

June 2026

FREE monthly community magazine for Kumeu
& surrounding townships

Kumeu Courier

- 
- Safer communities
 - Home & garden
 - Health & beauty
 - Property market report

**Waitemata Endoscopy
For your peace of mind**



Greetings

Winter is here - although it officially starts on June 21 - the winter solstice with the shortest day and longest night.

We've already had the heater (dehumidifier) on 21 degrees to warm our place, so we are expecting the power bill to start climbing again.

Work and Income provide an automatic payment called a Winter Energy Payment of \$20.46 (single) or \$31.82 weekly (couple or those with kids) to eligible beneficiaries and superannuitants (plus Jobseeker Support Student Hardship recipients) from May 1 to October 1 this year. Go to Work and Income's website for more information.

It may help but I don't think it goes far enough, in spite of a recent rise, especially with price increases,

The recent Huapai-Kumeu Lions Book Fair (May 23 and 24) in the Kumeu Community Centre again proved enjoyable.

While I'm never early enough to get the best books and records (usually in the arms of early birds) I love catching up with people over a cuppa and bite to eat.

There's a book fair in Helensville too (May 30 and 31) but I don't get to that one so often.

There's plenty of other winter events in the area - see this issue for more information.

I saw and heard the vintage reggae sounding AceTones at a recent Bethells Beach event and thoroughly enjoyed it (the Bethells Beach Cafe food was good too). Others seemed to agree, with many people getting up to dance.

"Winter warmers" aren't just about payments it seems.

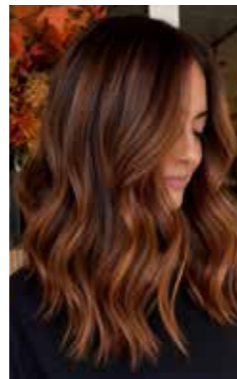
And we've had a tremendous response to our free fuel offer of \$1000 worth of BP fuel vouchers too.

Editor Geoff Dobson.



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Circulation is 10,000 print copies. Advertising starts at only \$100 + gst which includes a business card, editorial and an image.

Get in touch with Gabrielle today
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COVER PHOTO: Waitemata Endoscopy

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

DISCLAIMER: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Kumeu Courier Limited. Articles are not to be re-published unless written consent is granted from the publisher (Graham McIntyre).



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People & Places

Don't sit on your symptoms, get checked for bowel cancer

June is Bowel Cancer Awareness Month in New Zealand. It is an important reminder that bowel cancer is often preventable, and that awareness and early detection can make all the difference. In support of Bowel Cancer Awareness Month, Waitematā Endoscopy is helping get to the bottom of bowel cancer as part of New Zealand's largest bowel cancer awareness campaign.

Bowel cancer is the second leading cause of cancer related death in New Zealand. Our rates are among the highest in the world, with more than 3,000 New Zealanders diagnosed every year. The earlier bowel cancer is detected, the more treatable it becomes. In some cases, it can be prevented altogether.

Unfortunately, many people "sit on their symptoms" for months, and almost half of patients are unfamiliar with the symptoms of bowel cancer before diagnosis. These delays can reduce opportunities for early intervention and successful treatment.

One of the biggest challenges is that symptoms are often subtle, intermittent, and easy to dismiss.

WE

 are introducing...
Mr Shahed Yassaie
Surgeon & Endoscopist

With new Specialists and increased capacity, Waitemata Endoscopy can provide *greater access* to *timely* and *quality* care. Our experienced team are dedicated to providing *exceptional endoscopy care at every opportunity*.

Appointments are available within **7 working days** for most standard Colonoscopy & Gastroscopy procedures by matching you with the availability of our Surgeons & Gastroenterologists*

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



*Visit our website to learn more

www.waitemataendoscopy.co.nz

Or call us on (09) 925 4449

// 53 Lincoln Rd, Henderson

// 212 Wairau Rd, Wairau Valley



Mr Shahed Yassaie
Colorectal Surgeon and General Surgeon & Endoscopist



Key symptoms to watch for include:

- 1- Bleeding from the bottom
- 2- A change in bowel habit
- 3- Unexplained fatigue or weight loss

4- Abdominal pain or a lump in the abdomen

While these symptoms are common and are often caused by conditions other than bowel cancer, they should never be ignored if they persist.

A Colonoscopy is a safe and minimally invasive procedure that allows specialists to examine the inside of the bowel using a thin flexible tube with a light and camera. One of the major benefits of Colonoscopy is the early detection and removal of pre-cancerous polyps. Removing these growths early can often prevent bowel cancer from developing.

Alongside screening, understanding your personal risk factors is an important part of protecting your bowel health. Risk increases with age, particularly over 50, as well as in people with a family history of bowel cancer or inflammatory bowel disease. Lifestyle factors such as smoking, obesity, poor diet, and low physical activity also contribute significantly.

There are practical steps everyone can take to reduce their risk. Eating a diet rich in vegetables, fruits, legumes, and whole grains, exercising regularly, maintaining a healthy weight, limiting alcohol and processed meats, and avoiding smoking all support bowel health and may lower the risk of bowel cancer.

Equally important is breaking the stigma around bowel health. Conversations about bowel habits may feel uncomfortable, but silence often leads to delay, and bowel cancer does not wait.

At Waitematā Endoscopy, we aim to make taking a proactive approach to your gut health easy. We accept GP, specialist, and self-referrals via our website. Our experienced Specialists can perform an endoscopy for you within 7 working days of receiving the referral.

At a time of growing awareness around the benefits of earlier screening and detection, having a Colonoscopy should be seen as an empowering step towards taking control of your health and improving long-term outcomes.

Mr Shahed Yassaie

Colorectal and General Surgeon & Endoscopist

Waitematā Endoscopy

Front Cover image-

Some of the Waitemata Endoscopy team inside “Colin the inflatable Colon” showing polyps and colon cancer, on loan from Bowel Cancer NZ.

From L to R, front row: Irish, Mikaela, Sihaam, Jhoanna. Back row: Sean, Kenneth, L orenz, Angela, and Alvem.

Kumeu resident’s dilemma



Riverhead Road resident Malcolm Fuller has an issue with water. He reckons that since Auckland Transport (AT) increased the road height nearly a metre, water has drained onto a grass verge and affected his home of 24 years.

Malcolm says his home is “stuffed” and he hopes to sell his 800 square metre property backing onto a vineyard to a developer who might also consider buying neighbouring properties. It was a rural area when Malcolm first lived there and he says traffic in the area and associated issues have increased, including on nearby State Highway 16. Parking has become more difficult, especially with Malcolm’s children returning to live on the property.

He’d like to move out of Auckland, mainly due to the cost of living here and traffic.

His dilemma is that he cannot sell the house as the foundations are water affected, as are the walls and rest of the home. It even has mould in places, and Malcolm says it should be demolished.

Meanwhile, Malcolm is continuing his argument with AT and the Auckland Council about the road’s impact on water levels. He reckons a new drain would help fix it = the old one apparently replaced by a footpath.

Rodney Councillor Greg Sayers says he fully supported Malcolm’s request to have AT visit. “However, we have both been declined by Auckland Transport.

“I have also let him know there is an option to claim on insurance to fix the foundations and walls, etc. I explained to him that should the insurance company accept such a claim, and they agree with him that Auckland Transport is at fault, the insurance company can make its own claim against Auckland Transport.”

Malcolm says he’s spoken to insurers who have said the damage happened over a period of time and that the Fullers are not covered but he will discuss the matter with a lawyer.

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Mastercraft kitchens by The Kitchen People:



Cabinetry crafted for the way you live

Behind every well-designed home lies thoughtful, functional cabinetry - and that's where The Kitchen People have built their reputation. With more than three decades of experience across the Rodney

District, the team brings together craftsmanship, design precision, and a deep understanding of how people live. From renovations to new builds, each project is driven by the same philosophy: every space should feel effortless to use and enduring in style.

Since Mark and Leanne Gallagher took ownership in 2022, these Riverhead locals have refined what they call The Kitchen People experience. It's a collaborative, step-by-step process where our in-house designers guide clients through inspiration, materials, and detailing - all the way to installation.

While kitchens remain at the heart of their work, the

team designs and builds custom solutions for every area of the home, including sculleries, laundries, wardrobes, vanities, and built in furniture. Each piece is manufactured at our Silverdale Factory and backed by the assurance of a 10-year Mastercraft guarantee.

You can explore inspiration and endless ideas at our Millwater Design Centre, 177 Millwater Parkway, Millwater. Open Monday - Friday, 9 am- 4 pm, and Saturdays, 9 am-1 pm. As proud licensees of Mastercraft Kitchens, we offer exclusive access to industry-leading materials, construction excellence, and a 10-year Mastercraft guarantee. It's our promise of enduring quality and peace of mind.

Discover more at www.kitchenpeople.co.nz

June at Kumeū Arts

This month we're proud to be part of the Auckland Festival of Photography with two inspiring exhibitions celebrating creativity, movement, and community. In our Pod Gallery, Fang Yuan presents Wu - Everything is Empty, exploring the festival theme of movement [Kori]. "Wu" represents the space before things take shape, a moment of possibility, transition, and becoming. In the Main Gallery, Kumeū in Focus showcases the annual exhibition from Kumeū Arts Members and the Kumeū Photography Group, featuring diverse subjects and creative perspectives from our local photographic community. Entry is always free, with new exhibitions every month, so there's always something fresh to discover. While visiting, browse our gallery shop for beautiful locally made art and craft, perfect for gifts or your home, and explore the range of concerts, classes and creative courses available at Kumeū Arts. We'd love to welcome you this June.



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Pelvic floor dysfunction:



What every woman should know

In New Zealand, about 1.1 million women experience some form of pelvic floor dysfunction. Despite how common it is, not many know that there is effective treatment available and that

it's not only something that affects women who have been pregnant or given birth. What is the pelvic floor: A group of muscles at the base of your pelvis, stretching from your pubic bone to your tailbone like a supportive hammock. These muscles and ligaments play a key role in bladder and bowel control, supporting pelvic organs, and sexual function.

Common symptoms of dysfunction include:

- Leaking when coughing, sneezing, or exercising
- A sudden urgency to get to the toilet
- Pain during sex or within the pelvic area
- A heavy or dragging sensation in the lower abdomen or pelvis
- Changes in bowel movements or difficulty fully emptying

All of these can affect women's quality of life and bring about a great deal of embarrassment, anxiety, and reduced confidence. However, this doesn't have to be the way of life or accepted as "normal". The good news is that there is help and treatment options available. A specialised Pelvic Health Physiotherapist has done advanced training to assess, treat, and guide women through a personalised plan to improve symptoms and quality of life.

At Riverhead Physiotherapy and Pilates, our experienced Pelvic Health Physiotherapist, Vanessa, is dedicated to creating a safe and supportive environment where you can feel comfortable discussing any concerns. Her goal is simple; to empower her clients to be able to become the best versions of themselves.

To book in with the team you can head to www.riverheadphysio.co.nz or email pelvichealth@riverheadphysio.co.nz or call 0273136036.

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Qigong and Sound Healing



Hello, I'm Paige, Qigong teacher, sound practitioner and Yoga Nidra guide.

Qigong is an ancient Chinese mind-body practice that combines gentle physical movements, breathing techniques and focused intentions.

Rooted in Traditional Chinese Medicine (TCM), the practice is designed to cultivate and balance the body's vital life-force energy, known as qi. I was introduced to Qigong after exploring many modalities along my journey to becoming a practitioner.

It is a deeply restorative practice as it helps shift the body out of the "fight-or-flight" stress response, leaving you feeling centred, energised, and grounded.

Qigong is a highly adaptable practice often described as "moving meditation", due to the nature of the soft flowing movement - making it incredibly beneficial for all age groups and health levels.

I'm currently offering Qigong as weekly local classes based in Riverhead. I have been teaching for the past two years here locally, and love seeing the benefits that it offers for each individual. I also enjoy sharing this at local Wellness Retreats.

I invite you to join us for a deeply nourishing practice which combines Qigong with Sound.

In addition I am also offering my monthly 'Sound Sanctuary' session - a sound portal of deep rest. Based in Waimauku, Riverhead and Coatesville.

Please feel free to get in touch if you wish to join a class.

- Monday Mornings 9:30-10:30am

- Wednesday Evenings 6:30-7:30pm

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Email: hello@paigeburgess.com

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- Visualisation and intention
- Healthy breathing
- Sound bath + tea

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Local classes held in Riverhead.

Laser Plumbing - Whenuapai



As we edge closer to winter, the temperature is certainly starting to dip. Winter brings the magic of roaring fires, warm soups, and cosy nights in - but it also comes with wetter days and chilly temperatures. So, how can you be plumbing smart this winter?

Hot water cylinders - There's nothing worse than waking up to no hot water on a cold winter morning. Make sure your hot water cylinder is heating efficiently and showing no signs of leaking. Even a small drip can lead to dampness, water damage, and wasted energy.

Gutters - Blocked gutters are one of the most common causes of roof leaks during winter. Clear away leaves and debris regularly so rainwater can flow freely and safely away from your roof and foundations.

Drains - Slow-draining showers, sinks, or basins can be early warning signs of a blockage. Don't forget to check outdoor drains too - backed-up drains can quickly lead to flooding during heavy rain.

Leaky taps & toilets - A dripping tap or leaking toilet may seem minor, but over time they can waste a surprising amount of water - and increase your water bill. Check both indoor and outdoor fixtures for leaks and repair them before they turn into costly problems.

A little maintenance now can help prevent bigger plumbing headaches later - and keep your home warm, dry, and comfortable all winter long.

We have an experienced team of plumbers, roofers and drainlayers who can help with any of these issues. We offer no obligation quotes, so give us a call today.

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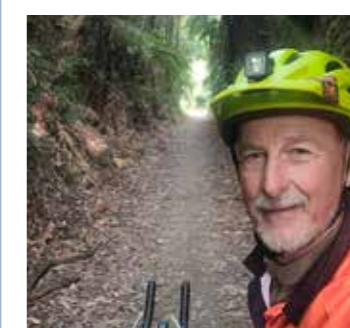
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Stephen Spardon cycles NZ for charity



A Kumeu business owner has cycled the length of New Zealand.

Stephen Spardon of Riverhead, who runs Grabit in Kumeu and who has been involved in waste management for about 30 years, cycled 3100km from Cape Reinga to Bluff earlier this year.

He raised some \$7750 for mental health during the 28-day Tour Aotearoa trip using many cycleways, the charity chosen because a young former workmate (whose name was on his helmet) had committed suicide.

