

April 2026

FREE monthly community magazine for Kumeu  
& surrounding townships

# Kumeu Courier



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

**Hospice West Auckland  
40 Years of Care**



# Greetings

## Greetings

Daylight saving finishes Sunday April 5 and Easter is around the same time.

Some shops had Easter goodies like hot cross buns for sale from early March, way ahead of Good Friday (April 3) when they are traditionally eaten.

I couldn't wait and bought some to eat early, especially while they were cheap.

The Kumeu Show on March 14 and 15 brought thousands of people to Kumeu, to watch lawn mower racing, Canopy Carnage tree climbing and descent, woodchopping, shearing, sheep dog trials, mixing with farm animals, giant pumpkins, and enjoying carnival rides and other fun.

Riverhead resident Stephen Sparnon has just cycled the length of New Zealand (3000km) on Tour Aotearoa 2026 which has "waves" of up to about 100 riders who left during late February.

Raising funds for mental health, Stephen was among about 67 riders who started on February 27 this year.

Future Kumeu is progressing with plans to move the Kumeu town centre to higher ground away from flooding, and we examine other matters around the area.

Meanwhile, it's a joy to drive through Helensville again with road works largely completed, and the same for the State Highway 16 stretch from Kumeu to Waimauku.

Editor , Geoff Dobson



# What's inside

- 3 People & Places
- 9 Safer Communities
- 10 Community News
- 16 Food & Beverage
- 17 Property Hub
- 19 Property News
- 24 Property Statistics
- 28 Property Market
- 41 Home & Garden
- 49 Young Learners
- 51 Aged Care
- 54 Health & Beauty
- 57 Area Columnists

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  
[editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz)

## ENQUIRIES / FEEDBACK / ADVERTISING:

Geoff Dobson

P 027 757 8251

E [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)

W [www.kumeucourier.co.nz](http://www.kumeucourier.co.nz)

COVER PHOTO: Hospice West Auckland

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).

# People & Places

KUMEUCOURIER.CO.NZ

## The Village Market Helensville Showgrounds



**Sunday 19th April 8.30am  
to 1pm**

Join us for a great morning out for the family, plenty of unique and interesting stalls to browse, live music

from Kenny Luond and much more. Local art, crafts and gifts, natural pet health products, preserves, fresh fruit and veg, flowers, pre-loved bargains & books, a great selection of food from our market café plus coffee, tea and the Lions sausage sizzle.

No dogs please with the exception of assistance dogs. Gold coin donation for parking – proceeds to the Helensville/Kaukapakapa scouts and St John youth. For more information contact [sarah@riversidecrafts.co.nz](mailto:sarah@riversidecrafts.co.nz)

## Pet Patch Grooming is back



We're so pleased to share that dog grooming is back up and running at Pet Patch.

It's been something we've been working hard on behind the scenes, and we'd really like to thank our local community for being so patient while we got everything sorted and underway. The support and

encouragement we've had has meant so much.

I'll be back in the Groom Room myself, alongside our lovely new groomer, Nene, and we're both looking forward to welcoming dogs back in for a groom, tidy-up, bath, or nail clip. For us, grooming is about more than just making dogs look good – it's about helping them feel comfortable, cared for, and happy too. We're also excited to let everyone know that our new DIY Dog Wash is now ready to



go and available 24/7, making it even easier for local dog owners to wash their pets at a time that suits them.

As a local independent business, it means a lot to be able to keep growing what we offer for our community and their pets. We can't wait to welcome you all back. Ruby

## Forty Years of Care

Hospice West Auckland, our hospice, is celebrating 40 years serving our community. Rena Owen, Angela Bloomfield, Joe Naufahu, Fleur Saville, Simon Dallow and Te Radar all have a connection to the west and are encouraging all of us, those who know Hospice West Auckland is worth its weight in gold, to give towards the charity's Annual Appeal. It's on now. As of November last year, Hospice West Auckland has created He Whare Korowai – a "Home from Home" in Te Atatū. This welcoming, purpose-built space allows patients to receive specialist care close to their community and, whenever possible, return home again. For those who cannot remain at home, it provides comfort, dignity and expert support for both patients and their whānau. Our community's support will help He Whare Korowai and Hospice West Auckland's community care team keep delivering the best end-of-life care possible. The charity hopes to raise \$100,000 from this appeal so every donation, big or small, will count! Visit [hwa.org.nz](http://hwa.org.nz) to donate and Happy 40th Anniversary Hospice West Auckland!



# Kumeu Library

April brings Easter, school holidays, and the perfect excuse to visit Kumeu Library. If you're looking for fun, free ways to keep the kids entertained, we've got you covered.

Every day at 10:30am, school-aged children can enjoy a different activity – from movies and crafts to a lively Kahoot! quiz. Tuesdays feature a PG-rated movie (and yes, we supply the popcorn). Our craft sessions include creating pencil holders, dancing crabs, collaged fish mobiles, and adorable heart-shaped animals. And of course there's our popular scavenger hunt to do in the Library any time.

