as strangers and end up as friends. I get to know you, what you like and how you like to travel,



what makes life easy for you and, just LOVE helping and making your dreams and trips come to life and stay with you from start to end. If you are away and need help - I am an email or call away.

Being a broker means I can work from home amongst busy mum life, and I can work at hours to suit both myself and my clients.

You can be assured I am fully qualified with the highest levels in travel and my years in the industry have given me the knowledge and skills to give the best customer service I can.

Call or email me and together let's make your dream trips a reality. Tracey - Tracey.carley@thetravelbrokers.co.nz, phone 021 142 7598.

Cat lovers we need your help!

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



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

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Property

Property market report

The national median days to sell hit 50 in August, the highest it has been in the month of August since 2008, according to the Real Estate Institute of New Zealand (REINZ).

Meanwhile, the national inventory level surged 30% year-on-year in August, reaching 29,579 properties on the market. This was down 977 from 30,556 in July.

REINZ says the national median price dropped \$5,000 to \$765,000 in August year-on-year, but rose \$12,000 from \$753,000 in July.

The total number of properties sold fell by 40 to 5,685 in August year-on-year, and fell by 307, or 5%, from July.

The REINZ's House Price Index, which is adjusted to account for changes in the mix of properties sold each month, weighed in at 3,563 in August, down 0.8% year-on-year, and unchanged from July. The HPI is 16.7% below the market peak reached in 2021.

In terms of the national median days to sell, it's the first time this has reached 50 since 2008 when it came in at 57.

We continue to see an increase in the average number of properties listed. Although the inventory is down slightly compared to last month, the volume of properties for sale continues to provide a lot of choice for buyers.

This August, we saw further signs of a change in market sentiment, with local agents reporting increased confidence in vendors and purchasers, the return of investors, and increased activity, particularly at open homes over the last two weeks of August. They attribute this change to the decline in interest rates. However, it would be an overstatement to say that we are at a turning point in the market.

In Auckland the median price rose \$10,000 to \$960,000 in August from July, but was down \$50,000 year-on-year. At 1,801, Auckland sales volumes were down marginally. Median days to sell came in at 51 in Auckland, up 10 year-on-year, the highest in the city since 2001, and well above the 10-year average of 39.

So, where to from here. As the OCR reduces and banks become more interested in winning new business to offset profit reductions, we would expect to see a gradual lift in confidence which in turn will deliver firmer prices and a reduction in time on market. So for now, we suggest purchasers still have a window of time to buy well until others catch up.

Lets look at the sales numbers:



Coatesville	\$1,130,000 to \$1,600,000
Helensville	\$820,000 to \$1,375,000
Huapai	\$1,330,000 to \$1,443,000
Kumeu	\$600,000 to \$1,700,000
Muriwai	\$1,030,000 to \$1,900,000
Parakai	\$659,000 to \$690,000
Riverhead	\$745,000 to \$1,920,000
Swanson	\$695,000 to \$1,729,000
Taupaki	\$1,853,788
Waimauku	\$930,000 to \$2,350,000
Whenuapai	\$722,500 to \$1,080,000

A reduction in mortgage rates will represent an increase in buyer's ability to secure a mortgage at a slightly higher value and in due course provide stability to falling prices and a firming of house prices. If you are considering listing your property for sale it costs no more to use an experienced agent with a proven track record. A sensible commission structure and excellent advertising program offered to ensure satisfaction. Call me for a no obligation chat on 027 632 0421, graham.mcintyre@kumeu.rh.co.nz Graham McIntyre AREINZ. Country Living Realty Limited T/A Raine & Horne Kumeu-Hobsonville Licensed REAA2008.

Rental market report

The rental market continues to fluctuate with demand for rental properties being subdued and supply being higher than at this time last year. This being a combination of speculators renting rather than selling and developers offloading surplus homes into the rental pool until the market improves. The values are holding firm with good homes achieving better rental yield. Lets look at the active bond rates:

Kumeu	3 Bedroom	from \$625pw to \$740pw
Helensville	3 Bedroom	from \$608pw to \$650pw
Hobsonville	3 Bedroom	from \$640pw to \$720pw
Massey	3 Bedroom	from \$640pw to \$720pw
Waimauku	3 Bedroom	from \$733pw to \$806pw
Westgate	3 Bedroom	from \$693pw to \$750pw
West Harbour	3 Bedroom	from \$650pw to \$750pw
Whenuapai	3 Bedroom	from \$670pw to \$775pw

If you have an investment property and are seeking a smart and sensible property management solution which is customised to your situation and requirements we would welcome the



Graham McIntyre

Licensed Agent
Kumeu | Hobsonville

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Property

opportunity to have a chat. We offer a more sensible management fee and accountable asset protection schedule which will make you feel right at home. Call Graham McIntyre on 027 632 0421 for more information. www.wapm.co.nz West Auckland Property Management.

The Bank of Mum and Dad

By Debra Barron, Principal of ClearStone Legal

We recently heard of a case where \$50,000 was lent by a parent to their child to help them with the deposit for the purchase of a property. The mortgage broker provided a gifting certificate for the parent to sign to help with the mortgage application, but actually the arrangement was meant to be a loan not a gift. Signing this certificate unfortunately set them up for failure when the relationship between the child and their partner broke down. Even though there were text messages from the partner agreeing that it was a loan, when it came to the crunch they denied the loan and relied on the gifting certificate to avoid repaying the loan in the relationship split.

There are three ways to protect funds when trying to help your kids get a step up onto the property ladder.

Don't give them the money - make it a loan

We recommend entering into a loan agreement recording the terms of the advance and to secure repayment later on. In order to get finance approved by the bank, the terms of the loan agreement will need to state that the loan is interest free, that there are no repayments during the term of the loan and that the loan can only be demanded for repayment when/if the property is sold. A simple deed of acknowledgement of debt signed by both your child and their partner will secure repayment of the debt on the later sale of the property.

Gift the money conditional upon the parties entering into a Contracting Out Agreement

If you do want to make it a gift and have no expectation that it is ever to be repaid, but you want your gift to go to your child and not lose half of it in a relationship split, then your child and their partner could enter into a Contracting Out Agreement (also called a S21 Agreement or Property Relationship Agreement - of if you prefer the American term, a pre-nuptial agreement). Such an agreement contracts out of the Property (Relationships) Act 1976 which would



Debra Barron,
Principal at ClearStone Legal

otherwise provide a presumption of 50/50 sharing of relationship property. Often these agreements are entered into when one party to a relationship has significantly higher deposit to pay towards the purchase of a new home. These agreements can be very narrow, and only deal with the deposit (i.e. all capital gains are shared equally notwithstanding the unequal contribution); or the agreement can be more complex and provide for more separate property such as kiwisaver, superannuation, business interests, income, other property, an interest in a family trust etc).

Jointly purchase the property with them

This requires all parties to be part of the finance application and be jointly and severally liable for the loans owing to the Bank. You would need to own the property jointly in this arrangement for at least two years, assuming one or more parties will not be living in the property to avoid any capital gains tax - this is currently two years. This can impact on the parents ability to raise new lending for their own endeavours and it's a good idea to think about how you are going to exit this arrangement before going into it. A property sharing agreement is recommended to cover how the outgoings will be paid, who can occupy the property, how the proceeds of sale will be divided on the sale of the property and how to give notice to end the arrangement. This option is complex but not impossible.

Obtaining some advice at the outset can ensure there are no misunderstandings further down the track. 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.

New changes to the bright-line test

In 2015 the Government introduced the bright-line test. This requires income tax to be paid on gains from the sale of residential property under certain circumstances. Until recently, the bright line test was 10 years. This meant that if you purchased a property after 27 March 2021 and it was not your main home, you would attract capital gains tax if it was sold within 10 years (or 5 years for some new builds).

Government has now reduced the bright line test to 2 years starting on 1 July 2024. The change also means that you no longer have to separate out new builds from all other properties.

In summary, from 1 July 2024, the bright-line test applies to the sale of any property within 2 years if that property is not your main home. If the property is your main home, you are exempt from the bright-line rule under the main home exemption unless:

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- you have already used the main home exclusion twice over the 2-year bright-line period; or
- you have a regular pattern of either buying and selling or building and selling your main home (even if you or your family live in the property before it is sold).

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

Where there is a will there is a (better) way

First, do I need a will?



Most people who own property or have children need a will. By creating a will, you can be clear about who receives your assets. You can decide who gets what, how much and when. You can nominate who will care for your children.

It is a much easier process for your loved ones to obtain probate (if necessary) and have access to your assets if you have a will.

It is particularly important to have a will when you marry or enter into a civil union or de facto relationship, or when you or your partner have children. It is also important when you have ended a relationship. If you have a new relationship, blended family or children from a previous relationship, you need to be advised of the competing claims and your legal obligations. If your will isn't prepared correctly, your estate could be fighting claims for a long

time. Litigation costs can diminish an estate pretty quickly.

A will may not be essential if you have a partner, have only jointly owned property and have no children. Unless you both die. If you jointly own all of your property with someone, you will still need a will if you both die together or consecutively.