Stephen was among about 210 cyclists who made the trip starting over three days during late February 2026, riding with Mark van Lent, also of Riverhead, who raised more than \$8000 for the Heart Foundation, and including Allan Postance of Taupaki who did the trip for the third time - starting after Stephen and finishing two-days ahead.

He missed the Kumeu Show for the first time in 30 years as a result (wife Jane is show president from organiser the Kumeu Agricultural and Horticultural Society). Stephen and cycling mates kept people informed through What's App and other online tracking. They stayed at various places including cabins, caravans and tents.

Highlights included the Timber Trail west of Taupo, taking a jet boat up the Whanganui River to a camping spot, the Wilderness Trail between Greymouth and Ross on the South Island's West Coast, taking two flower bunches to rider Helene Wells of Nelson who stopped in Whanganui and "needed a bit of a pick me up", seeing the first woman to climb Mt Everest without supplementary oxygen Lydia Brady's training bike on the ceiling of his Lake Hawea digs, and Walter Peak near Te Anau.

Stephen says it was a grueling journey, made more pleasant by stops at cafes, lakes (usually for a dip) and landmarks such as the colourfully-lit Durie Tunnel near Whanganui. The cyclists travelled down Ninety Mile Beach, Stephen carrying about 16.4 kgs in bags on his 9kg second-hand Canyon German-made carbon fibre, 12-speed mountain bike.

Their travels included Broadwood, Rawene, Parakai, Riverhead, Fred Taylor Drive, Orere Point via Mt Eden and Clevedon, Paeroa, Cambridge, Mangakino, Taumaranui, Wanganui, Apiti and the Durie Hill tunnel, Manawatu Gorge, Ashurst, Pahiatua, Martinborough, Wellington, Picton (via ferry), Mapua, Murchison, Reefton, Fox Glacier, Lake

Hawea, Wanaka to Queenstown via the Crown Range, Mossburn and finishing in Bluff.

The weather was good for most of the trip - apart from drizzle on the Ikamatua to Greymouth leg - and Stephen reckons he did 190 hours of cycling, had no punctures, and consumed 16 thick shakes, found 40 cents and an eftpos card (the card returned to the owner) and used a tent once.

Stephen says books show riders the route which he followed via a headset. He saw a few Northwest people along the way, including Dene Jonkers.

Fallen trees along one trail slowed them up when they had to cart their bikes over them (Stephen says it took six hours to do 50km), but otherwise he is pleased with their progress, adding the "cycling gods" were with him with a tail wind on the final stretch.

Kumeu Insurance Services - Trusted by generations

Established in 1990 by Dick and Wendy Williamson, Kumeu Insurance Services has proudly served the local community for over 30 years. Operating from 2 Shamrock Drive, the business has built a strong reputation for delivering reliable, personalised insurance solutions to businesses and households in Kumeu and across New Zealand.

Family is at the heart of the business. Over time, Dick and Wendy's daughter Christine joined the team, followed by her husband Gareth, ensuring the company remains locally owned and operated and deeply connected to the community it serves. This strong family foundation extends to their clients, with Kumeu Insurance Services now supporting second and even third generations - a reflection of the trust and long-standing relationships they have built.

As an independent insurance broker, Kumeu Insurance Services works with a wide range of insurers and underwriters, allowing them to provide flexible, tailored cover options rather than a one-size-fits-all approach. The team prides itself on offering knowledgeable advice backed by strong moral principles, helping their clients



make informed decisions for protecting their businesses, homes and valuable assets.

Their expertise includes business insurance such as material damage, business interruption, vehicle fleets, cyber and liability insurances together with personal insurance such as home, contents, vehicles, and boats alongside rural insurance for farms and lifestyle properties. When the unexpected happens, their clients can rely on the team to guide and support them through the claims process every step of the way, providing reassurance and assistance during what can sometimes be a stressful time. With deep community roots and a genuine commitment to personalised service, Kumeu Insurance Services continues to be a trusted partner - protecting what matters most, now and into the future.

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Pop in and see us today

Where there's smoke there's fire



New Zealanders have enormous respect for their firefighters. They are the people who run toward danger when everyone else is running away. Whether responding to house fires, major weather events, medical emergencies, vehicle accidents, or natural disasters, firefighters are among the country's most trusted frontline workers, and rightly so.

That is why the ongoing dispute between Fire and Emergency New Zealand and the New Zealand Professional Firefighters Union has become more than just another employment negotiation. It has become a growing concern about public safety, workforce wellbeing, and whether meaningful good-faith bargaining is truly taking place.

Professional firefighters across New Zealand have now continued industrial action into 2026 after negotiations over pay and working conditions stalled for an extended period. Union members say they have not received a pay increase since July 2023, while concerns around staffing shortages, ageing equipment, mental health support, and operational safety continue to intensify.

The union argues the strikes are not simply about wages. They say the real issue is the long-term effectiveness and sustainability of frontline emergency services.

Firefighters have raised concerns about broken appliances, short staffing, outdated equipment, limited training resources, and increasing pressure on crews already stretched by rising call volumes and more complex emergencies. They also point to concerns around mental health support and workplace safety, arguing these issues directly impact both firefighters and the communities they serve.

From the union's perspective, industrial action has become a last resort after years of stalled negotiations and rejected offers. A recent proposal from FENZ was overwhelmingly rejected by members, reflecting what appears to be a significant breakdown in trust between frontline staff and management.

At the same time, FENZ maintains that it must balance the needs of employees with broader public sector affordability and operational responsibilities, but without being transparent or seeking input into the prioritizing. The organisation has expressed concern that strike action risks public safety and says it is



seeking independent facilitation through the Employment Relations Authority to help move negotiations forward.

FENZ also argues that its wage offers are fair within current public sector constraints and has referenced some of the union demands as financially unsustainable.

But, regardless of which side people may support, one reality remains undeniable - New Zealanders expect their emergency services to be properly resourced, properly staffed, and fully operational when crisis strikes.

This dispute is no longer simply about percentages and pay scales. It is about confidence in the future of frontline emergency response.

The public understandably wants reassurance from the Government that firefighters have the tools, staffing, training, and support needed to safely protect communities. And with an election looming many MP's are becoming increasingly engaged in trying to understand the impasse. Equally, taxpayers expect public agencies to manage funding responsibly and negotiate fairly with good intent.

That is why good-faith bargaining matters.

Good-faith negotiation is not about winning headlines or hardening positions. It requires transparency, genuine engagement, compromise, and a willingness from both parties to focus on outcomes rather than conflict. Prolonged industrial disputes help nobody - not firefighters, not management, and certainly not the public who rely on these services every day.

New Zealand's firefighters deserve to feel heard and valued. FENZ deserves the opportunity to negotiate sustainable solutions within its operational and financial responsibilities. But the longer this dispute continues unresolved, the greater the risk that trust, morale, and public confidence continue to erode.

At its heart, this issue is about protecting the people who protect us.

What New Zealanders want now is not further escalation, political point scoring, or entrenched positions. They want leadership. They want meaningful dialogue. And they want both parties back at the table, bargaining in good faith to find practical solutions that ensure communities remain safe and frontline firefighters receive the support and respect their role demands.

A smoke alarm only has only one role, to alert the occupant to take action. This article only has only one role, to ask FENZ and the NZPFU to find a leader that can bring you both to a satisfactory and timely outcome.

Because it is the public that gets hurt, and the communities that feel the most pain, the longer these issues are unresolved.

House of Travel Hobsonville.



Plan Your Travel with New Zealand's most awarded Travel Brand.

As travellers begin looking ahead to holidays for late 2026 and beyond, now is proving to be one of the smartest times to start planning. At House of Travel

Hobsonville, we are already seeing strong demand for future travel, with many clients securing trips well in advance to access the best value and availability.

One of the biggest advantages of early planning is choice. Booking ahead gives travellers access to better flight options, preferred seating, accommodation choices and more flexibility across dates and budgets. It also allows time to properly compare experiences rather than making rushed decisions closer to departure when options may be limited.

In recent years we've also seen airlines regularly adjust taxes, surcharges and pricing structures, sometimes with very little notice. Securing arrangements earlier can often help protect travellers from these increases while locking in more favourable fares.

Many of our suppliers have great deals in the market and added-value offers. For cruise enthusiasts Cruise lines are offering bonuses such as onboard credit, cabin upgrades, wi-fi packages, drinks packages and reduced deposits, creating excellent overall value for travellers considering an ocean or river cruise.

Guided touring companies are also releasing attractive offers for destinations such as Europe, North America and South America. Popular brands including Insight Vacations, Trafalgar, Costsaver and Brendan Vacations are currently launching new itineraries and promotional offers for upcoming seasons.

Airlines are also entering their major sales periods as New Zealanders begin planning future holidays. Carriers such as Air New Zealand and Qantas regularly release global fare deals during this period, making it an ideal opportunity to start exploring travel possibilities.

Even for those not quite ready to book, beginning the conversation early can make a significant difference. It allows travellers time to research destinations, spread costs, monitor offers and create an itinerary that genuinely suits their needs and budget.

And sometimes, simply having a holiday planned is the perfect motivation to get through the working week. Buzz and the team at House of Travel Hobsonville are always happy to help locals navigate the ever-changing travel landscape and turn future holiday ideas into reality.

House of Travel Hobsonville. 225 Hobsonville Point Rd, hobsonville@hot.co.nz | 09 416 0700

Cruise Centre Hobsonville /144 Hobsonville Point Road | 09 941 3330

Stronger together

Community membership giveaway

This June and July, 111 Vet Clinic is teaming up with Kumeu Gym, owned by local fitness coach Rob Keegan, to give our community two chances to win a healthier year ahead.

As pet owners, we often put our animals first. We make sure they are fed, cared for, treated, exercised, and loved - but our own wellbeing can quietly slip to the bottom of the list.

This giveaway is a reminder that looking after yourself matters too. And realistically, by the time this prize is drawn, spring will be just around the corner. Physical fitness is not just about appearance. It supports energy, circulation, strength, confidence, and mental resilience. When we feel stronger in ourselves, we are better equipped to care for the people and animals who depend on us.

That is why 111 Vet Clinic and Kumeu Gym are offering two 12-month Kumeu Gym memberships to locals this winter.

One prize is for a 111 Vet Clinic customer, and the second is a community nomination prize for someone local who could genuinely benefit from support.

Two ways to win:

1. Spend & Enter - Customer Prize



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Community News

Spend \$250 or more in one visit at 111 Vet Clinic during the promotion period and enter the draw to win a 12-month Kumeu Gym membership. This prize also includes a Startup Programme valued at \$65 and an Evolt 360 body scan valued at \$45.

2. Nominate Someone - Community Prize

If you know someone local who would benefit from building strength, confidence, and wellbeing, but who may not be able to afford a gym membership right now, you can nominate them. Nominations must be for someone else only.

The promotion runs from 1 June to 30 July, with entries and nominations closing at 5:00pm on 30 July. The draw will take place at 111 Vet Clinic at 5:00pm on 31 July.

Ask us in clinic for an entry form, or email office@111vetclinic.co.nz to request an entry or nomination form. Completed forms must be submitted to be considered.

Entrants and nominees must live or work locally, from the Riverhead through to Waimauku area, and be aged 18 years or over. The \$250 spend must be in one transaction. Prizes are not transferable or redeemable for cash. Kumeu Gym rules apply. For full T&Cs, please refer to our Facebook post.

This winter, we are celebrating healthier pets, healthier people, and a stronger local community.

111 Vet Clinic and Kumeu Gym - both open 24/7 and helping Kumeu get stronger together.

Phone 09 86 96 111 to book your pet's appointment today.

E-motions & the joy of dancing in the dark



Emotions - we all have them. Many people do anything they can to avoid feeling them. We may have been taught they are good or bad, a burden, irrelevant or even a nuisance.

E-Motions are energy in motion. They are meant to be felt and released. They are messages which tell us things about ourselves.

They are not good or bad, instead they are comfortable or uncomfortable. We all want to feel happiness, joy, love, passion and excitement yet we try to avoid guilt, shame, sadness, anger, embarrassment, fear and grief.

You are not your emotions. They are trying to tell you something. Anger tells you to fight back & protect yourself. Compassion encourages you to help others. Disgust tells you what you don't like. Sadness means you've lost something important. Guilt compels you to repair wrongdoing. Joy comes when something wonderful

occurs.

Using hypnotherapy, I help people connect with their emotions and release them in healthy ways. This includes movement as the energy needs to be felt & moved out of the body otherwise it can stay trapped and cause physical health issues.

In my life I have used drink, drugs, food, smoking, tv, and even physical pain to distract from my feelings. I now help others overcome issues just like these with my therapy and I recommend movement like dancing. Dancing helped me drop 20kg and released many trapped emotions out of my body. Get in touch if you need help releasing your emotions.

As well as hypnotherapy I also run The Joy Club (Dark Dancers) every Thursday night 7:30pm in Waimauku War Memorial Hall. Come along & experience the joy of dancing in the dark.

Lorraine Maguire Therapy

www.lorrainemaguire.com

<https://www.lorrainemaguire.com/thejoyclubdarkdancers>

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 fulfill 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.



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

What is an immediate denture?

Losing your natural teeth doesn't have to mean going without a smile. An immediate denture is placed by your dentist straight after your teeth are removed, allowing you to leave the dental surgery with your appearance restored from day one.

At DT Denture Clinic, the process begins before any extractions take place. Impressions are taken in advance, and your denture is carefully designed to either replicate your natural teeth or enhance your smile – depending on what you want. You're involved throughout the process.

While immediate dentures are a common treatment, the idea of it can feel daunting if the process isn't clearly explained. With the right guidance, however, it becomes a straightforward and manageable experience. Understanding what to expect at each stage helps remove uncertainty and gives you confidence in the outcome.



Immediate dentures also play an important role during healing. They help maintain facial structure, and act as a protective layer over the gums following extractions.

As the mouth heals, natural changes occur – particularly gum shrinkage – which can affect the fit of the denture. This is a normal part of the process and is managed with a reline, restoring comfort and function once healing has progressed.


For those facing extractions, immediate dentures offer a

practical and reassuring solution – maintaining both appearance and confidence through what can otherwise be a challenging transition.

Book your free consultation with the team at DT Denture Clinic to learn more and see if an immediate denture is right for you.

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RODNEY COMMUNITY



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Henderson Rotary Club:



Proud supporters of Massey High School

Thursday night is our regular meeting night at the Henderson Rotary Club, but last week we had the pleasure of supporting the Massey High School Hospitality department. We enjoyed a sumptuous meal

entirely prepared and served by the students.