On Friday 10 April we will be joined by local author Jo Dreaver, who will read her children's book *Jester – The Adventure of a Clever Cat*, the story of a cat that goes missing at Muriwai Beach and is saved in a daring rescue by the local volunteer fire brigade. Inspired by true events, the story celebrates friendship, bravery and the bond between children and their pets, and also shines a light on the vital role of volunteer fire brigades in their communities. Jo will have copies of her book to purchase, and a portion of sale proceeds will be donated to the Muriwai Volunteer Fire Brigade. Don't miss this very special event, which also includes a short cat craft activity.

And on Monday 13 April we have a special interactive storytime with author and entertainer Kath Bee, who will bring a performance that will leave you with a smile on your face and a song in your heart.

We've got heaps of fun activities these school holidays, so bring the kids along and make Kumeu Library part of your holiday routine.

For full details of all our school holiday events, come and pick up a flyer at Kumeu Library, or check out our Facebook page ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)).

# Returning to exercise after having a baby



Bringing a new baby into the world is a huge transition, and it's completely normal to feel unsure about when and how to return to exercise. Your body has gone through major physical

and hormonal changes, and rebuilding strength safely takes time, patience, and the right support.

During pregnancy, your abdominal muscles stretch, your pelvic floor works harder, and your posture often shifts. After birth, these areas need gentle re-conditioning before you return to higher-intensity exercise. Moving too quickly can lead to issues such as pelvic floor dysfunction, abdominal separation, or ongoing back and hip discomfort. In the early stages, simple movement is best. Breathwork, pelvic floor activation, and light mobility exercises help reconnect you with your core and support recovery. As your strength improves, you can gradually progress to walking, Pilates, and controlled strength training which are all excellent options for rebuilding stability and confidence.

Pilates is especially beneficial for postnatal recovery because it focuses on deep core activation, alignment, and functional movement. Our Mums + Bubs Reformer class on Tuesdays at 10am offers a supportive space where you can move at your own pace and bring your baby along. For more individualised guidance, our pelvic health physiotherapist Vanessa can assess your pelvic floor, abdominal function, and overall postnatal recovery needs. Every mum's journey is different, and there's no "right" timeline. A postnatal assessment can help you understand your starting point and create a plan that supports your goals.

At Riverhead Physiotherapy & Pilates, our motto is Freedom in Movement, and that's exactly what we aim to help you rediscover. When you're ready to begin, we're here to support you every step of the way.

Phone: 027 313 6036. Email: [pilates@riverheadphysio.co.nz](mailto:pilates@riverheadphysio.co.nz) or [physio@riverheadphysio.co.nz](mailto:physio@riverheadphysio.co.nz)



- REFORMER PILATES STUDIO
- MASSAGE THERAPY & LYMPHATIC DRAINAGE
- ACUPUNCTURE / DRY NEEDLING
- ACC ACCREDITED PROVIDER
- PRE/POST SURGICAL REHAB
- SPORTS INJURIES

0273136036  
1058 Coatesville-Riverhead Hwy  
[physio@riverheadphysio.co.nz](mailto:physio@riverheadphysio.co.nz)  
[www.riverheadphysio.co.nz](http://www.riverheadphysio.co.nz)



Mindbody app  
for pilates

## Follow my new travel page for inspiration, advice and exclusive deals



Travel is constantly changing, and having the right advice can make all the difference. With over 30 years of experience in both corporate and leisure travel, I've helped thousands of clients plan everything from quick getaways to once-in-a-lifetime adventures.

Many of you already know me personally, but I'm excited to now be sharing travel inspiration, tips and special offers through my new Facebook business page.

On the page you'll find destination ideas, cruise deals, travel tips, client experiences, and insights from my own travels around the world. Whether you're planning your next holiday or simply looking for inspiration for the future, it's a great place to stay up to date with what's happening in the travel world.

As a self-employed Travel Broker with Helloworld since 2012, I have access to a huge range of trusted suppliers and competitive deals, along with the flexibility to tailor holidays to suit exactly what my clients are looking for. My role is to take the stress out of travel planning and ensure every detail is taken care of.

I'm proud to have been recognised as a Top 10 Travel Broker for seven consecutive years, and in 2024 was awarded Top Individual Broker of the Year across nearly 100 brokers nationwide.

If you love travel, I'd love for you to join me online.

Simply search for my page on Facebook and click Follow to stay connected and inspired for your next adventure.

**Tanya Franklin - The Travel Brokers**

**tanya@ttb.co.nz**

**021 254 9169**



**Tanya Franklin**  
Your Travel Professional

M +64 212 549 169  
tanya@ttb.co.nz

Kumeu  
Auckland  
New Zealand

[thetravelbrokers.co.nz/tanyafranklin](http://thetravelbrokers.co.nz/tanyafranklin)

## Your local Justice of the Peace



The Kumeu district is fortunate to be served by 18 dedicated locals who generously volunteer their time to support our community. Some members have served as Justices of the Peace (JPs) for over 30 years, a testament to their commitment and the trust they've earned as valued members of our area.