Even if you don't own major assets in your sole name, you can quite quickly build up possessions that can have monetary or sentimental value to you and to others. You may have some money in a savings account, KiwiSaver, a car, furniture and household items, a good stereo or home entertainment system, a life insurance policy, some jewellery etc. A will allows you to decide what will go to whom, even if your possessions have sentimental rather than financial value.

Most parents know they should appoint a guardian for their children under their will but get stuck on who should be guardian because they think the children must live with the guardian. However, children do not have to live with the guardian. The guardian is responsible for making the key decisions about the upbringing of the child like where they live or go to school but doesn't necessarily have day to day care. You just need to choose someone you trust to make this decision. It is better to have someone nominated now than putting off your will while you think of someone.

Secondly, what happens if you don't have a will?

If you die without a will, this is called dying "intestate".

Generally if you die intestate, the process for dealing with your assets after you die is complex, expensive and more time consuming than if you had a will in place. Someone needs to be appointed as administrator and a different process called letters of administration needs to be followed. If there are any disagreements between family members or nobody steps up to act, this can cause delays and cost in your estate being administered.

If you die intestate, the Administration Act specifies how your property will be distributed. The Act is very specific and there is no discretion. For example if you die leaving a qualifying partner and no children, then your partner gets \$155,000 and then 2/3 of your remaining estate and your parents get 1/3 of your remaining estate. This may not be what you would have wished or what your family wants, and it could create tension or conflict within your family or between families. If there are no relatives in the categories listed in the Administration Act, then your estate goes to the State. Nobody wants that.

Thirdly, DIY wills - do I need a lawyer?

Wills are technical and have unusual requirements that do not apply to other documents. The witnessing requirements are unique to wills and there are some innocent acts that can create problems later, such as stapling and unstapling the will, stains on the will and hand-written changes. If the will needs to be validated, this is a court case that comes with effort, cost and time. It delays the

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Property

distribution of the will.

Some statutes (such as the Property (Relationships) Act, Family Protection Act and the Law Reform (Testamentary Promises) Act) allow some people to challenge a will. It is important to get legal advice to minimise the chances of your will being challenged. It can involve significant cost and effort if someone else makes a claim against the estate.

Wills can go missing or be destroyed in a fire. We have had situations where family have ransacked the house after someone dies and a will kept in a drawer or safe has conveniently gone missing. If you prepare a will with a lawyer, there will be electronic copies, file notes, and the original is kept in a deeds room for safekeeping.

Obviously we think it is important that you have a will. At the end of the day, having an expert prepare your will could save your relatives the grief and expense of you having an invalid will or none at all. It is the ultimate gift for your family to leave a will that sets out your clear intentions.

We make it as easy as possible for you to prepare a will. We can take your instructions by phone, AV, email or in person. If you would like to get your affairs in order or if you have any questions, give us a call.

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Tired of Paying Someone Else's Mortgage?

Here's How You Can Escape The Rent Trap.

Did you know that the rent you are currently paying can actually go towards making up your future mortgage repayments?

For example, if you're paying \$750 per week, that equates to nearly \$40,000 per year in rental payments! So if you took that \$750 per week and looked at what the equivalent would be in mortgage repayments, it would cover a mortgage of around \$500,000.

But it doesn't stop there.

Not only do you take the rent that you are currently paying into account, but also the savings you have been making towards that house deposit.

So if you were saving another \$300 per week on top of that \$750 in rent, you have \$1,050 per week to cover a mortgage repayment.



If you took that \$1,050 per week and looked at what the equivalent would be in mortgage repayments, it would cover a mortgage of around \$700,000. You can have a go yourself on any of the banks online mortgage repayment calculators.

From here you can add your deposit to that figure (take into account your savings, KiwiSaver and any gifts from family) and there you have a possible purchase price for your own home.

Now bear in mind this is very basic maths.

The second part to this whole equation is how much of a mortgage you can actually obtain, as well as your maximum borrowing potential based on the amount of deposit you have.

This is where teaming up with a Mortgage Adviser will help you work out what your actual borrowing capacity is.

Different banks will have different calculators for assessing how much they can lend you. A Mortgage Adviser knows how each lender assesses a loan application, which can help you to get the loan you need.

If you don't think that you could service a mortgage on your own, I can introduce you to other ways to get on to the property ladder.

For instance, if you have friends or family that are renting as well, you could consider a Co-Ownership home loan (ask me how).

Co-ownership offers an opportunity to make home ownership more affordable and attainable, especially for those who find saving for a deposit challenging. By pooling resources with friends or family you can share the costs and responsibilities of buying a property.

Making the leap from renter to homeowner is not just about paying a mortgage instead of rent.

The mortgage payment is not going to be your only expense. You'll be responsible for council and water rates, house insurance and maintenance on the property.

To get an idea of these extra responsibilities, talk to other homeowners in your circle so you can compare the financial outcomes of owning versus renting. Think about how these extra costs weigh up against the potential capital gain you could make by owning your own home.

Remember, your first home probably won't be your forever home.

So if you're ready to make the leap, or know someone that could benefit from this advice, feel free to get in touch and I can help navigate this exciting journey and turn your dream of homeownership into a reality! Call Stephen Massey - Loan Market 021 711 444 or check out my website loanmarket.co.nz/stephen-massey

Check out my Tiktok account #mortgagedad4u for some other useful info.

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Area Property Stats

Every month Raine & Horne Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred. To receive the full summary simply email the word "full statistics" to office@kumeu.rh.co.nz. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	1,875,000	2.53HA	223M2	1,600,000		720,000	339M2	96M2	659,000
	1,675,000	1HA	160M2	1,130,000	RIVERHEAD	1,500,000	805M2	200M2	1,620,000
HELENSVILLE	970,000	709M2	130M2	820,000		1,500,000	770M2	221M2	1,600,888
	830,000	661M2	130M2	900,000		1,300,000	560M2	192M2	1,330,000
	1,250,000	2HA	266M2	1,375,000		1,425,000	600M2	116M2	745,000
	820,000	718M2	108M2	967,000		2,000,000	802M2	226M2	1,920,000
	960,000	800M2	150M2	830,000	SWANSON	930,000	147M2	138M2	849,000
	900,000	621M2	137M2	832,000		940,000	1007M2	120M2	920,000
HUAPAI	1,700,000	664M2	256M2	1,443,000		1,875,000	930M2	341M2	1,640,000
	1,325,000	600M2	210M2	1,345,000		1,325,000	509M2	240M2	1,270,000
	1,450,000	650M2	209M2	1,330,000		750,000	110M2	84M2	695,000
KUMEU	1,800,000	1608M2	262M2	1,700,000		1,380,000	457M2	270M2	1,325,000
	800,000	1098M2	82M2	717,000		1,990,000	1320M2	346M2	1,729,000
	960,000	159M2	166M2	830,000		1,050,000	190M2	183M2	930,000
	1,075,000	341M2	145M2	990,000		1,675,000	455M2	291M2	1,440,000
	1,325,000	293M2	187M2	1,040,000		930,000	624M2	110M2	756,000
	1,000,000	172M2	146M2	895,000	TAUPAKI	1,970,000	1.11HA	236M2	1,853,788
	1,575,000	719M2	250M2	1,374,500	WAIMAUKU	1,450,000	1500M2	220M2	1,325,000
	1,425,000	675M2	203M2	1,150,000		1,350,000	2089M2	190M2	1,500,000
MURIWAI	1,150,000	1508M2	144M2	1,030,000		1,150,000	1736M2	199M2	1,127,500
	845,000	825M2	70M2	1,100,000	WAITAKERE	1,525,000	1070M2	276M2	1,450,000
	1,900,000	1698M2	292M2	1,900,000		2,075,000	1.21HA	223M2	930,000
PARAKAI	755,000	634M2	89M2	690,000		2,075,000	4.05HA	244M2	1,900,000

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.

Raine & Horne's commission rate:

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

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

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Hot Property



Kereru Homestead – A peaceful retreat

If you seek a truly peace-filled environment that entwines the full character of yester-year with the green leafy native canvas of tropical rain forest and a beach micro-climate you have found your haven.

Set off the road, not affected by slips or debris is a simple cottage over two levels offering open plan alfresco living bringing the outside in.

Downstairs has two rooms, laundry cupboard and bathroom with broad french doors opening to the sun-filled courtyard.

An interesting history that recycled timbers from an old theatre from Auckland Central, giving life to a new home full of character and colour.

In addition a small railway store sits proudly onsite for storage/ office or hobby room.

A small distance to shop, café, beach and regional park. Come enjoy a simple place, that speaks of easy living and peaceful space.

Hot Property



The CV on this property is \$775,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@kumeu.rh.co.nz.

For more information on this property call Graham McIntyre on 027 632 0421 or graham.mcintyre@kumeu.rh.co.nz. Country Living Realty Limited T/A Raine and Horne Kumeu - Hobsonville. Licensed REAA (2008).