The impressive menu kicked off with house-made focaccia served with balsamic vinegar, olive oil, and dips. For the main course, we were treated to braised beef cheek served with a rich, Mediterranean-style baked savoury pudding, honey-roasted kumara, red wine jus, and mascarpone pesto. The meal concluded with a spectacular finale: Felicity's Tiramisu.

The school truly outdid themselves; the food and service were absolutely outstanding. This annual evening is an important milestone for the students, allowing them to practice real-life hospitality skills that will serve them well in their future careers.

In addition to supporting our local youth, Henderson Rotarians have been busy hands-on in the community. Over the weekend, members participated in a working bee to clear the property of a decommissioned Freemasons Lodge—an effort that also doubled as a fundraiser for the club.

The Henderson Rotary Club is always on the lookout for hands-on community projects and fundraising opportunities that allow us to channel resources back into West Auckland. Recently, we purchased a specialised hoist for Hospice West Auckland, and donated significant funds to both the Don Oliver Youth Sports Foundation and the Well Foundation for Waitakere Hospital. We have also funded students from five West Auckland high schools to go through a crucial Driver Awareness Programme, with our own members volunteering to help staff the event.

With so many diverse projects underway, our impact across West Auckland relies entirely on the energy of our members. To keep driving these vital initiatives forward and expand our reach, we are always looking for passionate volunteers to join our ranks. If you would like to give back to your community, make new friends, and get involved, we would love to hear from you.

We meet for dinner at The Trust Arena on Thursdays at 6:00 PM. To learn more or to register your interest, visit hendersonrotary.co.nz/contact-us/.

You are always welcome to attend a meeting or join us at our next working bee to see what we are all about.

RODNEY COMMUNITY



Kyra Shaw-Toomey
Community Facilitator - Kumeū & Surrounds
kyra@rodneycommunity.org.nz

Hi I'm Kyra and I'm here to connect with the community in and around Kumeū, to support and facilitate community initiatives and projects that keep our community connected and resilient. I am really enjoying collaborating with groups such as Kumeū Arts and the Lions and look forward to meeting with more local organisations.

If you are working on a community project and you need help, please get in touch! I can connect you to resourcing, expertise, and venues to make your idea come to life.

If you are a local looking for things to do or groups to join please check out our website to see what our team are organising. We are all about low cost, community activities that are accessible and help bring locals of all ages together.

Update from last issue: Due to permitting, we were unable to go ahead with our plan for a re-opening celebration at Taupaki Park. We are glad to see kids are enjoying the playground nonetheless.

Highlights: June - July 2026

FREE FAMILY FUN DAY!

Sat 20 June | 12pm - 3pm

Huapai Hub (behind Kumeū Arts)
300 Main rd, Huapai Auckland

- BBQ
- Hunger Ball
- Junk Play
- Lawn games
- Face painting
- Art activities

We're bringing the community together for a relaxed day of family-friendly activities, BBQ, games, and art at the Huapai Hub. Share your ideas and connect with your neighbours.




CIRCUS HOLIDAY PROGRAM
July School Holidays | Kumeū Community Centre & Waimauku War Memorial Hall **COMING SOON!**

Check out all our events and initiatives Rodney-wide:
www.rodneycommunity.org.nz/whats-on/



PROUDLY SUPPORTED BY:



Find out more about our team and everything we are working on:

Community News

Holidays during a fuel crisis



In case you hadn't noticed, there's a fuel crisis going on. Lots of Aucklanders are making choices to save money by filling up the car less often. EV, e-bike and regular bike sales have gone up, and the buses are overflowing, which is also great for reducing our city's greenhouse gas emissions.

But what about that much deserved mid-winter holiday you've been looking forward to? Is now the time to book a flight or plan a road trip?

There are alternatives - how about a staycation? You don't have to paint the fence or do the garden, in fact you could put a moratorium on all house and garden chores, and head out to explore the sights of Tāmaki Makaurau. Your AT Hop card won't go over \$50 in a week no matter how much you travel. Get the bus to some of those volcanic cones you've never climbed, those North Shore beaches you've never walked on, those historic houses you've never seen.

If you can't relax unless you are away from home, think about a local holiday. You don't have to go far to "get away from it all". Rangitoto Island is a short ferry ride from the CBD, it feels like you are in another world, and has four historic baches available to rent through Bookabach. Auckland Council has a range of accommodation options at our fantastic Regional Parks, or book a few nights at Milford, Takapuna, or Orewa and enjoy meals out and a sauna on the beach <https://www.saunacollective.co.nz/>.

We live in an amazing city surrounded by beautiful bush, beaches and islands. Now is a good time to appreciate it.

Kumeu Community Blood Drive

Kumeu community, let's come together once again to make a real difference.

The upcoming Kumeu Blood Drive is returning to the Kumeu Community Centre on the 6th and 7th July from 1pm-7pm and we'd love to see both familiar and new faces stepping up to support this life-saving cause.

Every donor, volunteer, and supporter played a part in helping save lives, and that same spirit is what continues to make these events so special.

Blood donation is one of the simplest yet most powerful ways to give back. Just one donation can save up to 3 lives and help multiple patients in need, from those undergoing surgery to individuals facing serious medical conditions. It's a small act that carries a huge impact.

What makes the Kumeu Blood Drive stand out is the community behind it. From first time donors to regular supporters, there's a shared understanding that showing up matters. The atmosphere is welcoming, supportive and there's a strong sense of appreciation driven by a genuine desire to help others

As we look ahead to the July blood drive, everyone is encouraged to get involved- whether by rolling up a sleeve, spreading the word, or supporting someone else to donate. If you've ever considered giving blood, this is the perfect opportunity to do so in a friendly, local setting.

Keep an eye out for our Facebook posts, local road signage, or even a call from our friendly call centre team with more information on how to book.

Every reminder helps us reach more people and save more lives.

Lets build on the success of April and continue making a difference together. Your donation could be the reason someone gets a second chance.

Appointments are encouraged - come along, bring a friend, and be part of something that truly saves lives!

BE A HERO. SAVE A LIFE.

**KUMEU
NZ BLOOD NEEDS YOUR HELP!**

**WE'RE IN KUMEU ON THE 6TH & 7TH JULY
@ KUMEU COMMUNITY CENTRE**

**BOOKINGS GO LIVE SOON
#SAVE THE DATE!!**

PLEASE BRING YOUR PHYSICAL PHOTO ID

**0800 448 325
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Community News

To Embalm or Not to Embalm



When someone dies, alongside the numbness and in some cases shock that is arising from the death, what happens next is that it sets in motion a number of activities that need to be managed to look after the body,

to make arrangements for the funeral or farewell, and beyond that to attend to matters of estate administration. It can all be somewhat overwhelming says Michael Powell, General Manager, Davis Funerals.

Amid everything happening, one topic the funeral director will offer advice on is care of the body and the potential value of embalming. But is embalming necessary?

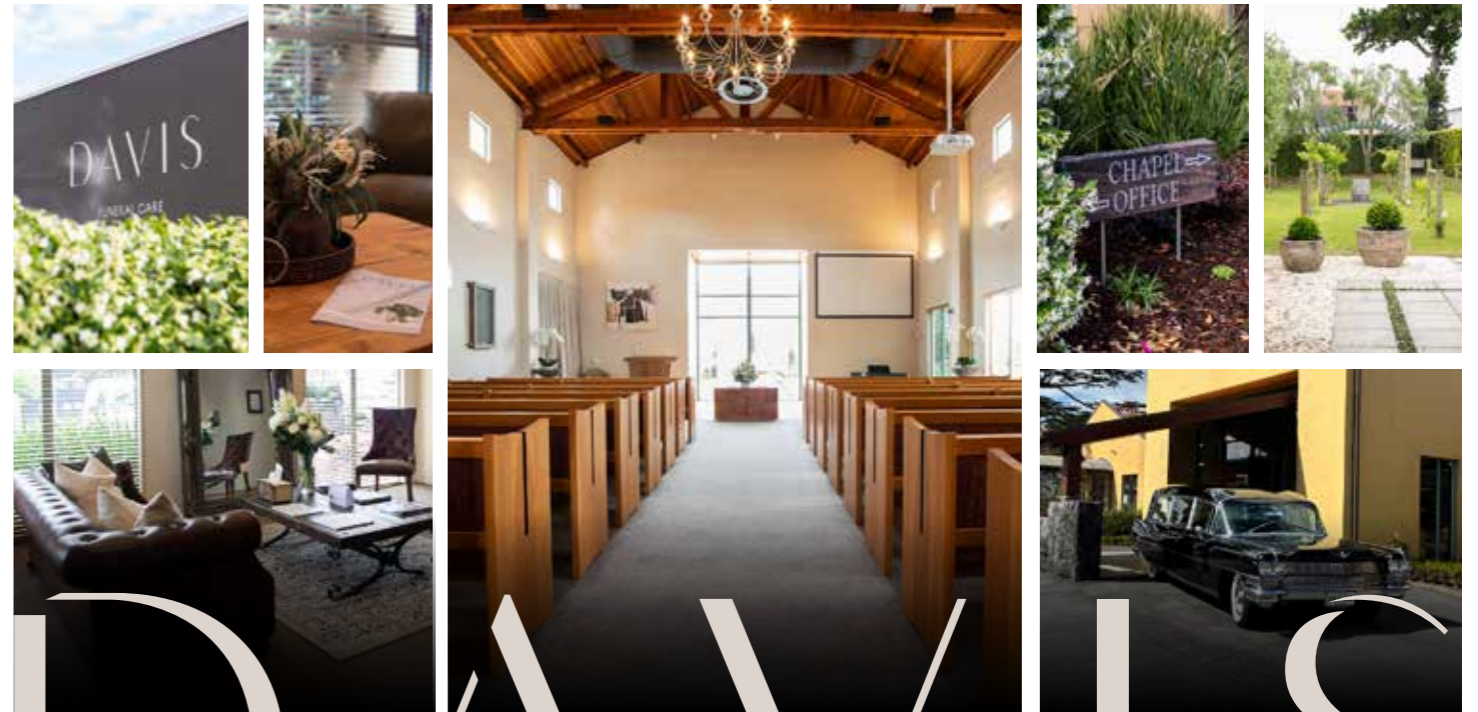
The simple answer is it depends.

Arterial embalming preserves and sanitises human remains by replacing natural body fluids with preservative chemicals. Whilst the textbook definition defines

embalming as providing sanitisation to destroy bacteria and pathogens, preservation to delay natural degradation of the body tissue, and enhancing presentation to restore a more peaceful look; for many families, embalming buys time to allow for delayed funerals, and extends the window of time for a more relaxed viewing experience or when the casket and body is returned to the family home for a period of time. It should be stressed that there are alternatives to embalming to slow natural decomposition through the use of ice packs, cooling mattresses and refrigeration, however these approaches do require a level of vigilance on the part of those looking after the body and the efficacy of such techniques is significantly shorter than that provided through embalming.

There are situations however where observance of religious and cultural rituals forbids embalming, and some families have fixed views against the body being embalmed, or where viewing of the deceased is not required, and the final disposition of the body through cremation or burial is to occur within a day or two of the death occurring. In such situations it is commonplace for the body not to be embalmed.

So back to the question is embalming necessary? The answer is it depends. The most important thing is seeking the advice of your funeral director and discuss the options available.



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Food & Beverage

Good From Scratch

Autumn has settled in at Good From Scratch. The trees have turned beautiful shades of red and gold, the mornings are getting cooler, and the next season's produce is starting to make its way into the kitchen.

As the farm started to turn shades of gold, the garden delivered a few golden surprises of its own - rogue pumpkin plants that appeared out of our compost bin and nearly took over the yard. We didn't plant them, barely paid them any attention, and had no idea what would come of it but somehow, they absolutely thrived.

Fast forward a few months and the plants have exploded, producing countless beautiful pumpkins of three different varieties. Not bad for something that started life as kitchen scraps.

There's something especially satisfying about cooking with produce you've grown yourself, particularly when it arrives so unexpectedly. As the weather cools down, those pumpkins have quickly become one of our favourite autumn staples - homemade pumpkin soup. Simple, hearty and warming, it somehow tastes even better knowing it came as a gift from the garden.

Whole Roasted Pumpkin Soup

Prep time: 25 minutes

Cook time: 20 minutes

Serves: 6

Ingredients

1 pumpkin

2 medium sized onions

4 cloves garlic

1 ltr vegetable stock

1 tsp paprika

1 tsp curry powder

1 tsp ginger powder

1 cup white wine

1 cup cream

50 gm butter

Sea salt

Sunflower oil

Instructions

Pre-heat an oven to 180°C.

Take the whole pumpkin and rub with a little oil, season with some sea salt, and place onto an oven tray and then into the oven.

Roast for 1 hour or until a knife can easily pass through the pumpkin.

Cut the top off the pumpkin and, using a large spoon, hollow out the centre, discarding the seeds and then the skin. Set aside the remaining flesh.

Heat a pot, adding in a touch of oil before sweating the onions followed by the spices.

Add in the pumpkin and garlic followed by the wine. Cook on high for a further couple of minutes to reduce the wine before covering the pumpkin with the vegetable stock. Once it comes back up to the boil, simmer for another 10 minutes. Blend the soup in a blender or using a stick blender whilst slowly adding in the butter and finally the cream. Season to taste.



Everything you need to know about property

Property Hub

Minor Dwellings with GJ Gardner
 Rodney West
 248 Main Road, Kumeū 0810
 09 412 5371



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PRINT RUN: 22,500 copies, Treehouse Print

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Minor dwelling, major upside

If you're looking for extra space for family, a home office, or an additional source of income, a minor dwelling could be a smart solution.

With recent government regulation changes, it's now easier and more affordable for homeowners to add a minor dwelling to their property. Granny flats of up to 70 square metres can now be built without a building consent, and in many cases without a resource consent, helping reduce compliance costs and streamline the building process.

Flexible living for modern lifestyles

For many homeowners, a minor dwelling creates flexibility both now and into the future

Some are building to support multi-generational living - creating space for ageing parents, adult children, or extended family while still maintaining privacy and independence. Others are using minor dwellings to generate rental income, add value to their property, or create dedicated spaces for working from home or hobbies.

Many homeowners are also choosing to include a minor dwelling when building a new home, maximising the potential of their section from the outset.

How do the new regulations benefit building a minor dwelling?

The main benefits of the new regulations are removing some of the red tape, allowing for the building process to be streamlined, as well as reducing compliance costs. This speeds up the project, saving both time and money.

Other perks include an increase in floor area from 65m² to 70m² (internal floor area), and the setbacks from the boundary have been reduced, making it an option for some sites where it wasn't previously permissible.