The Kumeu JP group spans a wide age range—from individuals in their mid-thirties to those in their eighties. Their role goes far beyond signing, stamping, and witnessing important documents. JPs are also called upon to support vulnerable youth during police interviews, authorize warrants, and, as judicial JPs, preside over minor cases and deliver sentences.

Kumeu's JPs are proud to be the first group nationwide to achieve full accreditation. They volunteer at local libraries, malls, courts, and even at the Whenuapai Air Force Base. Many also open their homes to anyone needing documents witnessed, declarations made, affidavits sworn or affirmed.

At a recent gathering, long-serving JP Graeme Mulholland was recognised for 30 years of dedicated service to the Kumeu area. Remarkably, one member of the group has served as a JP for over 39 years.

"It is a great experience being a JP," says Area Coordinator Helen Peterson. "You meet people from all walks of life—students starting new journeys, families reuniting from overseas, young couples buying their first home, and those facing hardship. It's an amazing way to see what's happening in our communities. When you see many people withdrawing KiwiSaver for hardship, you know times are tough for some. Other times, you share in the excitement of first-home buyers starting a new chapter."

We are truly fortunate in Kumeu and the surrounding areas to have such a knowledgeable and dedicated group of JPs. They carry out their duties and open their homes, often for decades, without expectation of reward.

But if you ask them why they do it, they'll tell you: it's about supporting their local community and making a real difference in the lives of their fellow citizens.

If you live in the Kumeu area and are passionate about serving your community, consider becoming a Justice of the Peace. It's a meaningful way to contribute, connect with others, and make a lasting impact. To learn more about how to become a JP, reach out to your local JP coordinator Helen Peterson (021496669 ) or visit the official website for application details.

# Autumn has a way of gently asking us to slow down



As April settles in, we begin to feel the quieter rhythm that the season brings - cooler mornings, softer evening light, and a shift away from the busy pace of summer.

It's often around this time that many people begin to notice the lingering effects the warmer months have had on their skin. After long days in the sun, salt water, wind and outdoor activity skin can begin to feel dehydrated, sensitised or a little uneven in tone.

Autumn offers the perfect opportunity to support the skin as it returns to balance. Rather than dramatic changes, this season invites a more nurturing approach. Supporting the skin barrier, restoring hydration and allowing time for gentle renewal can help skin regain its strength and resilience as we move towards winter.

It's also a lovely time to return to small rituals that support overall wellbeing. A warm cup of herbal tea in the evening, an extra few minutes applying a nourishing facial oil, or simply setting aside time for a treatment can make a meaningful difference to both how we feel and how our skin responds to the changing season.

At lovesoul beauty & spa studio, we believe skincare is part of a wider rhythm of care. Sometimes the most

powerful thing we can do is simply slow down and create space for ourselves.

To celebrate the season, we're also offering a special on Bestow Beauty Oil this month. This nourishing blend of cold-pressed plant oils supports skin hydration, elasticity and overall glow from within. The oil is available in studio for \$82, and for a limited time each purchase includes a complimentary copy of the Savour cookbook - a beautiful collection of nourishing recipes designed to support wellbeing from the inside out.

Warmly, Lisa & the lovesoul team

## South Head farmers in KMR



When Craig Ross (pictured) and Nettie Nasmith, alongside their business partners, linked up with Kaipara Moana Remediation (KMR) they were clear on one thing - do the job right.

Omana Trees Limited, has sizeable chunks of its 263ha farm near the Kaipara Harbour in natives.

Last winter more than 90,000 native trees and grasses were planted across 20-hectares, while 2km of KMR specific fencing was done to protect many of the planted areas. KMR funded more than 60,000 natives and Omana Trees the other 30,000. "We are future proofing the place for our kids and we have plans for more planting," says Craig who grew up on his folk's neighbouring South Head sheep and beef farm.

"Kaipara Moana Remediation is awesome to deal with and I have already recommended KMR to lots of landowners," he says. One big dam that had been dry for decades is now coming to life and filling with water., says Craig who notes some areas of the farm have been previously planted in pine.

He will plant a substantial native buffer around the dam to ensure it does not dry up again because he says that is so important for the environment. Working alongside KMR Field Advisor Angela Parkin, Craig is also keen to progress more native planting on other areas of the farm to reduce harbour sedimentation - just as his parents have been doing next door for years.

When Cyclone Gabrielle struck in 2023, numerous steeper hillsides on the property fell away, despite never slipping in all the years Craig had been hunting there. Keeping cattle out of those now erodible slopes makes sense, so new plantings have added to the native regeneration already happening naturally. The stocking rate is low with about 60 Angus breeding cattle and their offspring on the property, along with some nearby leased grazing blocks.