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4 Waimarie Road, Whenuapai

4 Bed 2 Bath 2 Car

Have it all, mixed areas, alfresco, inner harbour, sunshine

318 square metre home on 1012 square metres of land in a cul-de-sac Whenuapai Village inner harbour location, with boat ramp, park, reserve, shops and School close by.

This home has been extensively renovated to a premium standard with the vision of ease of living, offering fabulous, family friendly living/ entertaining areas.

Set within an established treescape, with large decking, all weather pergolas and wide double sliders to seamlessly flow outside to inside.

If you have a mixed family, blended family or enjoy the freedom of big-home space within quiet surrounding, look no further.

View

As advertised or by appointment

By Negotiation



Graham McIntyre

Franchise Owner Kumeu & Hobsonville

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29 Sunny Crescent, Huapai, Rodney

4 Bed 2 Bath 2 Car

Hinuera stone on 1/2 acre - Beautiful setting

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 lounge-dining and kitchen-cozy meeting the dynamic needs of family living.

C.V. \$1,650,000

View

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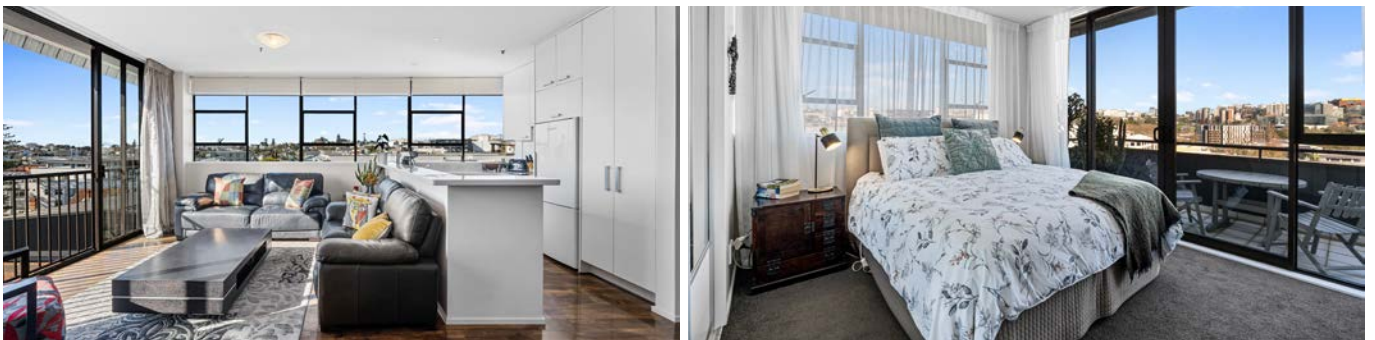
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5A / 15 Augustus Terrace, Parnell

3 Bed 2 Bath 3 Car

View Today, 3 Bed, 3 Car Parks, Harbour Views

The convenience of Parnell Penthouse living, the ease of three secure car parks, mixed with an inspiring view down the Harbour out of extensive sliders.

The very best of open plan living with three bedrooms and two bathrooms on offer.

From the master, a delightful (as Manhattan) city skyline sparkles at night and gives way to impressive perspective through the day.

A convenient storage lock-up ensures flexibility and ease of use. As an investor or homely occupier looking for a very special Parnell apartment this must be on the top of your list.

View

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18 Peters Lane Taupaki, Rodney

Sun kissed, north facing house and land package

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

C.V. \$1,775,000

By Negotiation



Graham McIntyre
Franchise Owner Kumeu & Hobsonville
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Home & Garden

Need a tiler - Tile Wright

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We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all.

Call us today on 027 260 8225 for a free no-obligation quote.



Planting for Birds and Bees (Garden Walk)

Saturday 19th October - 9:30 to 11:30am.

Everyone loves to see native birds and bees foraging in their garden, but did you know that many popular garden plants offer little or no nutrition to attract them.

Over the years David Bayly has created a bird and bee friendly environment with the Sculpture Gardens which has resulted in huge increases of the presence of native birds as well as bees.

We see multiple Kereru & other native birds every day, and we always



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reflect back to before we planted our gardens, when we would be lucky if we saw one Keruru a year. Now because of the mix of plants we have planted, we now have all year food sources for them.

If you would like to know more, this event is an ideal opportunity to gain an understanding of how you could improve your gardens ability to attract them (as well as offer an additional food source).

During this 2hour stroll through our beautiful gardens, owner David Bayly, will be highlighting the many trees and plants which are most attractive to birds and bees, as well as where best to plant them. *

The gardens were established in 1994 by the Bayly family and are now a 4 star NZ Gardens Trust nominee.

There are also games areas and many ideal locations to sit and enjoy a picnic as well as our cute little coffee shop in which to relax once you have completed the walk.

Our friendly team will also be able to assist with any garden related enquiries

*Please note that the trail is not suitable for wheel chairs or walking frames.

Venue location: 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets \$25 per person. To buy tickets go to: www/kaiparacoastplantcentre.com/product-category/vouchers-tickets/

Home generators

A home generator backup is an essential investment for homeowners, especially in areas prone to natural disasters and power outages. Here are some reasons why:

1. Power essential appliances: A generator ensures that your refrigerator, heating and cooling systems, lighting, and other critical appliances continue to function during a power outage.
2. Home security: A generator powers your home security system, remote gates, and garage doors, providing peace of mind and ensuring your home remains secure.
3. Work and school: With a generator, you can continue to work from home, charge your devices, and keep up with school deadlines, even during a power outage.
4. Electric vehicle charging: If you own an electric vehicle, a generator allows you to charge it up and stay mobile during an extended power outage.
5. Efficiency: Generators provide power quickly and easily after an outage, making them a reliable solution for emergency situations.



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6. Food preservation: By powering your refrigerator and freezer, a generator prevents food spoilage, which is especially important in areas with frequent power outages.

7. Valuable investment: Although the initial purchase of a generator may seem costly, its long-term benefits can outweigh the cost, especially in areas with frequent power outages.

Overall, having a home generator backup provides peace of mind, ensures your home remains secure and functional, and can be a valuable investment in the long run.

If you're looking for a quote for a generator change-over switch to run your generator or wanting recommendations for generator purchases get in touch with Blackout Electric and we'll be able to talk you through your options.

Contact Blackout Electric for all your electrical service needs. We can be found at 021 708 097 www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

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Kumeu Community Garden

What's hot in Kumeu Community Garden in October?

Definitely not the weather. A bitter chill and a lot of rain have made gardening a hit and miss past time so far during Spring. That's a continuation of challenging gardening in Winter.



But what's hard for humans isn't so hard for plants, who are responding to the days getting longer and the pull of the moon to do the Spring thing even if we are reluctant to get out there to



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oversee them doing it.

So despite our reluctance to get into the cold and wet outdoors generally, on the sunnier days there's lots going on. Asparagus are sprouting and can be broken off and eaten raw for a fresh crisp flavour. Oriental greens are starting to flower but the big green leaves are perfect in stir fries and spring rolls. Pick leaf by leaf to keep the plant growing. The broccoli has been nutritious though wouldn't win any prizes for its size. The silverbeet and spinach are perpetual.

Join us, most Saturdays (when it's not freezing or raining) from 9.30-10.30 for growing good.

Laser Plumbing and Roofing Whenuapai

Have you noticed high water bills all of a sudden?

Watermain issues can disrupt your property, causing increased water bills, surface water problems, and visible leaks. At Laser Plumbing Whenuapai, we understand these challenges and are here to help and resolve them.

How to Identify Watermain Issues - High Water Usage - Monitor your water bills.

A sudden increase may indicate a watermain issue. Look for notifications from Watercare about unusual water usage. Surface Water on Your Property - Check for areas with standing water, indicating a possible watermain problem. Visible Water Leaks - Act quickly if you notice visible leaks on your property.

Noticed **high water bills** all of a sudden?



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Watermain issues can be caused by various factors, especially during dry periods when soil lacks moisture - Ground movement, Rocks or Vehicle traffic.

If this is an issue you are experiencing, then contact us on 09 417 0110 to speak with our experienced staff.

Why Choose Laser Plumbing Whenuapai? Fully guaranteed work, Quality workmanship, Locally owned & operated and Value for money.

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

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

Whenuapai Floral and Garden Circle

After our winter break, it was good to meet again and share our enthusiasm for all things green and floral. Sadly, we report the passing of members Lorna Taylor and Colleen Bell, also a former President of our club, Nola Breeze, who attained the age of 93 years. Not as remarkable as 111 as our oldest living New Zealander, however still an impressive achievement. They will all be missed.

Revised programmes for the rest of the year were distributed. It was announced that our club has now been joined to Facebook. So, if you would like, feel free to check it out. Bloom of the month was the camellia and there are some magnificent specimens about. Our changeable weather has altered flowering patterns and our "summer" flowering wisteria is already doing its thing in gay abundance.

Our guest speaker was Celia Caughey who showed us slides and kept us entertained with details of her family's tour of Europe with three children in a campervan. Their highly educational tour was obviously a triumph and surprisingly low cost since they rented out their house for the year, and without school fees to pay, they found it very affordable, with supermarket food being relatively low cost.