Are there any other considerations that should be taken into account when deciding to build a minor dwelling?

It's important to fully understand the total project cost from the beginning. Connection costs for wastewater, stormwater, freshwater and electricity, along with development contribution fees and site-specific requirements, can significantly impact the final budget if they're not properly accounted for upfront.

At G.J. Gardner Homes, we help simplify the entire process.

Our experienced local team will assess your section, discuss your goals, and help determine the best solution for your property and budget. We offer a range of minor dwelling designs, or can create a custom solution tailored specifically to your needs and section requirements.

Support from start to finish

From initial site assessment and planning through to

drafting, council documentation and construction, our team manages the process from start to finish, giving homeowners confidence and clarity every step of the way.

With a purpose-built minor dwelling, you can enjoy the benefits of a quality, well-designed home with modern construction standards, minimal maintenance, and no surprises.

When building with G.J.'s you can also have the confidence that your minor dwelling is covered by an independent 10-year Master Build Guarantee.

We are excited to be in the final stages of building a 70m² show home under the new regulations at our office premises, 248 Main Road, Kumeu.

Come join us for the Grand Opening with the Minister for Building and Construction Hon Chris Penk , Wednesday 17 June 11.00am - 11.45am



Property market cools as winter approaches



Auckland's property market is entering winter with noticeably less momentum, as falling sales volumes, softer prices, and growing economic uncertainty reshape buyer and seller confidence across the region.

New figures released by the Real Estate Institute of

New Zealand reveal residential property sales across the country dropped sharply in April, with just 6,262 homes sold nationwide – down 21.2% compared to March, and nearly 8% lower than the same time last year.

But nowhere was the slowdown more pronounced than Auckland.

Sales activity across the city plunged almost 30% in just one month, with April sales down 29.5% from March and 14.8% lower than April 2025. For many homeowners considering selling, the market is no longer delivering easy wins – and strategy has suddenly become everything.

At the same time, the REINZ House Price Index – widely regarded as the most accurate measure of property value movements – slipped another 1.2% nationally in April. Auckland recorded one of the steepest declines in the country, falling 2%, while the national median selling price eased back to \$775,000.

The optimism that briefly returned earlier this year is beginning to fade as households feel the pressure of rising living costs, fuel prices, insurance, rates, and the looming possibility of higher interest rates through winter.

Mortgage pricing remains mixed. One-year fixed rates currently sit as low as 4.49% with some lenders, while others are closer to 4.7%. Interestingly, some two-year rates are also being offered around 4.49%, creating

opportunities for borrowers looking to lock in certainty before any further increases.

The bigger issue, however, is psychology.

For much of 2025, buyers were encouraged by expectations that interest rates would continue falling. That confidence is now softening, replaced by concerns around affordability and tighter serviceability. As winter deepens, the key question becomes whether new listings continue building faster than buyers are prepared to absorb them.

In a softer market, presentation, positioning, and negotiation matter more than ever. The days of simply putting a sign outside and waiting for multiple offers are largely behind us – at least for now. Today's successful sellers are those who approach the market with a clear strategy and realistic expectations.

That means choosing an experienced agent with proven negotiation skills, working with someone who genuinely understands the local market, identifying the right buyer audience, and presenting the home in a way that emotionally connects with buyers. It also means investing in quality marketing, understanding honest market feedback, pricing strategically, and remaining patient while the right buyer emerges.

Markets like this expose the difference between transactional agents and trusted advisors.

However the message remains the same to all sellers looking to realise the maximum value out of your home:

- List with an experienced agent
- List with someone local
- Understand the audience that will buy the home
- Present the home to satisfy the buyers' taste
- Don't short cut marketing
- Understand the value the market is communicating to you
- Act accordingly
- Be patient

For homeowners in Hobsonville and the wider Northwest

Auckland area, Graham McIntyre has built a strong reputation for exactly that – straightforward advice, deep local knowledge, and a calm, strategic approach when market conditions become more challenging.

Whether you are considering selling now, preparing for spring, or simply wanting an honest assessment of where your property sits in today's market, Graham offers practical guidance without pressure and a genuine understanding of how to maximise value in changing conditions.

For confidential, helpful advice about today's market and your property options, contact

Graham McIntyre on 027 632 0421 or email graham.mcintyre@hobsonville.rh.co.nz



Sale and purchase of real estate



The standard agreement form for the Sale and Purchase of Real Estate has been updated as of 22 April 2026. The Law Association of New Zealand ("TLANZ") has added stronger

protections to comply with the Privacy Amendment Act regarding the indirect collection of personal information by businesses or organisations.

TLANZ has also defined what qualifies as a "key" to the property, and clarified who qualifies as an 'appointee' to assist in claims for compensation for potential breaches of the agreement. TLANZ also modernised the default list of chattels by adding often-included chattels such as heat pumps and automatic garage doors.

To fully understand a property transaction, it is often necessary to get legal advice before signing a sale and purchase agreement. This advice can include what rights you have as vendor or purchaser, what chattels are included, and what will be required of you under the proposed agreement.

For any assistance with your property dealings, or other legal matters, feel free to contact

Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09-412-6000.

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The bank of mum & 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 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.

Director's duties in New Zealand



Under the Companies Act 1993, company directors must balance the interests of shareholders and creditors. While this balance is straightforward when a company is solvent, it becomes more complex as

financial pressure increases (particularly for parties who are both shareholders and directors as is often the case). Directors who fail to recognise and respond to this shift in circumstances risk personal liability.

When duties begin to shift

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 Te Atatu Office
 1/547 Te Atatu Road
 Te Atatu Peninsula
 p: 09 973 5102
 w: cslegal.co.nz

When a company can pay its debts as they fall due, directors' duties are primarily owed to the company itself. However, as insolvency becomes a real possibility, directors must increasingly take creditors' interests into account. Early warning signs include cashflow pressure, difficulty paying debts on time, or reliance on short-term measures to stay afloat. These issues often arise when customers delay payment, expenses rise unexpectedly, or the business is affected by higher interest rates, litigation costs, or major repairs.

Directors are expected to remain alert to these indicators and to constantly reassess the company's position as circumstances change.

Heightened scrutiny and person risk

If a company later enters liquidation, directors' decisions will be reviewed with hindsight. Liquidators routinely examine whether directors acted prudently, kept themselves properly informed, and avoided overly optimistic assumptions.

Where breaches of duty are identified - particularly reckless trading - directors may face personal liability. The question is not whether the business ultimately failed, but whether directors responded appropriately as financial risk increased. If you are uncertain about your obligations as a director, or need help understanding the dilemma of balancing your role as director and your rights as a shareholder speak to Tam Irvine on 09 837 637 or email tam.irvine@smitpartners.co.nz

What buyers and borrowers should focus on right now

New Zealand property values are continuing their gradual climb. The latest Cotality Home Value Index showed a 0.1% national increase in April (the third monthly increase in

a row). The national median property value now sits at \$809,101, up 0.6% compared to January.

Here in West Auckland, the median property value is now \$920,149.

While the overall outlook remains cautious, current market conditions are still creating opportunities for buyers.

First home buyers continue to benefit from more stable property prices, KiwiSaver access, and the ongoing availability of low-deposit lending.

Investors are also beginning to return to the market, supported by lower mortgage rates compared to 2024 and improved cashflow positions.

What I'm seeing right now:

Clients are less focused on trying to predict exactly where the market or interest rates are heading next, and more focused on structuring things in a way that provides more flexibility, stability, and peace of mind.

Sometimes the right solution isn't the obvious one. It might mean restructuring to ease cashflow pressure, reviewing whether refinancing to another lender can open up better options or support future plans, or simply talking through your options so you can make a decision with confidence.

The good news is there's more than one way to approach your mortgage. Part of my role is helping you work through your options and figure out what actually makes sense for your situation. The right setup can help improve cashflow, reduce pressure, and create more certainty and confidence when it comes to your finances.

If your fixed term is coming up, your finances have changed, or you simply want to check your current setup is working for you - reach out and we'll take a look at your options.

Call Ben Konings - Your Local Mortgage Adviser

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Area Property Stats

PROPERTY-HUB.NZ

25

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	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
Bethells Beach						
	Tasman View Rd	\$1,200,000	4	200	1075	\$1,120,000
Helensville						
	Rautawhiri Rd	\$800000	3	101	674	\$805000
	Minerva Ave	\$1175000	3	218	600	\$1060000
	Pineview Lane	\$1475000	3	188	18900	\$1370000
	Cabeleigh Drive	\$1000000	3	176	848	\$985000
	Garfield Rd	\$970000	4	190	1196	\$975000
	Porokaiwhiri Ave	\$980000	3	164	600	\$1030000
	Awa Ave	\$1175000	5	207	600	\$1040000
	Tarrant Rd	\$2175000	0	293	76900	\$2490000
Hobsonville						
	Kokowai Parade	\$1200000	4	169	220	\$1185000
	Nevill Road	\$660000	2	67	0	\$700000
	Marine Parade	\$1000000	3	108	69	\$830000
	Thomas Rielly Ave	\$1550000	4	267	357	\$1550000
	Nugget Avenue	\$910000	3	109	0	\$900000
	Skua Road	\$1200000	4	162	218	\$1185000
	Mihi Lane	\$1300000	4	211	262	\$1220000
	Kerewhenua Cres	\$720000	2	82	86	\$725000
	Turret Lane	\$940000	3	126	104	\$980000
	Starlight Cove	\$1210000	4	170	491	\$1210000
	Clark Road	\$880000	2	91	171	\$847500
	Frank Gill Rd	\$790000	2	85	111	\$750000
	Eyton Kay Rd	\$990000	3	143	153	\$930000
	Nevill Rd	\$1250000	3	160	0	\$1265000
	Craigs Way	\$785000	2	73	389	\$750000
	Ringa Matau Rd	\$1275000	4	197	280	\$1325000
	Hobsonville Point Rd	\$680000	2	73	0	\$598000
	Uma Grove	\$810000	2	92	105	\$765000
Huapai						
	Croatia Ave	\$1275000	5	214	433	\$1234500
	Matua Rd	\$1200000	3	168	611	\$1080000
	Remana Cres	\$1400000	4	220	1033	\$1350000
	Kahika Grove	\$1325000	6	224	641	\$1260000
	Vintry Drive	\$610000	4	240	434	\$1510000
Kumeu						
	Verdot Close	\$1100000	4	170	0	\$1020000
	Sauterne Rd	\$1125000	4	180	0	\$1074000
	Lewis Younie Rd	\$1325000	4	197	601	\$1272500
	Sir Lincoln Dr	\$1750000	5	309	806	\$1730000
	Vogwill Rd	\$1375000	3	210	753	\$1355000
	Aporo Dr	\$1250000	5	207	601	\$1375000
	Lewis Younie Rd	\$1325000	4	197	600	\$1300000
	Podgora Ave	\$750000	2	102	110	\$728250
	Boord Cres	\$1850000	3	194	20200	\$1003000
Massey						
	Hewlett Rd	\$600000	2	73	0	\$515000
	Zefiro Dr	\$910000	4	179	565	\$857500
	Triangle Rd	\$850000	3	100	607	\$806000
	Woodside Rd	\$790000	3	84	213	\$760000
	Royal Rd	\$1025000	3	152	425	\$935000
	Faram Place	\$830000	3	90	0	\$665000
	Glenbervie Cres	\$890000	3	130	895	\$844000
	Royal Rd	\$820000	3	120	549	\$836000
	Don Buck Rd	\$830000	3	115	507	\$823000
	Beauchamp Dr	\$1025000	4	202	612	\$750000
	Royal Rd	\$680000	2	80	0	\$575000
	Royal Rd	\$680000	2	80	0	\$575000
	Mamuku Dr	\$830000	3	142	204	\$850000
	Raelene Pl	\$1075000	3	100	820	\$880000

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
	Dovey Place	\$910000	3	135	460	\$881000
	Colwill Rd	\$1025000	3	192	983	\$1105000
	Longview Rise	\$910000	3	129	616	\$799999
	Papai Lane	\$785000	3	95	184	\$738000
	Garton Drive	\$910000	3	130	510	\$740000
Muriwai						
	Oaia Rd	\$1685000	4	240	13700	\$1350000
Parakai						
	Pengelly Place	\$680000	2	90	0	\$610000
	Raabia Close	\$950000	4	209	983	\$1025000
	Springs Rd	\$670000	3	88	0	\$610000
	Parakai Ave	\$540000	3	95	506	\$565000
	Parkhurst Rd		3	65	0	\$550000
Riverhead						
	Alexandra St	\$1175000	5	199	819	\$1090000
	Ridge Road	\$2650000	6	600	10100	\$2225000
	Great North Rd	\$1050000	3	83	809	\$1000000
	Riverhead Point Dr	\$1825000	5	316	606	\$2125000
	Alexandra St	\$1450000	4	222	738	\$1530000
Waimauku						
	Pukemarinno Rd	\$560,000	4	240	801	\$1350000
	Denehurst Drive	\$990,000	3	140	1635	\$1205000
	Amber Place	\$1225000	4	252	1815	\$1375000
	School Road	\$980000	3	136	5183	\$1225000
Waitakere						
	Te Aute Ridge Rd	\$1925000	5	260	40500	\$1365000
West Harbour						
	Wiseley Rd	\$1010000	4	210	373	\$1053000
	Marina View Dr	\$1100000	4	280	743	\$1300000
	Elizabeth Dr	\$790000	3	120	0	\$815000
	Kahala Place	\$1825000	5	330	677	\$1500000
	Magdalen Place	\$990000	3	88	433	\$820000
	Hobsonville Rd	\$970000	3	105	236	\$950000
Westgate						
	Westgate Drive	\$850000	3	129	74	\$782500
	Heri Lane	\$810000	2	75	191	\$760000
	Tahetoka Street	\$485000	3	100	167	\$850000
	Henwood Rd	\$515000	3	128	181	\$875000

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

Graham McIntyre on **027 632 0421**

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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.

Raine & Horne

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When they don't have capacity to decide - you can step in to help



Watching loved ones lose their mental capacity is tough. Suddenly, simple things like paying bills, choosing care, and making medical decisions become overwhelming questions. If a loved one is losing the ability to make or communicate

their own decisions, you need the legal authority to help them. If you're facing these challenges right now, the good news is that there is a way forward.

- Has your loved one lost full or partial capacity to make or communicate their decisions?
- Is it too late for your loved one to execute an enduring power of attorney?
- Are you concerned with what's happening with their property and personal welfare?

Under the Protection of Personal and Property Rights Act 1988 (PPPR), you may be able to apply to the Family Court to be appointed as a property manager, a welfare guardian, or both, for your loved one. That gives you the legal authority to act in their best interests when needed.