Craig's summers are usually spent doing about 30,000 conventional hay bales throughout the South Head and Helensville catchment. All are sold locally to long-term clients.

**lovesoul**  
BEAUTY & SPA STUDIO

**Your Sanctuary for skin, self & soul**  
Holistic beauty + wellness in the heart of Waimauku

- Skin Consultations
- Massage and Facials
- Waxing and Tinting
- Manicures and Pedicures

Gift Vouchers Available

lovesoul.co.nz \* 09 411-5226 \* hello@lovesoul.co.nz  
8 Waimauku Station Road  
Walk-ins welcome

# Coeliac disease – More common than you think



Coeliac disease is a common condition where the body's immune system reacts to gluten, causing damage to the gut. Gluten is a protein found in wheat, barley, and rye. Around 1 in 100 people have coeliac disease. The risk is higher

if someone in your family is affected – about 10–20%. Despite this, around 70% of people with coeliac disease are undiagnosed. It is also being diagnosed more often in older adults, with one in four cases found after the age of 60.

Why is coeliac disease often missed? Coeliac disease can be difficult to spot because symptoms vary widely. Some people have clear symptoms, while others have very mild symptoms – or none at all.

**Common symptoms include:**

Diarrhoea, Bloating, Abdominal (tummy) pain, Unintentional weight loss, Fatigue (tiredness), Poor concentration or “brain fog”

**Why does it matter if symptoms are mild?**

Even without obvious symptoms, untreated coeliac disease can cause long-term health problems. These may include:

Weak or easily broken bones, Anaemia (low blood count), Fertility problems, An increased risk of certain cancers

**How is coeliac disease diagnosed?**

Diagnosis is usually straightforward:

- 1- A blood test to check for coeliac antibodies
- 2- If positive, a small bowel biopsy is recommended in adults to confirm the diagnosis

The biopsy is done during a gastroscopy – a quick and minimally invasive test where a thin camera is passed through the mouth into the stomach and small intestine.

**How is coeliac disease treated?**

Treatment is simple but lifelong: a strict gluten-free diet. Most people notice an improvement in symptoms within weeks to months, and over 90% will have complete healing of the gut within a few years.

Seeing a dietitian is strongly recommended to manage your diet confidently. Gluten can be hidden in many unexpected foods, and accidental exposure is common.

At Waitemata Endoscopy, we've been working hard to reduce wait times, and can offer most standard Colonoscopy and Gastroscopy appointments within 7

# WE

Provide peace of mind with ready access to excellent endoscopy care at your service

With increased capacity, Waitemata Endoscopy offers greater access to a group of experienced Gastroenterologists and Surgeons, providing world class care in our community.

Appointments are available within **7 working days** for most standard Gastroscopy & Colonoscopy procedures so you can plan ahead\*.

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

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

Or call us on (09) 925 4449

// 53 Lincoln Rd, Henderson  
// 212 Wairau Rd, Wairau Valley



\*Visit our website to learn more



**Dr Carl Freyer**  
Gastroenterologist & Endoscopist

a joint venture with Southern Cross Healthcare

working days of receiving a referral. Our experienced Specialists can guide you through the process of diagnosis and treatment of Coeliac disease, including linking you with our dietitian.

To meet the team at Waitemata Endoscopy visit [www.waitemataendoscopy.co.nz](http://www.waitemataendoscopy.co.nz)

**Dr Carl Freyer (BSc, MBBS, FRACP)**

Gastroenterologist and Endoscopist

Waitemata Endoscopy

## Lifejacket credited in successful rock fishing rescue at Piha

Surf Life Saving New Zealand (SLSNZ) is reminding people to ensure they wear the appropriate safety equipment when rock fishing, following a successful rescue at Piha yesterday, where a lifejacket played a critical role in preventing another drowning death. So far this patrol season, surf lifeguards have responded to three tragic fatalities of rock fishers at west coast beaches in the Northland, Auckland, and Waikato regions, at Papanui Point, Tapotupotu Bay (near Cape Reinga, 23 November 2025), and Piha (26 December 2025).

At approximately 7:45am yesterday morning, the Police Maritime Unit advised SurfCom of a person in distress in the water at the gap at Piha. Police had received a phone call from a fisherman advising one of his companions had fallen into water at The Gap, south of Piha beach. The Piha Area Search & Rescue squad was activated, with off-duty lifeguards already at the club responding immediately. The rock fisher's friends also threw him a flotation device known as an "angel ring", which are located on the rocks at the southern end of the beach.

With Police Eagle providing aerial surveillance, surf lifeguards launched an inflatable rescue boat (IRB), and quickly located the person in the water. While they were being carried by the current, the fact that they were wearing a lifejacket meant they were able to remain afloat, and the surf lifeguards successfully collected them from the water and returned them safely back to shore. The person did not require any medical attention.

Surf Life Saving New Zealand GM – Northern Region, Zac Franich says the outcome highlights the importance of wearing the appropriate safety equipment when rock fishing, particularly a life jacket.