If you would like to know more about our Club, and wish to join



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us, please phone Judy Garrity on 09 833 5592. Meetings are held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips usually on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket.

Until next time, Happy Gardening from Mary Anne Clark.

A Fresh Coat of Paint: A Valuable Investment

In the vibrant city of Auckland, where property values are constantly on the rise, it's essential to consider every factor that contributes to the worth of your home. While many homeowners focus on interior upgrades and landscaping, one crucial aspect that often gets overlooked is exterior maintenance, particularly painting.

A fresh coat of paint does more than just enhance the beauty of your home; it serves as a protective barrier against the elements. Auckland's harsh climate can lead to peeling, fading, and even structural damage if left unchecked. Regular painting helps to prevent these issues, ensuring the longevity and integrity of your property.

Moreover, a well-maintained exterior can significantly impact your home's resale value. Potential buyers are often drawn to properties that appear clean and well-cared-for. A fresh coat of paint can instantly give your home a more inviting and modern look, making it stand out when on the market.

While painting may seem like a major expense, the long-term benefits can be substantial. By investing in regular maintenance, you're not only protecting your property but also reducing the chance of large repair costs down the road. A fresh coat of paint also adds the bonus of making your home ready for the summer season and any gatherings you may be hosting! But book in quick with your trusted tradies, as they can get booked out quickly at this time of the year!

Morgan Payne from Hauraki Property Services

Stihl Shop supporting Fire and Emergency

Often called out to clear trees and branches off roads and buildings, Fire and Emergency enjoys a close relationship with Stihl Shop in Kumeu and Westgate which includes equipment, consumables, training and maintenance.

"It is a credit to our Fire and Emergency volunteers from the area to give up time to upskill, meet the Stihl team and also view some of the emerging technology that is on offer from Stihl" says Graham McIntyre, Chief Fire Officer at Waitakere Fire. "Having Craig, Pat and Matt engage with a range of local area



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brigade members provides excellent knowledge transfer, functional competence and shows the commitment that Craig's team has to ensuring Fire and Emergency gets the very best performance out of the Stihl product" says Graham. For more information about the Stihl product range pop into Stihl Shop Kumeu at 54 Main Road, or Stihl Shop Westgate at 15 Kakano Road.

Pictured: Pat and Craig from Stihl Shop get to work engaging with multiple Fire and Emergency Volunteers from the local area at Waitakere Station.

October Kitchen Garden

This is a month of rapid new growth for the whole garden, so there is plenty of work to do. Spring is well underway, keep an eye on the weather, pay attention to weeding and feeding. A well fed plant will better survive diseases, pests and drought.

October is tomato planting time. Plant seedlings and seeds of salad crops. October is vegetable planting time. Finish planting the herb garden. Small fruits and berries should be planted now.

Protect cabbages and cauliflowers with Derris Dust to prevent white butterfly caterpillar and diamond back moth. Make sure you get to the undersides where they like to lay their eggs.

Sow seeds: Beetroot, beans, carrots, cabbage, cauliflower, eggplants, kohlrabi, lettuce, cucumber, melons. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Tomatoes can be planted now the weather is warmer. Dig compost



into the soil before planting. Put the stake in at the same time to save root damage later on and it serves as a reminder to regularly tie them up.

Plant seedlings: Eggplant, capsicum, cucumber, melons, lettuce, capsicums, leeks, cabbage, corn, pumpkin, celery, onions, silverbeet, courgettes, beans, peas, courgettes, cauliflower, carrots, radish, beetroot, spinach, lettuce and tomatoes

Plant passionfruit, if have an existing vine remember they need replacing after approx five years, plant its replacement now.

Plant tamarillos, red or yellow, they like a free draining soil, add compost to the soil and stake well also blueberries can be planted now, easy to grow and a great source of antioxidants.

Basil and Coriander can be planted now as the weather is more consistent, pinch out the centres to encourage the plant to bush out. Use the pinched tips in the kitchen.

Feed all vegetable plants fortnightly with a liquid fertiliser, water and fertiliser at the same time and feed your potatoes with blood and bone every two weeks and remember to mound up the soil around as the foliage as it grows.

Feed strawberries plant, with strawberry food every two weeks, water in the fertiliser.

Citrus needs protection now from verrucosis, spray with Copper Oxychloride. Protect fruit trees with Codlin moth traps and protect seedlings with slugs and snails with bait, scatter around each plant.

Mitre 10 MEGA Westgate & Henderson.

Waimauku Garden Club

It was a wild dreary day when we left for Warkworth but that didn't dampen our spirits as we chatted away on the drive to the Honey Centre. We were welcomed there by a most informative presentation on the life of the honey bee.

How they produce honey and wax other products honey bees create and how important bees are to us.

Also how honey is extracted and packed into jars, at the end of the tour, we each received a complimentary 250gm jar of multiflora honey.

We enjoyed morning tea there and a look around their lovely gift shop with quite a few purchases. We traveled on to the Albertland Heritage Museum where we also had a fascinating talk about the history of Albertland. The name was chosen for the settlement after the death of Prince Albert husband of Queen Victoria. The settlers were entitled to forty acres of land on arrival forty for his wife also 20 for each child 5 years-fifteen. We could browse the collection of interesting items. We stopped at the general store in Port Albert for a delicious lunch of fish and chips served by their friendly staff before our journey home.

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Food & Beverage

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Enhance your experience with our all-inclusive drink's packages, all set against the breathtaking backdrop of our vineyard.

Don't miss out—secure your Spot today!

To book, please email functions@soljans.co.nz or call us at 09 412 2824.



The Riverhead

The Riverhead - one of the Top 50 Gastropubs in New Zealand, and right on your doorstep.

We recently entered the New Zealand Gastropub Awards and have made it into the Top 50. We now go through to the regional finals and hope to be crowned the winner for Auckland.

If you haven't visited us before, we are New Zealand's oldest riverside tavern located in Riverhead. We have three unique venues here: The Landing Restaurant, The Portage Bar, and The Boat House Wedding and Events Centre.

Enjoy a family get together in The Landing with stunning views of the water - kids are most welcome and they eat for free Monday-Thursday (conditions apply).

Next door is our Portage Bar, the perfect spot for a catch up with friends. The bar offers typical pub fare with a modern twist.

And through the white gates is The Boat House - the perfect spot for



weddings and private celebrations.

Visit our website for more details or pop in - www.theriverhead.co.nz. 33 York Terrace, Riverhead.

Try a Range of Honey Flavours from Don Buck Honey!

A variety box of twelve (12) pots of Don Buck Honey at a bulk price. Great idea for a gift or if you would like to try out a range of honeys. \$125 or double it for \$230. This is a bulk price, great for gifting or for having a variety of honeys to sample! Pickup is from Massey or you can have it couriered to you. Get in touch at DonBuckHoney@gmail.com or order online at www.donbuckhoney.co.nz.



Foodtogether

Foodtogether is a non-profit social enterprise that has Co-ops and Pop-ups across Aotearoa. Foodtogether partners with dozens of organisations to help them feed their communities in a sustainable and accessible way.

Our mission is to connect communities around healthy food, create jobs, equip and empower local collectives and make fresh food more affordable and accessible for all. Our local Pop-up is at the YMCA building 545 Don Buck Road, Massey, 3pm - 6 pm Fridays.

We offer a selection of seasonal, fresh produce to suit your needs. We provide produce rejected by supermarkets for looks, not quality, so we can offer a generous amount of fresh produce each week at a fixed low cost of \$15, so we are reducing waste by selling not-quite-perfect produce.

See what is available on our Facebook page (Foodtogether Pop-Up Massey) order and pay online at foodtogether.co.nz before midday on Tuesday, then collect from our volunteers between 3 and 6 on



Pete Sinton
Managing Director

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Food & Beverage

Friday afternoon. If ordering isn't suitable, you can choose your own produce, though produce runs out quickly, so please do not leave it too late to pop in. Orders are made up first. If an order is not picked up by 6pm we donate to the community.

Peko Peko Japanese Restaurant

In the heart of Hobsonville, our little Japanese restaurant is owned by a local Japanese family.

We have been open for four and a half years now and it's been 10 years since we started the tiny food truck business that some of you may remember.

We have never changed the recipe of our popular Katsu chicken and we have added a lot more authentic Japanese tastes for our local customers to enjoy.

Our teriyaki salmon has been also very popular recently with our original house-made teriyaki sauce.

Please visit our website on www.pekopekojapanese.nz to check what we have onsite.

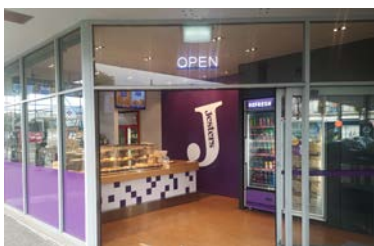
We are fully licensed and serve Japanese beer and sake, as well as beautiful local Soljans wines.