A property manager ensures finances, assets, and other obligations are handled responsibly. Depending on what assets and liabilities your loved one has and what powers are granted to you by the Court, your obligations may involve paying bills, selling or acquiring properties, and making investment decisions. A property manager must fulfil certain legal duties, such as consulting with your loved ones, as far as practicable, with other individuals or groups that have an interest in your loved ones' welfare, and with the appointed welfare guardian if that's not you. A property manager also has to file management statements with the Court, which are reviewed by the Public Trust to ensure that everything has been managed

properly.

A welfare guardian makes important decisions about care, health, and living arrangements. This isn't about taking control, it's about protecting your loved ones' dignity, wishes, and quality of life.

We can help. The application process can feel daunting, especially when emotions are already high. That's where the right legal guidance makes all the difference. With experienced support, you can move through the PPPR application process smoothly, avoid delays, and feel confident that you're doing the right thing for your loved one.

You don't have to figure this out all on your own. Getting the right help can ease the burden, reduce stress, and allow you to focus on other more important things like being present for your loved ones.

If you would like someone to help you with this process we're here to help you every step of the way. Contact Kathy Quan at Henderson Reeves - 09 281 3723 or by email kathyquan@hendersonreeves.co.nz.

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Cost of living bites rental demand



The pressure of Auckland's rising cost of living is reshaping the rental market - and both landlords and tenants are being forced to think differently.

After several months of record-breaking activity, renter demand softened

slightly in April, but the bigger picture tells a very different story. Enquiry levels remain dramatically higher than this time last year, proving that quality rental properties are still in high demand across the city.

One property management company recorded more than 24,450 rental enquiries during April. While that was down from the peak of over 32,000 enquiries seen recently, it still represented a massive 25.4% decrease in prospective tenants in the market.

Tenant behaviour is changing, but demand has not disappeared.

The number of people viewing and applying for rental properties eased during the month - largely expected given the impact of school holidays, Easter, and ANZAC Day - yet both measures remain significantly ahead of 2025 levels. More importantly, 574 properties were successfully rented during April, up more than 9% year-on-year.

What's becoming increasingly clear is that affordability is now driving the market.

Tenants are no longer simply competing for any available home. They are becoming more selective, more value-conscious, and far more focused on what a property genuinely offers for the money.

Across Auckland, average weekly rents remained virtually unchanged at \$696.29 per week in April, increasing by less than 1% over the past year. In a market where household budgets are under pressure from fuel, food, insurance, rates, and higher living costs, renters are scrutinising every dollar they spend.

And they are looking beyond just the rent price.

Today's tenants are actively prioritising homes with practical lifestyle advantages - EV charging capability, secure parking, storage space, good lighting, safer neighbourhoods, energy-efficient heating and cooling, and homes that feel clean, warm, and comfortable from the moment they walk in.

This shift is creating a clear divide in the market.

Landlords who understand what modern tenants want - and who price their properties realistically from day one - are attracting stronger enquiry, better-quality tenants, and faster results. Those relying on outdated expectations or poor presentation are finding the market less forgiving.

In today's environment, professional property management is no longer just about collecting rent. It is about understanding people, market psychology, presentation, compliance, communication, and long-term asset performance.

That's why experienced local guidance matters more than ever.

For landlords wanting better tenants, lower vacancy periods, stronger returns, and expert advice on how to position their property in a changing market, Graham McIntyre and Sarah Ball bring the local knowledge, relationship skills, and hands-on experience needed to navigate today's rental environment successfully.

One conversation could uncover opportunities you haven't considered - and potentially save you thousands in lost time, poor tenant selection, or underperforming rent.

Call West Auckland Property Management.

Graham McIntyre on 027 632 0421 or

Sarah Ball on 027 499 8415 today for genuine, practical advice on how to maximise the performance of your investment property in Auckland's evolving rental market.

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38 Vinistra Road, Kumeu

Upbeat Urban Family Living at Its Best in Huapai

This ultra-modern, single-level, award-winning home offers the perfect blend of comfort, style, and smart design. Surprisingly spacious, with 3 bedrooms and 2 bathrooms, this beautifully appointed home promises a true “wow” factor from the moment you arrive.

If you are a discerning buyer looking for a cleverly designed, well-constructed home finished to a high

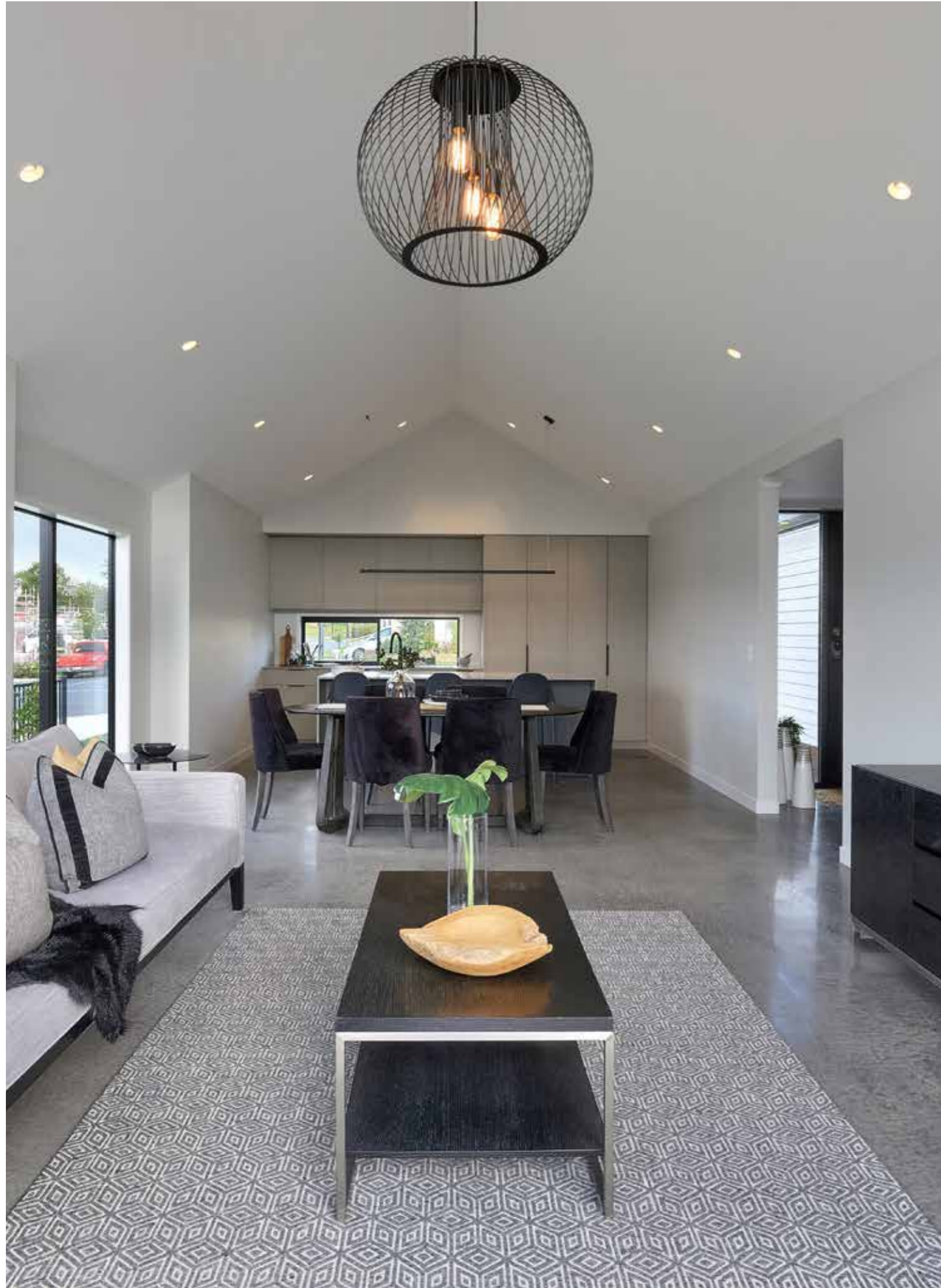
standard, 38 Vinistra Road deserves to be at the top of your list. Warm timber pavilions welcome you into this light-filled, architecturally designed home, where high raked ceilings create a sense of space and elegance throughout the open-plan kitchen and living area. The seamless indoor-outdoor flow is a standout feature, with a wrap-around hardwood deck connecting effortlessly to both the master suite and secondary bedroom – perfect for entertaining or simply relaxing in the sun.



For more information on this property call:

Graham McIntyre on 027 632 0421
or email: graham.mcintyre@hobsonville.rh.co.nz

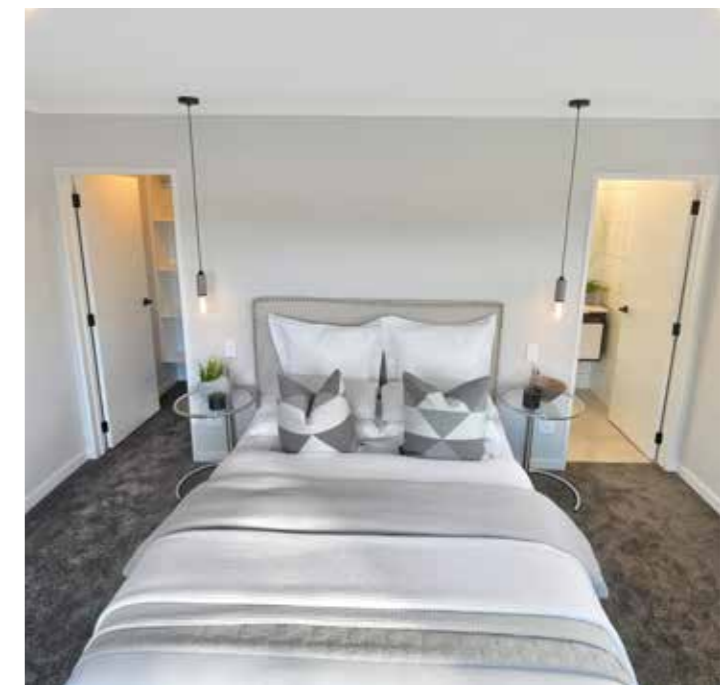
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38 Vinistra Road, Kumeu

Despite its modest footprint, 38 Vinistra boasts premium black detailing and quality fixtures that place it a class above the rest. Built by Maddren Homes, this beautiful property includes thoughtful extras and modern conveniences designed to make everyday family living easy and enjoyable.

Positioned in an elevated location within the Huapai Triangle, the home is close to parks, schools, and the overbridge providing easy access to shops, cafés, and restaurants. Enjoy a short walk to Huapai Primary School

and Huapai Country Club, while embracing the best of a blended urban and semi-rural lifestyle with nearby walking tracks, beaches, and forestry recreation.

For more information on this property call:

Graham McIntyre on 027 632 0421 or you can email: graham.mcintyre@hobsonville.rh.co.nz

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Featuring:

- Freehold
- Floor area 162 sqm
- Land area 472 sqm
- 3 bedroom
- 2 bathroom
- 2 garage
- Gold award winner 2021



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96 Pomona Road Kumeu

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Viewing this property is by appointment call Graham on 0276320421 to book a suitable time/day.

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3.3 hectares (8.2 acres) North facing, sunny, warm and sheltered lifestyle block, gentle sloping land in rural mixed zone.

This block is characterized by established poplar trees, and is suitable for lifestyle and self-sufficiency or intensive horticulture.

A partly renovated 4 bedroom period home to live in while you contemplate the wide number of building sites with breath taking valley views.

Convenient to Kumeu Village with a short drive to Westgate/ Northwest Mall and NorthWestern Motorway.

For more information on this property call:

Graham McIntyre on 027 632 0421 Country Living Realty Limited T/A Raine and Horne Kumeu - Hobsonville.



Featuring:

- Price by Negotiation
- 4 Bedroom
- 1 Bathroom
- 3.3
- Hectares (8.2 acres)
- 140 sqm Floor area
- 2 Garages
- 2 Open spaces
- Freehold





We're hiring

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Kumeu-Hobsonville Licensed REAA (2008)
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Raine & Horne



Home & Garden

Independence is the key



Recently opened, Hibiscus Outdoors is an independent store supporting the local community by offering trusted products popular with residential, commercial, farming and lifestyle block customers. Co-owner Glenn says, 'Having a great range of outdoor power equipment

including Husqvarna, Honda Outdoors, Lawnmaster and Victa allows us to provide equipment suitable for the light use, residential home-owner to heavy commercial users. But, being independent allows us to work with you to identify your specific requirements and to recommend products to suit your individual situation and allow you to get the best results possible.' Of course, the store doesn't just stock power equipment, their range of mowers is extensive and the 'wall of mowers' needs to

be seen to be believed.

With the additional offering of a wide range of BBQs and outdoor lifestyle products there is something for everyone in this Foundry Road store and the team encourages you to pop in and see for yourself. Visit us at: Unit 8, 30 Foundry Road, Silverdale. 09 906 3777 www.hibiscusoutdoors.co.nz

KPL Plumbing



When money's tight, smarter heating can really help lower power bills. A woodfire is often cheaper to run than electricity or gas. Add a wetback system, and your fire will also heat your hot water. As the fire burns, it warms the water in a small jacket inside the firebox, which then flows to your cylinder. That means one fuel

source heats your home and your water—helping cut energy costs. Over winter, this can make a noticeable difference to your power bill. A simple, efficient way to stay warm and save money.

Winterise your pool now and stay ahead of costly repairs. Our monthly pool valet service keeps everything in check over the colder months—just 5 visits to see you through until you're back in the summer swing.

Proudly serving our local community, we combine practical expertise with friendly service you can rely on. No job is too big or too small—just honest work done right the first time. 156 Main Road, Kumeu - info@kpl.co.nz - 094129108

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Built for kiwi backyards



If you are thinking about adding a pool, fibreglass is becoming a popular choice for many New Zealand homeowners and for good reason. At Narellan Pools, we continue to see more families choosing fibreglass for its practicality, durability and ease of maintenance.

One of the biggest advantages is how quickly it all comes together. Narellan Pools fibreglass pools are manufactured off site in ISO accredited facilities under controlled conditions, helping ensure consistent quality from start to finish. Because the pool shell arrives ready to install, the process on site is much faster. In many cases, a fibreglass pool can be installed within a few weeks, meaning less disruption at home and more time enjoying your backyard.

Narellan Pools fibreglass pools are also well suited to New Zealand conditions. The flexible shell is designed to better accommodate natural ground movement. Fibreglass also has excellent thermal properties, meaning the water retains heat well during the warmer months.