"This is a really positive outcome, and the fact the fisherman was wearing a lifejacket made a critical difference," Franich says. "When people are swept into the water while rock fishing, conditions can change very quickly. A lifejacket helps keep you afloat, conserves energy and buys crucial time for rescuers to reach you. Were it not for the lifejacket, we could very easily have been reporting on a fatal drowning." Piha Surf Life Saving Club's Club Captain and Piha Area SAR Squad Leader, Jessika Wanden-Hannay says that it was a relief to see

a rock fisher using the appropriate safety equipment in what has long been a black spot for rock fishers.

"There have been too many preventable deaths of rock fishers at Piha, including two in recent memory, so it's a relief to the club that this person was taking the appropriate precautions," she says.

"We want to remind the public that we have a lifejacket library, providing free lifejackets for rock fishers at the southern end of the beach, and we encourage anyone who has forgotten theirs, or hasn't brought one with them to do the right thing and keep themselves safe. Every fatal drowning at our beach has an emotional impact on that person's friends and whānau, but it also has an emotional impact on our surf lifeguards here at the club. We want everyone who visits our beach to return home safely."

Piha also has public rescue equipment available, located at South Piha at the beach entrance opposite Piha Surf Life Saving Club, and located next to the Te Pae observation tower at North Piha. SLSNZ encourages all rock fishers to check conditions using SafeSwim, avoid fishing alone, and always wear a properly fitted lifejacket.

## April at Kumeu Arts



This month we invite you into our Main Gallery to help create a collaborative artwork titled 'Elation Creation'. From April 8 to May 2, visitors can drop in and take part in free art activities designed to help build a joyful, welcoming space together.

Open throughout the school holidays, it's the perfect chance to pop in, make a cloud, play with sand, relax, and de-stress. The project is suitable for all ages, everyone is welcome, because we could all use a little happiness in this crazy world. In our Pod Gallery, local emerging artist Kyra Alkamil presents her first solo exhibition, 'Chaos of Home'. Through her oil paintings, Kyra explores memories and domestic moments centred on family and friends. Dreams, recollections, and fleeting scenes from everyday life inspire this thoughtful collection. Creative Matters also returns with an exciting lineup of school holiday workshops. Term Two courses are filling fast. [www.kumeuarts.org](http://www.kumeuarts.org). image - Kyra Alkamil in her studio

## Small habits, safer homes



As the nights grow longer and the air takes on that unmistakable winter chill, many of us start reaching for the things that make our homes warmer and more comfortable. Clothes dryers begin working overtime, and electric blankets quietly return to beds around the country.

But these seasonal comforts also come with risks that are easy to overlook. Each winter, preventable house fires are sparked by everyday appliances that simply weren't used or maintained properly. A few simple habits can dramatically reduce the danger – and help ensure your home stays warm, safe and stress-free through the colder months.

### The hidden fire risk in your laundry

Clothes dryers are among the most convenient appliances in the home – and one of the most underestimated fire risks. When you think about it, the ingredients are all there: heat, airflow and highly flammable lint.

That soft grey fluff trapped in the lint filter might look harmless, but it's essentially fine, dry fibres from fabrics. Combined with static electricity and the heat generated by a dryer, it can ignite surprisingly easily.

The simplest and most effective prevention is also the easiest: clean the lint filter every single time you use the dryer. This prevents lint from building up and allows the machine to ventilate properly.

Good dryer habits go beyond the lint filter. Avoid overloading the machine, as packed clothing restricts airflow and traps heat inside the drum. Make sure there is adequate space around the dryer so warm air can escape through proper venting.

Another common mistake is opening the dryer before

the cycle has fully finished. Modern dryers include a cool-down stage for a reason – it gradually lowers the temperature and reduces the chance of hot fabrics igniting. Let the full cycle complete before removing your laundry.

Laundry rooms can also be tricky environments for smoke alarms. Steam and lint particles sometimes trigger nuisance alarms, so many safety experts recommend installing a heat alarm in the laundry instead.

**Electric blankets: warm comfort, handled with care**

Few winter luxuries rival the comfort of climbing into a perfectly warmed bed. Electric blankets make that possible in minutes – but only when used safely.

A good rule of thumb is age matters. Electric blankets more than five years old are significantly more likely to develop faults, worn wiring or insulation damage. If your blanket is older or showing signs of wear, it's time to replace it or have it checked by a qualified electrician.

Before using your blanket for the season, test it for hotspots. Turn it on high for about 15 minutes, then switch it off and slowly run your hand across the surface. If you notice any unusually warm patches, the blanket should not be used.

How the blanket sits on the bed also matters. It should lie completely flat, with no bunching or folding. Twisted cords or tangled control wires are a surprisingly common cause of electric blanket fires.

While the temptation to leave it on overnight is understandable on a freezing evening, electric blankets should never be left on while you sleep. Use them to warm the bed, then switch them off before climbing under the covers.