Located at 102c Hobsonville Rd, Hobsonville just next to Hobsonville Primary school. We look forward to seeing you soon. 09 416 1197.



Jesters Pies at Westgate Shopping Centre has a new look

The first thing that strikes you about the new Jesters Pies store is its contemporary design. The sleek, minimalist decor is complemented by vibrant splashes of color, creating a lively yet cozy environment. The open kitchen concept allows customers to watch the skilled pie makers at work, adding a touch of theater to the pie-buying experience.



As it continues to evolve and adapt to the changing needs of its customers, one thing remains constant: the delicious, hearty pies that have made Jesters a household name. So, whether you're a long-time fan or a first-time visitor, the new

Jesters Pies store promises a delightful experience that will keep you coming back for more.

Right next to Woolworths - Phone 09 832 6060.

Hallertau

Hallertau will be celebrating a thousand years of German brewing tradition with their Oktoberfest menu. Available for pre-booked groups of 4 - 20 the feasting menu features classic dishes including pretzel, lamb kroketten, Schnitzel and Bratwurst. At \$65 per head it also includes a first fill of Hallertau's specially brewed Festbier. It will be a good time. Prost!



Private events at Good from Scratch

Did you know we host private events, weddings, functions and parties, perfect for the food lover here at Good from Scratch?

From sit down dinners to hands on classes, we do it all.

So whether you're looking to host a mid-winter dinner for your team, celebrate a birthday or say 'I do' - the Good from Scratch farm and cookery school could be the perfect venue.

If you'd like to know more drop us an email at info@goodfromscratch.co.nz.



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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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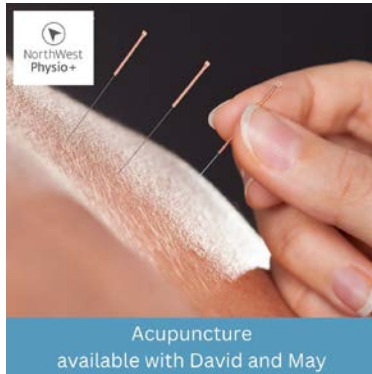
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Health & Beauty

Expert Acupuncture Services with North West Physio Plus

Acupuncture is perhaps the most recognizable aspect of Chinese Medicine, and its benefits extend beyond simply needle insertion. It can be employed alone or combined with other therapeutic methods such as herbal medicine, moxibustion (which involves heating specific acupuncture points with Artemisia), and tui na (a form of Chinese massage). Often, practitioners will also provide dietary and lifestyle advice, and may recommend specific exercises.



In acupuncture, the body's organs are associated with specific energy channels, or meridians. The practice involves inserting very fine needles into precise points along these meridians to help restore balance and harmony within the body. A comprehensive approach is taken, considering every aspect of a patient's life. While it may not always be possible to alter life circumstances, acupuncture can strengthen individuals, helping them better manage life's challenges.

A typical acupuncture session at our Kumeu clinic lasts about an hour, with the needles remaining in place for 20-25 minutes. Many patients experience deep relaxation during this time, often drifting into a brief, restorative sleep. While acupuncture is renowned for its effectiveness in treating musculoskeletal injuries, it has also been traditionally used for a wide range of conditions, including respiratory issues, digestive disorders, gynaecological problems, and chronic ailments.

Our clinic in Kumeu is staffed by two experienced acupuncturists: May and David.

May is a seasoned traditional acupuncturist with over 12 years of practice in Kumeu, following seven years of running her own clinic in Helensville. She has extensive experience working both in New Zealand and Korea. May is an ACC provider and offers treatments for a variety of conditions, including pain (neck, back, knee, ankle, shoulder), frozen shoulder, sciatica, fertility issues, sports injuries, and more. She also specializes in cupping and moxibustion.

David, also a highly experienced acupuncturist from Korea, has served the West Auckland area for over 15 years through his own clinic before joining NorthWest Physio+. He is fluent in English, Korean, and Mandarin, broadening his ability to connect with a diverse range of patients.

Both May and David bring a wealth of knowledge and skill to their practice, ensuring that every patient receives top-notch care tailored to their individual needs. Call North West Physio Plus on 09412 2945 if you'd like to book an appointment with either May or David.

Ask Dr Heather

How much filler do you use during a treatment? Anon, Waimauku.

Dermal filler is a fantastic tool used to replace volume and enhance structure to achieve facial harmony. It is designed for injection into different areas of the face, at variable depths, depending on what it is trying to replace such as bone loss, fat loss and/or skin smoothness.

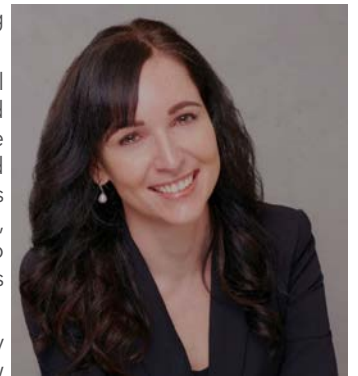
As each treatment is individually tailored, it can be tricky to know exactly how much filler is needed. We as injectors are pretty good at estimating, however tissues can respond differently, and some require larger volumes than expected. This is why a volume range is often quoted when planning a treatment, the more deficient tissues requiring more filler to achieve the desired harmony and favourable light reflections we are looking for (think makeup contouring without makeup).

Dermal filler is typically manufactured in 1mL syringes. Most injectors plan their treatment around what they can do with each syringe so they minimize waste and obtain the most bang for buck. As filler is packaged sterile, it is best to use each syringe at the time of treatment to reduce the risk of contamination and therefore complications such as infection.

Cheeks, chin, jawline, temples and central face require at least 1-3mL of filler and more may be necessary for optimal results. Smaller quantities however can also achieve lovely softening of problem areas, especially if done with a tactful artistic eye. If your injector is clever, they will be able to target specific areas that will achieve overall improvement with minimal product.

Lips typically require the least amount of filler (less than 1mL), however this also depends on the surrounding tissues, as it is imperative lips are supported by their surroundings, so they look natural. Forcing an entire 1mL syringe of filler into one's lips is not a good idea for most of us to avoid looking overdone or puffy.

A good honest conversation with your injector is always a great place to start if you are looking at having dermal filler treatment. Multiple considerations must be discussed including your needs, wants and budget. You should always feel heard and in the driver's



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seat so be sure to ask questions (writing them down can help). The aesthetic journey is a personal one and should be respected, so listen to your instincts and ensure your injector is listening to you.

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

Attention Brides-to-Be!

Make your big day unforgettable with Fresh & Flawless, your local experts in bridal hair and makeup. Our talented team creates stunning, personalized looks that highlight your natural beauty, ensuring you feel amazing from the moment you sit in our chair until the last dance of the evening. With a passion for perfection and a commitment to excellence, we'll make sure your entire experience with us is everything you've dreamed of. We'll be your beauty besties—keeping you calm and relaxed while bringing fun and uplifting energy to your day. Don't miss out—book now for a flawless experience and let us bring your bridal vision to life. Contact us today at www.freshandflawless.co.nz to check availability and secure your spot! Lauren@freshandflawless.co.nz.



Sun Smart Lenses

If you wear spectacles, did you know you can have built-in sunglasses? Dark in the sun; clear indoors. Transitions have 30 years' experience in photochromic lenses with a team of 120 scientists dedicated to research. After testing 100,000 lenses and creating 1,500 new photochromic dyes, their newest and best range yet has been released.



Transitions® GEN S™ uses advanced symbiotic technology where the dyes and lens matrix are specifically designed to seamlessly interact together. The new super-charged dyes absorb more energy, improving the kinetics inside the matrix to provide balance between vivid colours and seamless responsiveness. The lenses go dark immediately in the sun and return to near-clear within 2 minutes.

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The neutral grey lens is the most popular, but the Style colours are fun and well, stylish, and a new colour has been added: a beautiful deep ruby.

See the range at For Eyes in the Kumeu Shopping Village and ask Anna to set up a virtual try-on: a selected Ray-Ban frame is added to a real-time image of your face and then any lenses from the Gen S range added to show you how they'll look in the sun, indoors and in-between.

Summer's just around the corner - and so are the For Eyes team with your new Transitions® GEN S™ eyewear!

For Eyes Optometrists - Kumeu Village, 90 Main Road, Kumeu. Phone 09 412 8172, email foreyes@foreyes.nz.

Kumeunity Walkabout

As you know, many families and businesses in the Kumeu and Muriwai communities continue to be heavily impacted by the flooding and cyclone.

That is why Kirstyn Campbell and Nikki Williams have teamed up, doing what they can within the community to organise an annual walkabout fundraiser (last year we raised \$1,725 for Muriwai and brought a lot of attention to Kumeu and Huapai health and wellness businesses heavily impacted by the flooding). This year we're taking participants where the money raised last year was donated. We will connect with each other and the wonderful Muriwai land.

Nikki and Kirstyn's heart for these events is to bring the community together, to move participants' bodies in various ways that the heart,



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mind and soul benefit from with each other (kotahitanga). When tragedy can leave us feeling alone and struggling. We'd like to bring each other together again in a positive way that we (as exercise professionals) know how, with movement.