From a day-to-day point of view, fibreglass pools are easy to live with. The smooth, non-porous surface is comfortable underfoot and helps resist algae, which can reduce ongoing maintenance and chemical use.

With a wide range of shapes, sizes and built in features available, Narellan Pools offers practical solutions designed for the way Kiwi families live outdoors.

Contact Narellan Pools today to arrange a free quote, or to chat about your dream pool on 0508 476 657 or visit narellanpools.co.nz.

Whenuapai Floral & Garden Circle May 2026



There were more than forty members present at the Village Hall on a sunny autumn afternoon for our regular meeting. Formalities first then our Guest Speaker was introduced. Pleasant and personable, Stella gave us an interesting account of life in Japan. More than a frequent visitor, she lived in the country for twenty five years, first for eighteen, later for another seven plus some shorter stays therefore has become something of an expert "foreigner".

From trying to find her way by public transport when all the signs were in Japanese (which she then did not understand) and being taken many miles from her destination and becoming completely lost, she learned to speak and read the language although confessed to still not being able to write it very well. Characters which equate to letters number nearly a hundred, and young six year olds have to learn all these when they begin school, as well as cleaning up after themselves in the classrooms, hallways and even the toilets.

Due to the large population, Japanese homes are very compact and the same space has to serve many purposes so beds are out of the way during the daytime. Stella showed us a beautiful kimono and a couple of obi ties, which were very ornate and one size fits all as the garments are adjusted to fit the person. Important flowers in Japan are the chrysanthemum and cherry blossom which is spectacular during its short season and celebrated with family outings.

Catherine spoiled us again with her home baking for afternoon tea. If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 8335592.

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

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AWARD WINNING DESIGN & BUILD

Waimauku Garden Club

After the weather events of the last few days, it was a big relief that it was forecast to be fine for our event today (Thursday 16 April 2026), even if most of us took our umbrellas and raincoats just in case, but luckily not needed.

We started with a very quick drive along Waitakere Road to bring us to the farm of Tim and Rosemary Auld. A retired nurseryman, Tim is turning much of their property, formerly a vineyard, from grazing to bush, putting in more than 12,000 native plants in the last 3 years. The mix of native trees includes kowhai, cabbage trees, kanuka, manuka, pittosporum, kauri, totara, matai, kahikatea, and others and are planted closely to block weed growth and to attract native and forest birds.

Since 2010 they have also developed a mature arboretum with an extensive mix of exotic trees, including many magnolias. Along with a model railway, rose garden, raised vegetable beds, cottage gardens, orchard and clipped hedges of all varieties, there is a lot to view in this lovely local garden and it was a privilege to see.

Our next stop was at Shed 16. This is the newly established restaurant in the refurbished iconic Kaukapakapa country pub found in the heart of the historic village. We all ate either fish and chips, spicy chicken, or a beef burger from the very reasonably priced "Playpen" part of the menu which is suitable for those over 10 or over 65. Great service, nice wine and coffee/tea, a very friendly team, dog friendly and other menu options are available.

We then travelled 4 kms up the road to Kaipara Coast Plant Centre and Sculpture Gardens, who have been growing their own specialist plants since 1989. The plant nursery has an abundance of annuals, natives, fruit trees, and shrubs and is very easy to get around. The weather remained perfect for a relaxed stroll along the sculpture trail with the many interesting sculptures being well displayed amongst a garden of huge variety along with spectacular views of the Kaipara Harbour through here as well. There are also two optional forest and nature walks to explore and a café onsite.

If you wish to join our club and join us on our monthly outings (3rd Thursday of the month), feel free to contact any of us: Ann (0210357406), Gail (021344070), Maree (0274963006), Moira (0274989154), Monique (021646220), Sandi (0273184514). Love to have you join us.

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Maintaining a beautiful outdoor space takes time, effort, and expertise – and that's where On To It Garden Services comes in. Known for their reliability and hands-on approach, this local business has built a strong reputation for delivering quality garden care with a personal touch. On To It Garden Services specialises in a wide range of garden and property maintenance solutions, including lawn mowing, hedge trimming, garden tidy-ups, pruning, planting, and ongoing maintenance programmes. Whether it's a small residential garden or a larger lifestyle property, the team approaches every job with the same attention to detail and pride in their work.

What sets On To It Garden Services apart is their "get it done right" attitude. They understand that no two gardens are the same, and they take the time to listen to their clients' needs, offering practical advice and tailored solutions to keep outdoor spaces looking their best year-round.

For homeowners, landlords, and businesses looking for dependable garden services, On To It Garden Services offers peace of mind, knowing their property is in capable hands. With a strong focus on consistency, quality, and customer satisfaction, they truly live up to their name – when it comes to gardens, they're on to it.

On To It Garden Services Ltd
Calvin Bates
 ☎ 0272 111 075
 ✉ ontoitgardenservices@gmail.com

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To see recent projects and customer reviews, visit facebook.com/focusonpainting. Free quotes are available.

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“5 Warning signs your drains need attention before winter”

As we head into the wetter winter months, now is the perfect time for homeowners and property managers to pay attention to the early warning signs of drainage issues before they turn into costly emergencies.

Many drainage problems develop gradually over time, and early intervention is often far more cost-effective than emergency repairs after major weather events.

Five common warning signs your drains may need attention:

1. Slow Draining Fixtures. One of the most common signs of a drainage problem is slow-draining sinks, showers, or toilets. While this can sometimes seem minor, it often indicates a blockage beginning to form further down the line.
2. Gurgling Sounds. Gurgling noises coming from drains or toilets are often caused by trapped air due to restricted pipe flow.
3. Bad Smells Around Drains. Unpleasant odours around drains, gullies, or outside areas can suggest build-up,



damaged pipework, or sewer gases escaping from the system.

4. Overflowing Cesspits or Surface Flooding. During winter, overflowing cesspits and surface flooding become increasingly common. If water begins pooling around your property during rain events, or your cesspits struggle to cope, this may indicate the stormwater system requires maintenance or cleaning.

5. Soggy Ground or Wet Areas. Unusually wet or boggy ground – especially during dry weather – can point to underground leaks or damaged drainage infrastructure.

With Auckland’s heavy winter rainfall, these small warning signs can quickly become much larger issues if left untreated.

Routine maintenance such as CCTV inspections, hydro jetting, cesspit cleaning, and stormwater maintenance can help identify problems early and keep drainage systems functioning correctly through winter.

If you notice any of these signs around your property, it’s worth getting them checked sooner rather than later – before the worst of the winter weather arrives.

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Home & Garden

Local Teams, Stronger Communities Together

Across West Auckland, sport has always been about more than just the game - it's about people turning up for each other, building friendships, and creating a sense of belonging that stretches well beyond the field. That's why supporting local sport is so important to us at Mitre 10 MEGA Westgate and Henderson. Through our community partnerships, we're proud to back organizations like West Coast Rangers F.C. and their Women's Premier Team, Massey Rugby Club and their Premier 2 Team, and the Royal New Zealand Air Force rugby at Whenuapai - three very different groups, all united by the same strong West Auckland spirit.

Just down from Mitre 10 MEGA Westgate you'll find West Coast Rangers FC, a club that represents the strength that comes from unity. Formed from the coming together of Waitakere City and Norwest United, the club reflects a shared commitment to creating opportunities for players of all ages and abilities. From young kids finding their feet in the game to men & women competing at a high level, there's a real sense of progression and support that runs through the club. The Women's Premier Team, in particular, stands as a great example of dedication, teamwork, and the positive environment the club continues to build both on and off the pitch, proudly representing both the club and the wider West Auckland community.

Not far away, Massey Rugby Club carries a story that stretches back generations. From its early days in the 1950s, when local players travelled to neighbouring grounds just to get a game, the club has grown through hard work, resilience, and a deep sense of community backing. Over the years, players, families, and volunteers have all played their part in shaping what Massey Rugby is today. The Premier 2 Team continues to carry that legacy forward - not only representing the club on the field, but embodying the values and commitment of everyone who has contributed to its journey. Every match reflects a history built on perseverance and pride in wearing the jersey.

Close by, the Royal New Zealand Air Force community at Whenuapai adds another layer to the story of sport in the West. Rugby has long been part of life within the Defence Force, offering a way to build connections, teamwork, and mutual respect among those who serve. It's a tradition that speaks to the same values you see in local clubs - commitment & camaraderie. Maintaining strong relationships with the men and women of the Defence Force is something that holds real meaning, especially in a community where those connections are part of everyday life.

Together, these groups highlight something special about West Auckland. Whether it's a football field, a rugby pitch, or a team within a team, sport creates moments that bring people closer. It's in those moments - shared wins, tough losses, and everything in between - that communities are strengthened.

Supporting organisations like these isn't just about

backing sport. It's about recognising the role they play in shaping a connected, welcoming, and resilient community. And that's something worth getting behind.

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Built right from the ground up



In the West, good builds start with good frames—and that's where Western ITM's Frame and Truss service really comes into its own.

Western ITM isn't just a place to pick up building materials; it's a trusted partner during many stages of any building project. Frames and trusses aren't something you want to get

wrong, and having a local team who understands the importance of getting the structural start right makes all the difference.

Our frames and trusses are proudly produced using timber from locally harvested forests. That timber is processed into structural timber, then manufactured into frames and trusses at our local plant on the same site before being sent straight to your job. The result is fewer transport miles, less handling, shorter lead times, and a lower environmental footprint.

Because everything is handled locally, communication stays clear, and turnaround times stay tight. That means fewer delays, fewer surprises, and frames and trusses that arrive ready to go when you need them. It's all part of making life easier for builders juggling timelines, trades, and weather windows.

Frames and trusses are just one part of the picture. From structural timber and panels through to hardware, tools and custom pole shed solutions, Western ITM remains a one-stop shop for projects of all sizes – with the same down-to-earth service the West has come to expect.

So, if you're planning your next build and want confidence in the quality and accuracy of your frames and trusses,

talk to the team who know the area and the work. Western ITM in Kumeu (154 Main Road) and Whenuapai (2 Airport Road) are ready to help you build it right.

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Young Learners

Magic in the Making:

How Potion Play Inspires Learning, Creativity, and Connection

At Gumboots Early Learning Centre, we've been exploring a world of wonder through our Mythical and Magical Lands focus. In our Big Boots classroom, tamariki have been deeply immersed in all things mythical—creating magical worlds, inventing creatures, and crafting their own potions, often as part of rich storytelling like healing dragons or creating spells. Across the centre, other classrooms have embraced potion making simply for the joy of it, showing that this kind of play doesn't need a big theme to be meaningful—just curiosity and a few engaging materials.

What might look like a messy mix of leaves, water, and imagination is actually rich learning in action. Potion

play invites children to become creators, storytellers, scientists, and problem-solvers all at once. Adding simple "kitchen science" elements like baking soda and vinegar brings extra excitement, as children observe fizzing reactions and begin to explore cause and effect.

Messy play is hands-on, sensory-rich exploration that allows children to investigate materials through touch, sight, and movement. While it can feel chaotic, it supports brain development, creativity, and emotional expression. It encourages children to take the lead, make decisions, and explore freely, building confidence and independence along the way.

Potion making weaves naturally through key areas of learning. It supports exploration as children investigate materials and discover cause and effect. It strengthens communication through storytelling, rich vocabulary, and shared conversations. It encourages contribution as children collaborate, share ideas, and work alongside



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one another. Alongside this, it links to science through observing reactions, literacy through imaginative language and storytelling, the arts through creative expression, and health through developing confidence and self-management.

One of the most powerful aspects is the language it inspires. Children begin using words like ingredient, mixture, reaction, fizz, dissolve, and transform. Conversations naturally unfold—questioning, predicting, and sharing ideas. This strengthens communication skills while also building collaboration, turn-taking, and teamwork.

Another key benefit is how accessible it is. Potion making thrives on being resourceful. Reused bottles and jars, old kitchen utensils, pots, and natural materials like leaves, flowers, and sticks all become part of the experience. Natural colouring—such as turmeric, beetroot, or mud—adds to the magic. Even simple pantry items like baking soda and vinegar can transform play into a science-rich experience. This not only keeps costs low but also models sustainable practices for children.

This is something we truly value and encourage families to try at home. You don't need special equipment—just a few everyday items, a bit of space, and a willingness to embrace the mess. It's a simple, meaningful way to support children's learning, creativity, and connection beyond the centre.

At its heart, potion play is about giving children the freedom to imagine, explore, and connect. It's a reminder that meaningful learning doesn't need to be complicated. Sometimes, a little bit of mess really does lead to a whole lot of magic.



What's happening at Te Manawa during June



Our preschool programmes continue, so be ready to wiggle, giggle, and dive into stories together!

Wriggle & Rhyme

Tuesdays at 10:30am (term time only)

Perfect for our tiniest humans (up to 18 months) – active movement using songs and rhymes, with time for caregivers to catch up afterwards.

Rhymetime

Wednesdays at 10.30am (term time only)

For little ones aged 18 months to 3 years (but all ages are welcome to join the fun!) – with songs, finger rhymes and books.

Kids Play

Wednesdays at 11.00am (term time only)

Straight after Rhymetime we bring out the toys for active toddlers and preschoolers to play and build social skills while whānau and caregivers connect.

Storytime

Fridays at 10.30am (term time only)

A magical session for tamariki aged 3 to 5 years – stories, imagination,

and adventure await. Come along, bring a friend, and make it part of your weekly routine.

Digital Drop-In

Te Manawa – Mondays 10:30-12pm

Salvation Army Café – Fortnightly Wednesday 10:30-11:30am

Need help with your personal device? Drop in to our sessions with a tech query for one-on-one digital coaching!

Our tech-passionate librarians will be available to help you with some quick fixes and digital basics.

So, bring your device, ask some questions, and upgrade your confidence in day-to-day technology.

Home book delivery

Our delivery service caters to people who are unable to visit a library due to mobility, access, or other special circumstances. Volunteers collect library items and deliver them to your home. If you or one of your whānau are vulnerable people in need of reading material or entertainment but are unable to visit the library, we can help! To request a home delivery, phone 09 377 0209.



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Get summer-ready now (and enjoy winter along the way)

Locally owned and operated, Kiwi Caravans is your destination for premium UK caravans, accessories and servicing so you can have year-round adventures. From cosy 2-berth models to spacious 6-berths, with new arrivals landing regularly, there's something to suit

every kind of traveller.

As the cooler months roll in, it's easy to think about parking up and waiting for summer... but winter is actually the perfect time to get your caravan serviced and issues sorted. A full service now means you'll hit the road in summer without delays, and it ensures essentials like heaters and boilers are running exactly as they should so that you can still enjoy those crisp winter getaways in comfort.