Even the way you store your blanket in the warmer months can affect its safety. Instead of folding it sharply, roll it up loosely to avoid damaging the internal wiring.

Winter fire safety isn't about dramatic changes – it's about small, consistent habits. Clean the lint filter. Give appliances room to breathe. Check your electric blanket before the season starts. Turn it off before you sleep.

These quick checks take only minutes, but they can make all the difference when temperatures drop and heating appliances become part of everyday life.

A warm home should also be a safe one – and with a little attention now, you can enjoy the comforts of winter without unnecessary risk.



For information on any aspect of Fire Safety Prevention, give me a call.

**Contact-** Call Graham McIntyre, Phone 0276 320 421 or email

g r a h a m . m c i n t y r e @  
fireandemergency.nz

**Graham McIntyre Chief Fire Officer - Waitakere Fire Brigade**

# Community News

## House of Travel Hobsonville



While the past month has brought a few challenges to the travel landscape, one thing remains unchanged – Kiwis' love for exploring the world is as strong as ever. Every day, people are setting off on incredible journeys, creating lifelong memories and gaining new perspectives through the cultures and experiences they encounter along the way.

Travel is about discovery, connection, and inspiration – and even when the unexpected happens, it's reassuring to know you don't have to navigate it alone. That's where we come in.

Booking with a trusted travel agent means having real support when you need it most. Instead of long waits and uncertainty, you have someone who knows your trip, understands your needs, and genuinely cares about your experience. At House of Travel Hobsonville, we pride ourselves on being that reliable support. We're proud to have remained open throughout Covid, continuing to show up for our clients when it mattered most.

When you travel with us, you gain more than a booking – you gain an advocate. We work behind the scenes to manage the moving parts of your journey, liaising with airlines and suppliers to find the best possible outcomes. It can be a complex juggling act at times, but that's exactly what we're here for – so you can focus on enjoying the journey.

And what a world there is to explore. From the wonders of

South America and Antarctica, to the beauty of Canada and the Rockies, the charm of Tasmania, and the warmth of Samoa's islands – the possibilities are endless.

It's a powerful reminder that the Kiwi spirit of curiosity and adventure is alive and thriving.

Stay inspired. Keep dreaming. Plan ahead, stay flexible – and let us take care of the rest.

It's what we do best.

**Buzz & the team at House of Travel Hobsonville,  
House of Travel Hobsonville**

225 Hobsonville Point Road

hobsonville@hot.co.nz | 09 416 0700

Cruise Centre: 144 Hobsonville Point Road | 09 941 3330

## Every property has a story. Discover the full picture with ABIS



A property may look perfect on the surface, but hidden issues can quickly turn a good investment into an expensive problem.

ABIS Building Inspection Services provides independent, professional inspections that give you a clear and honest picture of a property's condition before you commit.

Our inspection services identify potential structural concerns, moisture risks, maintenance issues and safety hazards so you can understand exactly what you're buying or selling. Each report is detailed, straightforward and designed to help you make confident, informed decisions.

Whether you're a first-home buyer, investor, or preparing a property for the market, knowing the true condition of a home is invaluable.

Visit [www.abis.nz](http://www.abis.nz) to learn more about our inspection services or to arrange an inspection.

**NOW OPEN MON-FRI 9AM-5.30PM  
+ SATURDAYS 10AM-3PM**

**NEW ZEALAND'S MOST AWARDED TRAVEL GROUP**

Cnr Hobsonville Point Rd & De Havilland Rd  
09 416 0700 • [hobsonville@hot.co.nz](mailto:hobsonville@hot.co.nz)

**HOUSE OF TRAVEL  
HOBSONVILLE**

**Comprehensive Building  
Inspections You Can Trust**

· Pre-Purchase · Pre-Sale · Residential Inspections

LBP & Accredited Building  
Inspection Surveyor

027 946 6994

[www.abis.nz](http://www.abis.nz)

Auckland

# The Power of Local Sponsorship



Strong communities are built when local businesses and community organisations support one another. Across New Zealand, clubs, schools and community groups rely on sponsorship to help provide essential equipment, uniforms and resources that allow them to continue their important work.

At the same time, many local businesses are looking for ways to build genuine connections within their communities while gaining meaningful exposure for their brand.

That's where Sponsorship.nz comes in. The platform helps connect businesses with community groups that need support, creating partnerships that benefit everyone involved. Businesses have the opportunity to sponsor essential gear or initiatives for clubs, schools and local organisations, while receiving guaranteed recognition for their contribution.

Each sponsorship includes agreed public acknowledgements, community shout-outs and testimonials, ensuring businesses are recognised for their support and commitment to the local area. It's a practical way for businesses to give back while building positive relationships and visibility within their community.

Alongside this initiative, Firesale.nz provides another helpful service for businesses. The platform allows companies to clear surplus, discontinued or end-of-line stock, helping reduce waste while creating value for both businesses and buyers.