We have a 5km route involving beautiful views, a warm-up with Kirstyn, a grounding meditation from a Muriwai Yogi, a stretch session with Nikki, and a coffee and optional ocean dip at the end - PLUS, 100% of ticket sales will raise funds for the revamp of the pump track and tennis court area in Muriwai.

The date for the 2024 Event is Saturday 19 October 2024 11-2pm. This year's event is for the whole family. Head to the Kumeu Walkabout event page for more information, reach out to Kirstyn or Nikki personally and be sure to register. <https://shorturl.at/volKK>

Physio Tips for Better Running

Distance running is a nuanced sport, and understanding how to optimise your training while minimising injuries can be complex. Our physiotherapists offer these essential tips to enhance your running experience:



Choose Your Shoes Wisely:

Running long distances can quickly reveal any biomechanical issues in your body. Wearing the wrong shoes may worsen these problems, leading to pain and injury. Consult your physiotherapist to find the right type of shoe for your needs.

Don't Overlook Your Upper Body: Although running primarily uses your legs, strengthening and improving the mobility of your upper body can significantly affect your posture, running technique, breathing, and overall performance.

Incorporate Strength Training: Your body may compensate for weak

muscles, but this can eventually lead to overuse injuries. Identifying and strengthening weak areas early can enhance your running and help prevent injuries.

Pace Your Progress: Setting specific goals, such as entering an event, can boost motivation. However, remember to include rest days in your training regime. Your body needs time to recover as much as it needs time for active training. Gradual increases in speed and distance allow your body to adapt without injury.

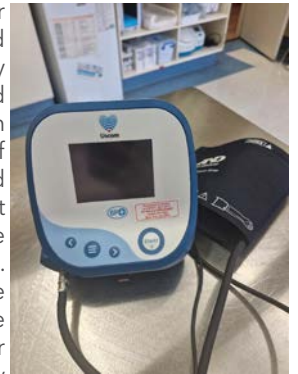
Enjoy Your Training and Listen to Your Body: Your body will signal when it needs rest and when you can push further. Training is more enjoyable when you are well-rested and free from pain. Enjoying your runs will help maintain motivation over the long term.

For personalised advice on achieving your running goals safely, consult your physiotherapist. Please note, this information is not a substitute for professional medical advice. Always seek medical assessment for your specific condition.

Riverhead Physiotherapy & Pilates - physio@riverheadphysio.co.nz or phone 027 313 6036.

Pulse Wave Analysis – Kumeu Village Lifestyle Medicine Clinic

Cardiovascular Disease - Cardiovascular disease can start as early as the second decade of your life and is directly related to your lifestyle choices and your genetics. Although this may seem scary, it is possible to identify signs of cardiovascular disease and the good news is that by following the right interventions this can greatly reduce your chance of heart attack or stroke. While traditional heart tests could be painful and expensive we are now able to understand the health of both your heart and arteries by using a scientifically validated TGA/FDA approved pulse wave analysis (PWA) machine.



PWA Screening - PWA machines analyse the shape of the pulse wave generated by the heart and work very similarly to a traditional blood pressure test whereby a cuff is attached to your arm and inflated. This wave is made up of the wave coming out from the heart and the reflected wave back from the peripheral blood vessels. The greater the reflected wave, the stiffer the blood vessels are and the more likely you are to be at increased risk.

Uscom BP+ - In your appointment we will be using the Uscom BP+ PWA—a supra-systolic oscillometric central blood pressure (cBP) device which measures blood pressure and blood pressure

KUMEU GYM 24 SEVEN

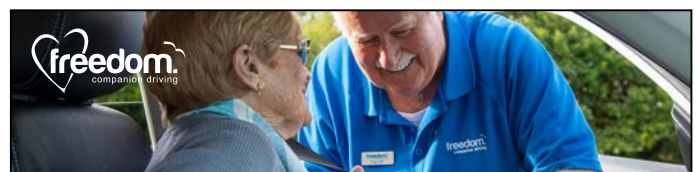
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waveforms at the heart, as well as in the arm (information only previously available using invasive cardiac catheterisation). While traditional blood pressure tests monitor the brachial blood pressure, a PWA test is able to monitor the central systolic pressure -which is the central blood pressure that affects the internal organs. This is much more accurate identifier of heart health and is one of the most important measurements we will be taking in your appointment. To find out more about the BP+ machine please follow this link to their website www.uscom.com.au. Please call 412 8446 to book your appointment.

Your Experts in Pelvic Health Physiotherapy at Kumeu Physio

Pelvic health is an essential aspect of overall well-being that often goes overlooked. Yet, conditions such as pelvic pain, urinary incontinence, and pelvic floor dysfunction can significantly impact one's quality of life. This is where our two dedicated pelvic health physiotherapists at Kumeu Physio step in to provide expert care and support.



PELVIC HEALTH PHYSIOTHERAPY
including ACC Maternal Birth Injuries

Plus did you know that through ACC we can provide pelvic health physiotherapy for Maternal Birth Injuries?

If you've experienced an injury relating to a birth that happened in NZ on or after 1 October 2022 you can apply to ACC for assistance to help you recover. Crystal and Nerissa, two of our physios, are both qualified and experienced in providing rehabilitation for maternal birth injuries and are also able to lodge a claim on your behalf.

With a passion for helping individuals regain control over their pelvic health, they both bring a wealth of experience and knowledge to our practice. Trained in physiotherapy with qualifications in pelvic health, they understand the intricacies of the pelvic region and how it affects various bodily functions.

What sets our physios apart are their holistic approach to treatment. They recognise that pelvic health issues often stem from a combination of physical, psychological, and lifestyle factors. Therefore, assessments are comprehensive, considering not just the symptoms but also the underlying causes.

They believe in empowering patients through education and personalised treatment plans. Whether it's through manual therapy techniques, pelvic floor exercises, or lifestyle modifications, they

work closely with each individual to develop strategies that address their specific needs and goals.

Moreover, they both create a safe and supportive environment where patients feel comfortable discussing sensitive issues related to their pelvic health. And understand the importance of open communication in the healing process and strives to establish trust and rapport with everyone under their care.

At Kumeu Physio, Crystal and Nerissa are committed to making a positive difference in the lives of their patients. By offering expert pelvic health physiotherapy, they help individuals regain confidence, improve their quality of life, and ultimately, thrive. If you're experiencing pelvic health issues, don't hesitate to reach out and schedule a consultation with either today, call 09 412 9063.

Your journey to better pelvic health starts here.

Spring-time Skincare Tips with Caci Kumeu

A change in season can sometimes feel like a fresh start - especially when it's Spring! Over winter we've been hibernating inside avoiding the chilly wind and hydrating our skin with rich moisturisers. As the sun comes out our skin also starts to produce more oils - helping us to lock in hydration, yay!

With the change in season also comes the change in our skincare routine, much like how we switch out our winter wardrobe for spring! As the seasons change, we want to reveal fresh, healthy skin, so check out our top tips to help you thrive as you step into spring:

Get your glow back post winter! Treat yourself to a Skin Conditioning Treatment at Caci! We love a good Hydradermabrasion as this treatment deeply hydrates and gently exfoliates (dead skin cells be gone!) leaving you with a soft, healthy, and glowing skin.

Hydradermabrasion uses a combination of water and suction to remove dead skin cells and impurities; This treatment infuses your skin with hydrating serums tailored to your skin type, ensuring you get a deep, nourishing boost that combats dryness and dullness. After a Hydradermabrasion session, you'll notice immediate improvements in skin texture and radiance. It's perfect for those who want quick, visible results without downtime.

At home we recommend exfoliating - with a gentle chemical exfoliator, not a physical scrub. The Murad AHA/BHA Exfoliating Cleanser and Murad's Replenishing Multi-Acid Peel - our top choices for a fresh, luminous glow.

At Caci, our team is always on hand if you need to chat - we're here to help you refresh your skincare. Book a free consultation with us at Caci Kumeu to discuss your skin needs! Kumeu@caci.co.nz or call us in clinic 09 412 2579.



Counsellor

Robin Sutcliffe
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Over 30 years experience. Member of NZ Association of Counsellors. Appointments at Waimauku & Westmere. Please see my profile at: <https://www.talkingworks.co.nz/dir/Robin+Sutcliffe.html>



Area Columnists

Where the money goes

By Guy Wishart, Rodney Local Board

The differing roles of local and central government can sometimes be confused.

A common misconception in our area is that the council has a say on the funding of state highways like our State Highway 16.

Rodney Local Board members can only advocate to government-controlled Waka Kotahi NZ Transport Agency (for SH16 and the like) but have no say on the projects they fund.

We are waiting for the NZTA's decision on refunding the Brigham Creek to Kumeu upgrade (SH16). No one is in any doubt that this upgrade is desperately needed, the evidence is compelling and omnipresent.

It might be helpful to have a quick overview of where the money comes from and where it goes for central and local government.