Our knowledgeable team is here to support you at every stage, from finding the perfect caravan to upgrades, maintenance, and repairs that keep everything in top condition.

Founded in 2018, Kiwi Caravans began with a simple dream: to bring high-quality UK caravans to West Auckland. Proudly family-owned and based in Hobsonville, we've grown into a trusted name known for genuine service, expert advice, and a friendly, down-to-earth approach. We take the time to understand what you need – whether you're buying your first caravan and want help navigating the details, or you're a seasoned caravanner ready to upgrade, customise, or fine-tune your setup.

We're not just in the business, we live for travel. From weekend trips in our own Swift exploring beautiful Aotearoa, to planning the next adventure further afield, travel is part of who we are.

So whether you're buying, upgrading, accessorising, or booking in for a winter service, we're here to help you make the most of every season.

Start your next adventure with Kiwi Caravans:

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ANZAC Day and Mother's Day at Craigweil House



The past few weeks at Craigweil House Home and Hospital have been filled with meaningful moments, good company, and plenty of fun activities for both residents and staff.

For ANZAC Day, residents helped make decorations around the home and enjoyed

getting involved in a baking session led by our Diversional Therapist. Some residents even had a go at making ANZAC biscuits themselves, which everyone enjoyed with a nice cup of tea afterwards. We also held a special ANZAC church service where residents and staff came together to reflect and remember.

We also recently celebrated Mother's Day with a lovely afternoon tea. Our chef made a beautiful cake especially for the occasion, and everyone enjoyed spending time together over tea and treats. One of the highlights of the afternoon was a photo presentation featuring mums from around the facility, including both residents and staff. It brought lots of smiles, laughter, and special memories as everyone watched the photos together.

It has been wonderful seeing everyone come together and enjoy these special occasions as a community.

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Grey Power – superannuation

Grey Power New Zealand is reaffirming its long-standing support for universal New Zealand Superannuation (NZS), following recent comments from Labour leader Chris

Hipkins indicating openness to discussing possible means-testing. Grey Power National Vice-President David Marshall said while the organisation welcomes constructive debate about the future of retirement income, it remains firmly opposed to any move toward means-testing.

"New Zealand Superannuation provides certainty, dignity and independence for older New Zealanders. Undermining that certainty risks eroding confidence in the entire system for future retirees." For four decades, Grey Power has consistently advocated for a universal, non-means-tested system and continues to oppose any change to that principle. International experience shows means-testing brings unintended consequences. "It introduces complexity, discourages saving, and can penalise those who have worked hard and planned responsibly. It risks turning a simple, trusted system into one that is uncertain and inequitable."

GreyPower also notes that New Zealand's superannuation model is widely regarded as efficient and effective in providing baseline income security. Its simplicity and universality support independence and reduce reliance on other social services.

"Universal superannuation works because it is clear, fair and predictable," Marshall said. "It ensures all New Zealanders have a foundation to live with dignity in later life." Over its 40-year history, Grey Power has advocated across a wide range of issues affecting seniors, including healthcare access, energy affordability, aged care standards, retirement village regulation, rates rebates, and SuperGold Card benefits. Protecting NZS, however, remains central to its work. Grey Power supports cross-party discussion on retirement policy but stresses that any future approach must begin with a clear commitment to universality and fairness. "We agree long-term consensus is important," Marshall said. "But that consensus must protect the integrity of superannuation, not weaken it."

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Health & Beauty

Ask Dr. Heather



I keep seeing terms like “biostimulators” and “bioremodelling”, and it’s getting confusing. Are they actually different, or just names for the same thing?

Anon, Hobsonville

It is understandable to be confused, especially as the names are similar and with the growing cosmetic industry, there always seems to be a new term to learn. The short answer is yes, there is a difference, but they are more closely related than you might think.

Biostimulators such as Sculptra® and Radiesse® are treatments designed to encourage your skin to produce more of its own collagen. Rather than adding volume, they work by stimulating your body’s natural processes to improve firmness, structure and skin quality.

Bioremodelling, on the other hand, focuses more on improving the skin’s behaviour. Treatments such as Profhilo® spread through the skin to also stimulate collagen whilst enhancing hydration, elasticity and texture. If we simplify it, biostimulators are about rebuilding support whereas bioremodelling is about improving skin quality. In practice, both approaches do the same thing by creating healthier, more resilient skin. The difference lies in how they get there and what they prioritise.

Which one is more suitable depends on what you are noticing in your skin. The important thing is not the label. It is choosing the right injector who will guide you to the

best approach for your skin, and use it in a way that still looks like you.

Dr. Heather Anderson is a Cosmetic and Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai and features in the All or Nothing Podcast where she discusses self-worth and other aspects of cosmetic medicine (available on Spotify, Youtube and iHeartRadio). If you have a question you would like answered anonymously, email askdrheather@allor.co.nz

Winter skin starts within



Sarah Tumulty – Functional Skincare Practitioner & Nutritionist

Many people spend winter trying to “fix” their skin with heavier moisturisers, exfoliation or new skincare products – yet the skin may still feel dry, reactive, congested or inflamed. Often, the skin is reflecting something deeper.

At SWAN Skin Wellbeing & Nutrition in the Huapai Triangle, I take an inside-out approach to skin health, looking beyond the surface to explore how digestion, stress, inflammation, hormones and overall wellbeing may be influencing the skin. During winter, it is common to see increased skin sensitivity, dehydration, redness, dullness and breakouts. Colder weather, indoor heating, stress, dietary changes and reduced hydration can all impact the skin barrier and overall skin function.

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For some people, winter may also place extra stress on digestion, inflammation and the nervous system – which can sometimes be reflected through the skin.

Many clients come to SWAN after trying multiple products or treatments without fully understanding why their skin is struggling in the first place. Rather than focusing on aggressive treatments or quick fixes, I combine advanced non-inflammatory skin therapies with a deeper focus on skin function and internal wellbeing.

Consultations may include functional skin mapping, advanced skin analysis, hair testing and other functional wellness testing, along with personalised guidance around skincare, nutrition and lifestyle factors that may be contributing to ongoing skin concerns. For some clients, further functional wellness support may also help explore broader patterns that could be influencing skin health and overall wellbeing.

Professional treatments may include LED Light Therapy, Osmosis Beauty RevitaPen infusions and barrier-supportive facials designed to strengthen and restore the skin - not overstimulate it.

To learn more or book a consultation, visit www.swanskinandnutrition.com or email swanskinandnutrition@gmail.com.

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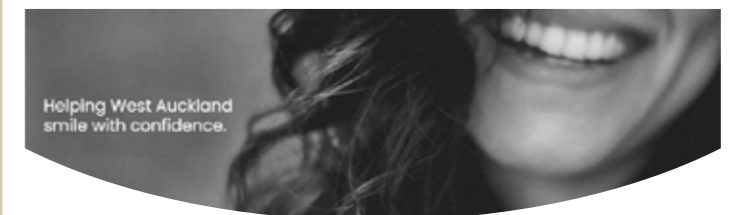
conversations are breaking down—and why. Maybe the TV competes with background noise. Maybe voices echo in a high-ceilinged room. Maybe hearing aids just need a clean, a new filter, or a small adjustment to bring speech back into focus.

With over 25 years of experience, Lisa offers:

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Zash Hair



As the cooler months approach, the end of autumn is the perfect time to refresh and restore your hair after months of exposure to changing weather conditions. At Zash Hair, we focus on nourishing treatments and seasonal haircare routines that prepare your hair for winter while keeping it healthy, shiny, and manageable.

During autumn, hair can often become dry, dull, and more prone to breakage due to cooler temperatures, indoor heating, and seasonal changes in moisture levels. A professional salon treatment can help replenish lost hydration and strengthen the hair from within. Deep conditioning masks, gloss treatments, and moisture-rich colour services are excellent ways to revive tired hair and maintain vibrant colour throughout the colder months. The end of autumn is also an ideal time to tidy split ends and refresh your style with a trim. Regular maintenance helps prevent further damage and keeps hair looking polished and healthy. At Zash Hair, our stylists can recommend personalised homecare products suited to your hair type, ensuring your hair remains protected between salon visits. For clients with coloured or lightened hair, maintaining moisture and shine is especially important during seasonal transitions. Using salon-quality shampoos, heat protection, and hydrating treatments can make a noticeable difference in the overall condition of your hair.

At Zash Hair, we believe healthy hair starts with consistent care. Our team is here to help you transition into winter with beautiful, healthy, and refreshed hair that looks and feels its absolute best.

More than treatments:

Supporting skin & wellbeing from within

At lovesoul Beauty & Spa Studio, we believe true skin health is nurtured both in the treatment room and in the everyday rituals we create at home. While many people know us for our facials, massage, waxing and



beauty treatments, lovesoul is also home to a carefully chosen range of wellness products designed to support the skin, body and nervous system from within. Alongside our Janesce skin care, we stock the beautiful Bestow range, including skin-supporting supplements,

nourishing recipe books and organic herbal teas. Bestow was created with the understanding that healthy skin is deeply connected to the way we nourish ourselves. Their products encourage simple, practical rituals that help support hydration, digestion, hormone balance, energy and overall wellbeing. From Beauty Oils and wellness powders to recipe books filled with skin-loving ideas, the range is a wonderful complement to the treatments we offer in the studio.

One of our favourite everyday rituals is taking time for tea. Bestow's organic herbal teas are blended not just for flavour, but to support moments of pause, nourishment and care. Whether you are starting the day gently, winding down in the evening, or simply creating five quiet minutes for yourself, a cup of tea can become a small but meaningful act of self-care.

This month, we have a beautiful Bestow Tea Ritual Gift Set available for \$109. Each set includes your choice of Bestow Puritea or Generositea organic tea, a glass teapot, tea warmer, gold teacup and six tealights, all packaged together in a gift bag. It makes a thoughtful gift, or a lovely way to create your own calming tea ritual at home. Pop into Lovesoul Beauty & Spa Studio to view the Bestow range, ask us about the teas, or choose a tea ritual set to take home.

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Area Columnists

Sayer Says It



By Rodney Councillor **Greg Sayers**

The people have spoken, and Auckland Council would be wise to listen carefully. The overwhelming rejection of the Mayor's proposed 7.9 per cent average residential rates

increase should serve as a wake-up call for anyone who believes Rodney residents are quietly accepting the status quo. The message from our communities was clear: people are deeply concerned about affordability, fairness, and whether Auckland Council is genuinely listening to outer areas like Rodney.

Following consultation on the proposed rates increase, around 90 per cent of submissions opposed it. That reflects growing frustration from ratepayers who feel they are continually being asked to pay more while receiving less in return. It is the same sentiment I regularly hear at local ratepayer meetings across Rodney.

What stood out most was not opposition to investment itself. Rodney residents understand roads, water systems, drainage, river clearances, flood resilience, and transport infrastructure all require funding. However, many submitters questioned why the proposed increase was largely tied to operating the City Rail Link when rural and outer communities will see little direct benefit.

For many residents, the daily reality remains potholes, unsafe roads, inadequate stormwater systems, unreliable public transport, and infrastructure struggling to keep pace with growth. Communities see billions invested in the CBD while longstanding local issues remain unresolved year after year, including the lack of meaningful investment into improving unsealed rural roads. The consultation also highlighted growing anxiety from households already under financial pressure. Families, retirees, and residents on fixed incomes are increasingly asking where the limit is, particularly after significant rates increases last year.

Importantly, the feedback was not all pessimistic. People want good infrastructure and value for the rates they pay. I support reviewing the rating system, including increasing the Uniform Annual General Charge, as a way to spread the burden more fairly across Auckland while

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Greg Sayers - Rodney COUNCILLOR
P: 021 285 9900 | www.gregsayers.co.nz

helping reduce pressure on Rodney ratepayers.

Rodney residents are not asking for special treatment. They are asking for fairness - and that expectation is now firmly embedded across our communities.

The Village Market Helensville Showgrounds



Sunday 21st June 8.30am to 1pm

Welcome to our lively and friendly market that offers a variety of stalls, you can find fresh local produce and plants, artisan food and preserves, handmade crafts, gifts, collectibles, pre-loved items and more plus delicious food and coffee. Plus, we have live music from duo Darren & Michelle, free hair plaiting & much more. If you are looking for a fun and relaxing way to spend your

Sunday morning, you might want to check out this Village Market. No dogs please with the exception of assistance dogs. Gold coin donation for parking - proceeds to the Helensville/Kaukapakapa scouts and St John youth.

For more information contact sarah@riversidecrafts.co.nz

Kumeu Library



Kumeu Library is excited to share that we now have two new programmes - one created just for teenagers and another especially for adults. We'd love for you to come along and be part of the fun.

Teen Book Chat is a warm, laid-back hour where stories come alive and fellow book lovers gather to swap favourites, discover hidden gems, and dive into the worlds that have captured their imaginations. Teen Book Chat meets on the second Saturday of every month at 3.30pm (June's meeting is on Saturday 14 June) - come along, settle in, and spend a relaxed hour making new friends and discovering books you didn't even know you were looking for.

Storyweavers is a relaxed, friendly group of adults who gather every second Thursday from 10.30am to 11.30am at Kumeu Library to enjoy a warm drink and share stories together. If you've got the gift of the gab, a tale you love telling, or an experience you'd feel comfortable sharing, we'd be delighted to hear it. Maybe you've travelled somewhere exciting, run a local business with a story

behind it, or simply have a moment from your life that still makes you smile – it all belongs here. Storyweavers is a gentle, creative space where people from our community share stories, poems, and snippets of writing as a way to connect and invite others into their world. Each fortnight we explore a new theme, and everyone is welcome to join in or simply listen. To find out upcoming dates and themes, just get in touch with us at Kumeu Library – we'd love to have you with us.

To stay up to date with all Kumeu Library's news and events, please follow us on Facebook (www.facebook.com/KumeuLibrary).

Everyday stories matter



Te Awaroa Museum is inviting the community to help preserve the stories, memories and history that shaped Helensville and the wider Kaipara.

While major events often make it into the history books, it is the everyday moments that truly bring the

past to life. The roads people lived on, the neighbours they knew, the clubs they belonged to, the jobs they worked, and the stories shared around kitchen tables all form part of our district's identity.

The Museum team is hosting upcoming community history open days where locals can share memories, identify photographs, fill gaps in local knowledge, and help preserve stories that may otherwise be lost over time. We are not only interested in major milestones," the team says. "We also want to capture the ordinary parts of life because those are often the details future generations find the most fascinating."