Together, these platforms are helping strengthen local connections – supporting community groups while giving businesses opportunities to be recognised for their contribution.

Support local. Be recognised locally.

To learn more, visit: [firesale.nz](http://firesale.nz) and [sponsorship.nz](http://sponsorship.nz)

Powered by [SmashingPromotions.nz](http://SmashingPromotions.nz) and [supershop.nz](http://supershop.nz)



**SMASHING PROMOTIONS**  
Branding Anything Legal

Marketing that delivers  
Fresh ideas, real results

Tel 412 6235 – Super friendly Professional staff  
[SmashingPromotions.nz](http://SmashingPromotions.nz) Est. 1993

# RNZAF Association

## Providing comradeship and support for 80 Years

The Royal New Zealand Air Force Association was formed to provide companionship and fellowship for the 40,000+ RNZAF personnel who served during World War II, particularly those returning from service in Europe and the Pacific. The association offered support to RNZAF veterans and commemorates wartime service, acting as a vital link between former and serving air force personnel through annual meetings, reunions, and by preserving the history and aircraft of the RNZAF.

Formed in 1945 immediately after World War II it was incorporated under the Incorporated Societies Act in 1946. It got approval to include the title 'Royal' in its title in 1980 from the original name the NZ Air Force Association. It was created to serve the needs of returning air force veterans and their families, providing a sense of community after the war.

Its core mission was to provide fellowship and support for RNZAF veterans and to commemorate the service of the RNZAF, particularly during the challenging years of the war. The association grew dramatically to include members from various eras and backgrounds within the RNZAF, organising reunions, memorial events, and other social gatherings for veterans.

Where are WE:

There are Branches around New Zealand, the nearest to West Auckland is the North Shore Branch which meets every third Friday at the Birkenhead RSA for a meeting at 1100 with a speaker followed by lunch. Membership is open to all ex-RNZAF, Commonwealth air forces and those with an interest in military aviation and who support the aims of the association.

Contact Secretary Harold Nicholson via email: [harold\\_Nicholson@hotmail.com](mailto:harold_Nicholson@hotmail.com)



RNZAF Attendees at the National Conference Christchurch 2025



RNZAF ASSOCIATION  
(North Shore Branch)  
Meeting third Friday every Month  
Birkenhead RSA at 1100 Hours.

Contact Secretary: [Harold\\_Nicholson](mailto:Harold_Nicholson)  
[Harold\\_nicholson@hotmail.com](mailto:Harold_nicholson@hotmail.com)

# Community News

## Hire smart in 2026



Recruitment can be challenging, whether it is avoiding the wrong hire or navigating a lengthy process. My role is to understand your business goals, share insights, streamline your hiring, and introduce the right candidates to your team.

The Auckland hiring market is evolving, local businesses are focusing on strategic hires that make a real difference. Across North and West Auckland, SMEs are prioritising Sales and Operations, seeking people who can drive growth, support operations, and strengthen teams.

### Sales Roles

Top-performing sales professionals open doors, build client relationships, and drive revenue. The right salesperson lifts team morale, boosts productivity, helps the business grow, and creates new opportunities.

### Marketing Roles

From digital marketing to brand strategy, marketing hires are essential for building awareness, creating impact, and utilising technology. The right marketing professional amplifies your reach and makes every campaign count.

### Administrative & Support Roles

Strong admin and office support keeps the business running efficiently. The right person ensures teams operate smoothly, freeing managers to focus on growth.

### Momentum Matters

Attracting top talent requires engagement and speed. Candidates respond to employers who act decisively and communicate clearly. Businesses that move quickly and partner with a trusted recruitment consultant secure the best people and stay ahead of their competition.

### How I Help

I streamline the recruitment process from start to finish. By sharing market insights and understanding your business, values, goals, and culture. I uncover the right candidates, manage communication, interviews,

referencing, to find a brilliant new addition to your team.

### 2026 is the year to hire smart.

The right sales, marketing, or admin professional does not just fill a role; they create momentum, strengthen teams, and drive your business forward.

If your business is ready for its next strategic hire, let's connect and make it happen.

**Jess Cree, Senior Recruitment Consultant, Source & Select Recruitment, Hobsonville**



**Regular & Emergency Veterinary Care**  
in the  of Kumeu

**OPEN 24 HOURS**  
7 days | 365 days of the year

 48 Main Road, Kumeu  office@111vetclinic.co.nz



Helping West Auckland smile with confidence.

### HUAPAI DENTAL CENTRE

*A healthy smile makes a lasting impression.*

Take care of your teeth with confidence and take advantage of our **\$199 check-up, xrays and hygiene combo for new patients** for a limited time only.

Whether you need a check-up, need urgent care or are thinking of a smile makeover, our experienced team is here to help.