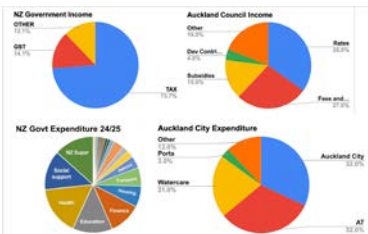
Central government collected about \$153 billion in 2023. Of this, 75% percent was from company and personal tax and 14% from GST.

The Auckland Council collected about \$7-8 billion, 35% from rates, 27% from fees, grants and subsidies, the rest from a range of incomes.

Of central government's \$153 billion, 20% goes to Health, 13% to NZ Super, 13% to Social Support, 13% to Education, 9% to Transport and Communication, with the other 32% going to housing, defence and a range of other expenses.

The Auckland Council spends about 32% of its income on parks, libraries, arts centres, waste collections, etc - 32% goes to Auckland Transport, 21% to Watercare, largely for capital spending, with the remaining 15% going to a range of Council Controlled Organisations (CCOs) and the Port of Auckland (POAL).

The Rodney Local Board operates on a budget of about \$26 million



to \$30 million with a small amount controlled by the board and divided up for Locally Driven Initiatives (LDI).

Neither central nor local government ever have enough money to do all they would like to do and the more capital expenditure they spend, the more the maintenance budget for those assets grows.

The main concerns shared by Kiwis across the country at present are the cost of living, the state of public healthcare, job and business stability, law and order and if we have more catastrophic flooding, climate change will surge to somewhere near the top of the list again.

Within Auckland, and many other cities in NZ, we have the added concern of huge infrastructural deficits within Watercare and our transport network. The council will need to borrow more for this or gather more revenue.

The Government aims to keep net debt below 30% of Gross Domestic Product (GDP). Net debt increased by \$9.5 billion to be \$71.4 billion at June 30, 2023 (18.0% of GDP).

Auckland Council's debt levels are more strictly controlled, but this year the debt level for Watercare has been increased by central government to allow an increased rate of new work and upgrades to occur.

The repealed Three Waters legislation planned to take the assets and huge infrastructural debt onto the government books. Now the debt will be held within Auckland Council's budgets long term.

With a limited budget and huge pressure to create new infrastructure for green field growth areas like Kumeu and Warkworth, and upgrade our old roads and pipes, it's essential that affordable, evidence based solutions are chosen to meet our current and future needs.

However, the desire for evidence-based solutions doesn't automatically make them happen. Good decisions can be disrupted by political agendas, the influence of lobbyists, short-term thinking, misinformation, culture wars and differing interpretations of data - among many.

Ideally, a healthy democracy strives to guard itself against these influences to ensure that evidence plays a central role in decision-making.

So, as we move on into the future what are the key ideas that will guide us forward successfully? How will we measure that success? Are we capable of agreeing on a consistent way of making evidence-based decisions? How will we improve our protection of the environment and what are we prepared to give up to do this? Can we agree on the problems we are trying to solve? What does our sustainable future look like and are we okay with that?

The decisions are too important to let politicians make them for us.

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We all need to be involved as much as we can.

Sayers says it

By Rodney Councillor Greg Sayers

In 2010 the government chose to establish seven substantive Council Controlled Organisations (CCOs) in Auckland without the public's input or consultation.

Unlike the other CCOs, this included establishing Auckland Transport (AT) as its own statutory body, granting it full control over all local roads and significant delegated powers equivalent to a regional council.

It is a misnomer to call AT a CCO as it is not controlled by the Mayor and therefore ultimately by Auckland's ratepayers.

The key point to understand is the subtle difference between who AT is accountable to, and who really controls it. These waters are murky, but I will try to crystallise them for you.

AT's Chief Executive Officer (CEO) is accountable to a Board of Directors, who are then accountable to the Auckland Council. However, this accountability is merely by way of updating the council. Basically, the Board of Directors fully governs AT.



Overriding this "paper" accountability is who really controls AT.

The AT CEO controls the daily operations and reports to the Board of Directors. So, although you think accountability means control, this is not the case. The power and control rests within AT itself. There is no control given to the Mayor and therefore no democratic control given to the Auckland ratepayer.

All other councils across New Zealand decide their own transport budgets and what projects they build.

Those elected Mayors, Councillors and Local Boards decide these, and thus are accountable to their ratepayers for getting things right.

You could argue that the ratepayers are ultimately in control about how their rates get spent for their local transport needs. However, in Auckland this is different. Why?

Other than the Board of Directors there is another power controlling AT.

The Central Government (the Minister of Transport) has significant control over Auckland's transport budgets and which projects and services get funded.

The current law allows the Minister to control more than 51% of AT's funding and the power to dictate to the Board of Directors which projects this money is spent on.

Auckland Council's role under the law is one merely of a shareholder. It can appoint members of the AT Board and provides it with a Letter of Expectation, which includes direction and targets, to which the AT Board responds with a Statement of Intent.

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Area Columnists

AT is "accountable" to the council through these mechanisms. However, this pseudo accountability is not the same as having control.

The Mayor of Auckland (Wayne Brown) has heard from councillors, local board members, and the public that accountability, power and strategic alignment to Auckland's needs from AT is not working.

Despite progress from various external reviews over the years, many of the challenges identified with the CCO model are still being observed, including concerns about public trust and confidence, strategic misalignment, ineffective democratic accountability, cost-effectiveness and duplication of services.

The question the Mayor is wrestling with is the potential of jumping from the frying-pan into the fire if AT was brought in-house under the Auckland Council.

One of the original reasons AT was set up was to remove political squabbling between regional councillors who were wanting to achieve short-term wins rather than thinking long term and building infrastructure ahead of Auckland's housing growth.

Unlike previous mayors, Wayne Brown has taken on the challenge to address whether AT has systemic problems that require massive structural change, or whether further adjustments to the existing model could address these problems, including giving control and accountability back to ratepayers.

Curiously and unbeknown to Mayor Wayne Brown, the New Zealand First leader and Deputy Prime Minister Winston Peters has introduced a Member's Bill to Parliament that seeks to disestablish AT. (The bill must be drawn from a biscuit tin in order to be considered by Parliament). Winston is concerned about a lack of control and accountability back to ratepayers.

Meantime, Mayor Wayne Brown will be working on his own solutions with the goal of presenting an alternative to Aucklanders for managing AT.

Chris Penk MP

There are few more important public policy areas than education. I salute those working hard in our local schools, including of course the teachers and supporting staff, along with Boards of Trustees and parents and everyone else ensuring that our next generation of Kiwis gets a great learning start in life.

Of course if an education system is to be effective then we need actual schools in which the learning can be delivered.

For years the northwest area of Auckland has lacked sufficient school capacity, with a fast-growing population outstripping classrooms steadily.

In particular, an additional high school is needed, given that we have many more primary schools than secondary ones. The nearest secondary schools to the tightly packed northwest suburbs (Kaipara College and Massey High School) have much to offer but are only accessible through the considerable traffic of SH16.

Throughout the time that I have been local MP this has been an issue on which I've been advocating to the powers-that-be.

By way of update, I can report that I have been corresponding with the Ministry of Education about their continued inability to acquire land for this purpose. For more than two years they have been telling me that they are working on this but without result yet.

I recently wrote to suggest that, given the lapse of time, surely using the Public Works Act to acquire the relevant land compulsorily should be considered.

Thinking about other options, I have also written to suggest that a parcel of land in the Fletchers subdivision at Riverhead - earmarked by the developer to host a school - should be utilised to establish a secondary school. Fletchers themselves are amenable to this.

Until now it has been contemplated that an additional school could be a primary one. As I have emphasised in a recent letter on the subject, however, while additional classroom capacity for primary school students in the area will continue to be needed - to match huge local population growth - the greater and much more urgent need is for an additional secondary school.

I am grateful that Fletchers have acknowledged this point and so now the ball is in the court of the Ministry of Education. I will keep you posted.

Celebrating a decade of home improvement excellence

As the tools and paint brushes continue to fly off the shelves, Mitre 10 MEGA Westgate is taking a moment to reflect on a remarkable decade of service and innovation in the home improvement industry. From its humble beginnings to becoming a local icon, this milestone birthday marks ten years of helping kiwis love where they live - both inside and out.



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Area Columnists

A Journey Through Time - It all started on Labour Weekend October 2014 when member principals Dave and Elaine Hargreaves opened the doors of Mitre 10 MEGA Westgate with a simple mission: to provide outstanding customer service coupled with expert advice, quality products and a personalised shopping experience in a one stop shop. Their months of hard work allowed them to welcome customers to a store offering a huge range of products designed to help their customers continue the great Kiwi DIY tradition.

Milestone Moments - Over the past ten years, Mitre 10 MEGA Westgate has seen many significant changes and achievements. Some standout moments include:

- **Expansion and Innovation:** In 2022, the store expanded allowing our timber yard to now offer all their products undercover, a doubling of the floor space to display our range of seasonal products, a huge increase in the range of power tools we can offer, an enhanced colour centre for our paint department plus so much more right across the store.
- **Recognition:** 2018 saw Mitre 10 MEGA Westgate recognised for delivering both great customer service and exceptional store standards when they were awarded the Hardware Journal Store of the Year award- something that was attained through the efforts of the entire store team.