The Museum would especially love to hear from people with: Family photographs and albums, Letters, invoices, maps or memorabilia, Memories of schools, sports clubs, churches and community groups, Stories connected to local businesses, farming and workplaces, Recollections of growing up in Helensville and the surrounding districts.

Whether you have researched your family history before or simply have stories to share, everyone is welcome.



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Community history gatherings will be held at Te Awaroa Museum on:

- Friday 19 June at 11am & Friday 17 July at 11am

A light lunch will be provided. For catering purposes, please RSVP to Shona Addison: shonaaddo@gmail.com. Ph. 021 0222 3044. Te Awaroa Museum is located at 98 Mill Road, Helensville.

For Eyes winter break reminder



This is a friendly reminder to our community that For Eyes Optometrists will be closed for a winter break from Wednesday 10th June until Monday 13th July.

I am very much counting down the days until my trip home to Ireland for my brother's wedding and

some much-needed time with family, while Molly and Matthew will also be taking a well-earned break during this time.

Appointments can still be booked online during our closure through our website at www.foreyes.co.nz, for dates from 13th July onward when we reopen.

If you experience an eye emergency while we are away, please contact your GP or your nearest emergency eye care clinic for urgent assistance.

For urgent glasses repairs or broken eyewear during our closure, SOS Eyewear may be able to help:

Phone: 09 620 7720

Unit 3A, 157 Stoddard Road, Mt Roskill

Thank you again for your continued support and understanding. We look forward to seeing everyone again when we reopen on 13th July.

Anna O'Hare

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Local Huapai family gets unforgettable Blues surprise



For Huapai's Jacquelyn Walden and her son Lennard, supporting the Blues is a big part of family life.

So when the pair arrived at Eden Park for what they thought was simply a special game-day experience, they did not expect to see their own names on the field.

As part of a surprise thank you marking sponsor Barfoot & Thompson's 30-year partnership with the Blues, the company replaced its name on the back of each player's jersey with the names of real-life fans.

For Jacquelyn and nine-year-old Lennard, that meant seeing "Lennard & Jacquelyn" on the back of Blues hooker Bradley Slater's jersey. "We found out just before the first lineout," Jacquelyn said. "It was mind-blowing. Such a neat idea, and such a special opportunity." "I was really happy and excited," added Lennard.

Barfoot & Thompson managing director Peter Thompson said the idea was to step aside for one game and give the jersey space to the supporters who have stood behind the team.

"After three decades, it felt right to share the space with the people who've been cheering alongside us," he said.

For the Waldens, it was another special rugby moment to add to their family memories. Jacquelyn remembers growing up in a household where family and neighbours would come together to watch a game.

"You had to be up and watching while the game was being aired because replays would take days to come available - so for some All Black's games dad would have us up at 2am or 3am," she said. "It was a community event, and it was electric."

When she started her own family, she wanted to recreate the same sense of connection. Today the Waldens are proud members of Kumeu Rugby Club, with both Lennard and sister Freja involved in teams.

Jacquelyn said what they love most about rugby is the sense of community, as well as the teamwork and life

skills it teaches.

"Even when people are on opposing sides, there's respect and camaraderie."

For Lennard, though, there has never really been any question over which team he supports.

"My whole life!" he said proudly, when asked how long he had been backing the Blues, as mum Jacquelyn laughed that she has photos of him and his sister Freja at games from the age of one.

Asked what he loves most about going to a Blues game, Lennard's answer was simple: "Yelling my lungs off."

The night at Eden Park gave the family more than just a memorable result. They also had the chance to get closer to the players and soak up more of the game-day atmosphere than usual. And the jersey itself will remain a treasured keepsake.

"We've already picked a place for it in our home," Jacquelyn said. "We'll get it framed and have it in pride of place, much to the dismay of the Chiefs fan in the house."

That household rivalry may come into play during the next Blues versus Chiefs clash, with Jacquelyn's husband firmly backing the opposition.

But for Jacquelyn and Lennard, the night their names appeared on a Blues jersey will be hard to beat.



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Travel Brokers



I have recently returned from a Travel Agent familiarisation trip - 4 days in Niue, I've loved the multiple sea tracks of which all have a different 'delightful gems' at the end in which you can always get into the water, sometime into caves, or chasms, always rockpools, with some cliff jumping possible, and fabulous snorkelling spots - the "gin clear" water for snorkelling

is incredible. Niue island is a 'rock', with no long sandy beaches, but also no rivers or estuaries and therefore no run-off or residue or silt, making the water incredibly clear. It also goes very deep very fast - so 'deep sea' fishing can be done 20 mins out, you can see the 'deep sea' fishing charters from the Scenic Matavai hotel.

Diving is incredible here with volcanic lava tubes, and opportunities to dive in exclusive spots, with an excellent dive team at Niue Blue who run in partnership with our very own Tutukaka Dive. Air NZ operate 2 flights a week, just a 3 hours flight. The fabulous 4 star Scenic Matavai has 58 rooms, built cleverly so every room has a view of the ocean. I loved my beautiful room in the new wing - built just 5 years ago. The hotel has 2 pools and a wonderful restaurant. There are also lots of lovely self-catering options. This is a holiday for the adventurous that want to explore, nature lovers that want to hike, swim, snorkel, dive, but you can also play golf and bowls with the locals, get a massage, and relax poolside. On Niue you self drive to explore the different options for dining, and of course - any of the 42 sea tracks, all detailed in an amazing brochure that you are given on arrival.

The people are so friendly, the food was so good - especially the fresh tuna, and yes, you can still eat coconut crab here. I loved the way Niue Tourism works efficiently & effectively & seamlessly intertwining everything so well, and the whole island is your resort.

A HUGE thank you to Hayden & Sarah Porter of Niue Tourism for giving me the opportunity to experience Niue. Thanks to Debbie from Scenic Hotels, & James, the GM, your resort is truly a huge credit to the Scenic hotel chain. Get in touch if you'd like me to put together a package for you. Tanya Franklin - The Travel Brokers. tanya@ttb.co.nz

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From Penk's Pen



Chris Penk - MP for Kaipara ki Mahurangi

As our Kumeū and Huapai communities continue to experience rapid development, I know many of you feel the daily strain of traffic congestion

and infrastructure lag. Your frustrations are completely valid, and I want to share some tangible progress on the projects and policies that are set to relieve that pressure.

First, I am thrilled to report that Stage 1 of the SH16 safety improvements—the critical stretch between Huapai and Waimauku—is now officially complete. This is a massive milestone that delivers immediate safety upgrades, flexible median barriers, and widened road shoulders for our local commuters.

Even better, we are not losing momentum. Funding has been approved for Stage 2, which will tackle the heavily congested corridor between the Brigham Creek roundabout and Kumeū. We are moving forward with plans to upgrade this section from two lanes to four, build a new roundabout at the Coatesville Riverhead Highway intersection to improve traffic flow, and create a dedicated shared path for walking and cycling. While the necessary property acquisition phase will continue before construction begins, our commitment to breaking this transport bottleneck is absolute.

As our communities grow, so does the need for local infrastructure. On that note, I want to sincerely thank everyone who has reached out with feedback following the announcement of the new secondary school in the Kumeū-Huapai area. Many of you have approached me with thoughtful questions about school uniforms and very valid concerns regarding how new catchment areas might impact our existing schools in the region. Please be assured these issues are being carefully looked at, and I have been actively passing your concerns on to ensure our community's voice is front and centre during the planning process.

Beyond physical infrastructure, I am relentlessly focused on cutting the bureaucratic red tape that delays local development. Recently, I announced a major

Chris Penk
MP for Kaipara ki Mahurangi

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National
Authorised by Chris Penk, 134 Main Road, Huapai.



expansion to the self-certification scheme for skilled plumbers and drainlayers. For rural and expanding areas like ours, this is a game-changer. Trusted tradies should soon be able to sign off on their own work for common onsite systems—including

septic tanks and stormwater retention tanks—as well as the majority of residential plumbing. By bypassing lengthy council inspection delays, we are working to get homes finished faster and reduce the cost of building.

While we build for the future, we must also preserve what makes our region special. I was even fortunate enough to catch up with a local park ranger out at Muriwai and we had a great conversation about how the final stages of the track renewal are being carefully timed in response to observed nesting patterns. It's a brilliant example of balancing necessary construction with the protection of our incredible native wildlife.

Now, while central government builds the infrastructure, it is you who build the culture so thank you for your continued resilience and community spirit and I look forward to the ideas, comments, and suggestions that continue to come through our electorate office in Kumeū.

St Chad's Selwyn Centre

Come along to St Chad's Selwyn Centre - a place to connect, to make new friends, to feel a sense of belonging to a community, as well as lots of laughter. The only requirement is to be 65 or over. The Selwyn Centre at St Chad's has been running in the church hall for the past 14 years and meets every Tuesday morning from 9.30am



to 12pm. Our usual morning activities include gentle exercising to a New Zealand Arthritis Foundation video, delicious home-baking for morning tea, followed by a selection of board games.

Sometimes we also play Bingo or Scattergories together, or have a quiz or guest speaker or musical entertainment. We also go to various venues locally for a mid-winter as well as a Christmas lunch annually. The cost is \$5 per morning, but your first visit is free. Selwyn embraces everything to enrich seniors' lives - caring, compassion, humour and company. If you're interested, please come along to St Chad's on the corner of Matua and Oraha Road, Huapai on a Tuesday morning or phone the co-ordinator, Margie Rice, on 0212178445.



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Family adventure challenge



An awareness campaign is continuing to hop, skip and jump for Citizens Advice Bureau Helensville.

The Auckland-wide CAB Go! event will be a permanent community platform after its trial during the April school holidays. Helensville was one of a number of branches around Auckland which participated with families stepping outside to rediscover their

neighbourhoods.

Now the initiative featuring a series of locally-themed "treasure hunts" will remain live year-round with more branches developing and offering their own unique challenges to increase visibility and connect with residents. Armed with their smartphones and physical adventure guides, local families embark on collaborative journeys, solving clues and visiting local businesses and community landmarks along the route.

CAB Helensville manager Rani Timoti says CAB's are our neighbourhood's friendly navigators, here to help individuals and local families understand their rights and confidently navigate the complexities of modern life.

Participants in April were rewarded with hampers thanks to support from Helensville businesses Paper Plus Select, The Red Door Café, The Ville Turkish Café, Mitre 10 and Woolworths.

"Enjoying family and friend time getting to know Helensville township within walkable distance from our office, along with the exercise, is an extra bonus," she says.

Using an innovative approach to family engagement, the initiative blends a traditional outdoor activity with modern technology like an AI digital host welcoming and explaining the challenge. says it was important to have a challenge which actively got families out and about exploring while also acknowledging the magic technology can add to experiences if used right.

"By using AI to create a localised video host, we were able to scale up the fun and provide a unique, interactive layer to custom courses across the city. It's a perfect blend of high-tech innovation and grassroots community knowledge," says CAB North Shore board chairperson Tim Charman, also a CAB Helensville volunteer.

Want to try our Helensville one and others? Use your smartphone to tap up CAB Go! Or if you prefer to go offline with an entry form, email helensville@cab.org.nz or pop in to 16 Commercial Road, Monday to Friday 10am to 1pm or Saturday 10am to noon.

Cat Club show



Sunday 21 June 2026 10.30am to 3:00pm. Kumeu Community Centre, 35 Access Road, Kumeu

Want to escape the winter for a couple of hours? Come along to the TOSCA Cat Club show featuring all Shorthair Breeds of cats and kittens, along with our specialist breeds of Siamese and

Oriental Shorthair (the tall slinky ones).

Our annual show features beautiful champions strutting their stuff (and yelling about it) as well as divine kittens. Our judges come from Australia and New Zealand and will be giving a commentary on the cats as they are judged. Many of the cat's owners / breeders will be there to talk to so you can see if one of these cats would suit your household.

Come in the morning to watch judging or come in the afternoon to see the winners with their ribbons and our prizegiving. All welcome to come and view for a small door charge of \$5 per adult and \$3 for children or \$12 for a family (sorry, we don't have Eftpos, please bring cash).

If you have any queries, please call our club secretary Anne-Marie Hall on 027 277 6770.

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Surf lifesaving patrol season

Public Rescue Equipment rollout extends beach safety beyond.

With surf lifeguards no longer on patrol and as winter nears, Surf Life Saving New Zealand (SLSNZ) is marking a major milestone in the national rollout of Public Rescue Equipment (PRE), with installations now in place at surf clubs nationwide and expanding rapidly across high-risk coastal locations.

The initiative, designed to empower bystanders to safely assist in water emergencies, is already proving its value, with multiple successful rescues recorded in recent months. SLSNZ's GM - Lifesaving, Andy Kent says the rollout reflects a proactive approach to preventing drowning and improving outcomes before lifeguards arrive. "Every summer, we see situations where members of the public attempt rescues without the right equipment, putting themselves at significant risk," he says.

"Public Rescue Equipment provides a simple, effective way for people to help others in trouble while keeping themselves safe. It's about giving everyday New Zealanders the tools and confidence to make a difference in those critical first moments."

SLSNZ has now installed PRE units, including rescue buoys, at 72 of its surf lifesaving clubs nationwide, and across approximately 150 locations across the country in total, including at the Muriwai Beach patrol tower. These are available to the public at all times - including when beaches are unpatrolled outside of the summer patrol season. Installation of PRE at Surf Life Saving clubs has been completed in partnership with SLS Major Partner Aon, and with project funding from ACC, enabling consistent nationwide coverage across patrolled locations.

Beyond surf clubs, installations are accelerating at high-

risk coastal locations across the country, supported by councils, community groups and regional partners. In collaboration with Drowning Prevention Aotearoa (DPA), SLSNZ is supporting the installation of PRE units at many more locations, particularly at unpatrolled parts of the coastline and at inland waterways. The growing network of PRE is already making a tangible difference, with several successful rescues highlighting the importance of accessible equipment in emergency situations.

NorWest Heritage Society Inc.
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AGM

Wed. 17th June
1.30pm

At: Waimauku Memorial Hall
Waimauku Station Rd, Waimauku
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GUEST SPEAKER

PHILIP PARKER

HOW THE NATIVE LAND COURT
MADE THE NORTH-WEST

This illustrated talk explores how the Helensville Native Land Court influenced the development of Waimauku, Huapai, Kumeū, Taupaki and Riverhead, shaping patterns of land ownership, settlement, farming, transport and the wider growth of north-west Auckland.

For catering purposes, please RSVP by 14th June to:
Bunty Ph: 027 440 0044 E: info@norwestheritage.org.nz

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