Looking Ahead - As Mitre 10 MEGA Westgate celebrates this decade of success, the future looks bright. Plans are already underway for the next phase of growth, including the introduction of exciting new product lines and services, and even more community-focused events.

Thinking of fencing this summer? Planting next winter?

Join the hundreds of landowners and groups who are already working with Kaipara Moana Remediation (KMR).

KMR invests in projects to restore wetlands, fence off rivers and streams, plant trees and regenerate forest on erosion-prone land. These actions help protect and restore the Kaipara harbour and create many other benefits.

KMR offers:

- Free advice - we walk the land with you to discuss your aspirations and project options
- Funding – KMR pays a contribution (up to 50%) towards eligible projects
- Planning and support – our Field Advisors prepare a plan to access KMR funding and provide support through the project
- Support for engagement and project costs if you are a community group, marae, iwi/hapū or other collective.

Contact our team on hono@kmr.org.nz as soon as possible if:

- Your land is in the Kaipara Moana catchment
- You are thinking of fencing this summer, and/or planting next winter (2025)
- You'd like to know more about how KMR can support you.

To enter the draw, spend \$50 or more at either Mitre 10 MEGA Westgate or Henderson during 16 September to 19 October 2024, keep your receipts and be at Mitre 10 MEGA Westgate on 19 Oct 2024 to register your entries. Each valid receipt over the value of \$50 is an entry into the draw.

Registrations open at 8.30am and close at 12.30pm with the draw happening at 1pm. You must be at Mitre 10 MEGA Westgate at the time of the draw to claim the prize. Terms & Conditions apply, see in-store for more details.

Mitre 10 MEGA Westgate 10th Birthday 'BIG BACK YARD' Package Giveaway Event. To help us celebrate, join us for a fun day as we draw the winner of The Mitre 10 MEGA Westgate 10th Birthday 'BIG BACK YARD' Package Giveaway and enjoy.

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

Parents will approach us, asking questions or advice regarding screen time. Questions such as "what programmes/apps are appropriate for my child?", "how long should they have each day?", "should my child have their own device, as I don't want my child to be 'behind' when they go to school", "will a device help them to learn?" - these are but a few of what is asked.

Naturally there is information in abundance out there in 'internet



Area Columnists

land', offering you a multitude of advice and recommendations; however, you may find a lot of conflicting opinions, which leads to more confusion rather than clarification.

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

From our perspective as teachers, we have our own thoughts and beliefs around children's use of technology, and this is reflected in our values as a Centre. Firstly, as most of us are parents ourselves, we understand the complex and frequently difficult and challenging juggle that is parenting. Often, parents allow children to use devices or watch tv as a distraction, so that we can get through the jobs of the day with some ease.

Do we ever stop to wonder why we rush so much? What would happen if we slowed down, spent time with our loved ones, and involved our children in the routine jobs, say get them to help prepare dinner, or feed pets. All children really want is our attention, and if we replace our attention with screen time, it can reduce their desire to interact with real people. When we give children screen time, it takes them away from that feeling that they just want to be with us! It is through human connections that the developing brain constructs neural pathways and foundations that create the life perception of every child.

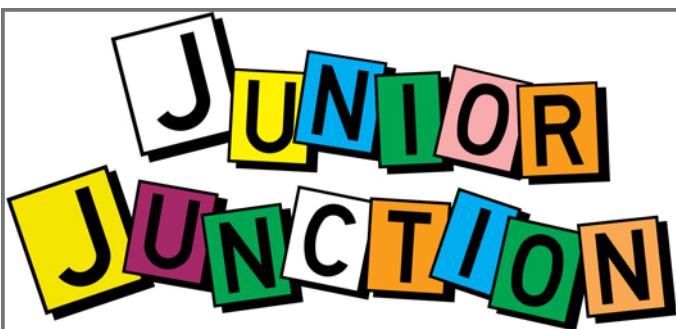
The million-dollar question is how do you enforce changes to screen time? There are several strategies you could try - going cold turkey (prepare for the emotional storm that follows), prohibiting use during certain times of the day, for example early morning before school/day care, or even having 'screen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

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

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

Keep affirming your love for your child and reinforce that it is not because of any wrongdoing on their part, but that you know, that too much technology will not help them to grow because their brain needs other things. Acknowledge their frustration, anger, and other feelings, and talk about these emotions with your child. Another important aspect of child socio-emotional development is being able to give a name to a feeling, so this time could be another opportunity to share in your child's learning, by helping them name their feelings and linking appropriate physical responses. Your messages of "I see you, I hear you, I understand", will be heard, even if initially it seems that your beloved child has disowned you! Kia kaha, be strong - your child will be an adult before you know it, and they will thank you for your strength, commitment and unconditional love then and now!

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By Rodney Local Board Chair Brent Bailey

What's happening in Parakai at the Kaipātiki Reserve?

A fair question really given the difficulty the Te Poari o Kaipatiki ki Kaipara Board and Auckland Council contractors have had in the last year.



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Area Columnists

Guy Wishart and I are the Rodney Local Board representatives on this co-governance board and our first year in this role has been an instructive experience for us both.

The delays brought by COVID were followed by extreme weather events and a combination of windblown trees and soft ground have made contractors' work a real battle.

That said, the wonderful design was begun in 2015 with the work of a group of Unitec students and completed through several collaborations and revisions by Resilio Studio in May 2020.

This design informed the Reserve Management Plan which was supported by the Financial Plan and approved budget.

The stage one capital works approved by the Auckland Council are nearing completion with delivery expected before the end of this summer in early 2024, but a substantial part the reserve is expected to reopen prior to Christmas 2023.

Even in this partially completed state the Kaipatiki Reserve will be an attractive destination for visitors and locals alike. A long overdue enhancement of the environment and facilities that had become very tired and distressed prior to the treaty settlement and establishment of the co-governance board so many years ago.

Based on what Guy and I have observed, this is a shining example of what co-governance should be. The momentum that has been built to date is extremely impressive. The contribution of the partners Nga Maunga Whakahii o Kaipara and the Auckland Council are apparent throughout and our South Kaipara community will have a great deal to celebrate and enjoy once the reserve reopens.

Local care home gives everyday objects new life

The community exchange station at local care home Radius Taupaki Gables has become a hub for recycling and sharing. Situated on the busy Taupaki Road, the exchange station benefits both the residents and the wider community, offering a practical and eco-friendly way to reduce waste and give everyday objects a new lease on life.

A shared space for all

Laurel Winwood, Radius Taupaki Gables manager, saw the value in creating a community exchange station after noticing similar efforts in the area. "We were inspired by other



exchange stations and thought it would be a great fit for us," Laurel explains. "Our location has lots of traffic and visitors passing by. It's a great way to keep things circulating and reduce waste."

Over the past four years, the exchange station has become a staple of Radius Taupaki Gables, regularly updated with new items and improvements - like a fresh sign to keep it inviting. The station sees a high turnover of children's toys and books, which are among the most popular items. "The toys and books never last long on the shelves," Laurel notes. "They're swapped quickly, which keeps the station active. Kids especially enjoy browsing through the items."

Residents, staff and visitors alike contribute to the station. For example, resident Sybil Graham loves to watch the station in action: "I saw a car stop by the other day and pick something up. It's great to see things being reused!". The exchange station has fostered a sense of connection between Radius Taupaki Gables and the surrounding community.

"So many items end up in landfills because we live in a throwaway society. By starting an exchange station, you help reduce landfill waste," says Laurel.

Residents usually donate games, puzzles and other items they no longer need. Staff members also enjoy participating. "We often swap books before they even make it to the shelves," Laurel laughs. "Keeping the exchange station in good condition is a priority. However, our community is so thoughtful about what they donate - everything is in great condition and still useful. It's truly a collective effort."

Sustainability at the heart of Radius Taupaki Gables - Beyond the exchange station, Radius Taupaki Gables continues to innovate with its recycling and repurposing efforts. Milk bottles are returned to suppliers, while other materials find new uses in creative ways, like turning old carpets into an indoor golf course, using bottle tops as bingo counters, and transforming old furniture into new computer desks.

The care home has built several raised garden beds, allowing residents to grow silver beet and tomatoes which are used in the kitchen. Residents enjoy tending to the gardens themselves, and the soil is enriched with their own compost.

Recently, Radius Taupaki Gables also adopted six battery hens. The hens, which arrived in rough shape with few feathers, now stay in a cozy home made from an old playhouse. "Our residents love looking after them," says Laurel. "There's no eating these chickens - they're pets and will live out their days in luxury."

Looking to make a difference in your community? If you're in the Taupaki area, stop by the community exchange station. Whether you're dropping off something you no longer need or finding a new treasure, you'll be helping to keep our community connected and our world a little greener.



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