Our services include:

- General and preventive care - checkup & hygiene
- Cosmetic makeovers - veneers, crowns, whitening
- Emergency dentistry - same-day appointments for accidents & toothaches
- Sleep dentistry - IV and oral sedation available for a relaxed experience
- Dental implants, dental bridges, and dentures for tooth replacement
- Free basic dental care for high school children aged 13-17

Contact us below, or book online via our website!

**250 Main Road, Kumeu 0810**

**022 412 7155 | huapaidental@gmail.com**



BOOK ONLINE

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



**sourceselect**  
Recruitment

**Hire smart in 2026...**

**Jess Cree, Senior Recruitment Consultant**  
jess@sourceandselect.co.nz  
021 941 071  
www.sourceandselect.co.nz

Partnering with North/West businesses to secure exceptional Sales, Marketing and Admin staff.



# Davis Funerals

Every 22 minutes, a child under the age of 18 experiences the loss of a parent or sibling in the UK. This was a startling but actual statistic that I picked up from last week's FDANZ conference here in Auckland. This well-researched fact was delivered by keynote speaker John Adams. John is a funeral director from the UK who has successfully petitioned the UK government to introduce a formal grief education programme into UK schools.

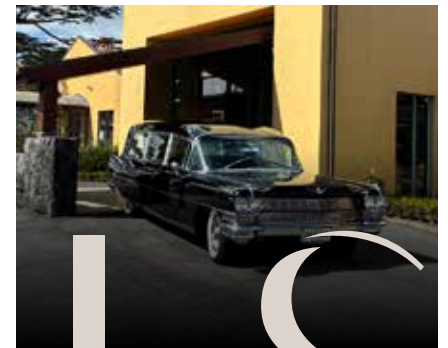
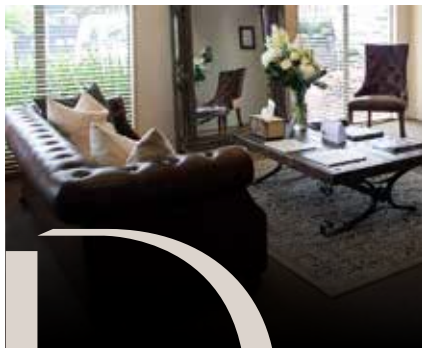
So, what happens here in New Zealand? As a Gen X myself, I grew up under the thinking that had been perpetuated for years; thinking that said children had no place being involved in the death of a family member or close friend. The premise for such this thinking was that it was inappropriate, they won't understand, we should not upset them and that kids are resilient and will just get on with it" says Michael Powell, General Manager Davis Funerals. It was not uncommon children to be told that nana's apparent disappearance was merely because she was taking a long sleep and she will be away for a very long time. How does a child reconcile that as they grow up?

Fortunately, more enlightened thinking today not only supports the view that it is okay and in fact healthy for us all to talk about death, but as a funeral director myself, it is heartening to see that increasingly children of all ages are being included in mourning of the loss of

a family member. This is a great start but only a piece of a much bigger picture in teaching children to cope with grief. The former exclusion suggested that death was only an adult-only matter, that it was bad, and something potentially to be feared, when in fact death is a natural event.

We must not assume children won't understand. Whilst certainly very young children may not fully appreciate the impact of a death they will grow up and increasingly feel the loss. It is therefore healthy for children to be present at funerals, viewings, to be able to leave messages and letters in the casket of the family's loved one, and most importantly that they are taught to understand grief and equipped with tools, mechanisms, and support to help them, says Powell.

If you would like to know more or like to obtain further information and free resources to help manage this with your children, we warmly welcome you to contact us.



DAVIS  
FUNERAL CARE | 09 638 9026  
DAVISFUNERALS.CO.NZ

## Community News

# Chasing the Northern Lights:



There are few experiences on Earth as quietly breathtaking as witnessing the northern lights. Known scientifically as the aurora borealis, these luminous waves of color dance across the night sky in a spectacle that feels both ancient and otherworldly. For many travelers, seeing the northern lights is more than a trip—it's a pilgrimage to the edge of the world in search of wonder.

So come and join us next year as we travel with NCL Prima from Reykjavik around the top of Iceland through Scandinavia and ending in Southampton. This is a 10 day trip departing on 09 September and ending on 19 September. The balcony cost is only \$6700.00pp share twin and includes Onboard Credit – USD\$100 per cabin.

Free at Sea Beverage Package per person, 4 x Specialty Meals per person (max 2 persons), USD50.00 Shore Excursion (Applied to passenger 1 only) – per port.

Gratuities, port taxes and Govt fees. We still have a few more cabins so if you would like a copy of the flyer give Lesley a call 09-4161799 or email

[lesley.johns@travel.helloworld.co.nz](mailto:lesley.johns@travel.helloworld.co.nz)



### Paul Miller

Freedom Drivers Hobsonville

+64 021 321 869 1 (09) 302 2377  
[hobsonville@freedomdrivers.co.nz](mailto:hobsonville@freedomdrivers.co.nz)

- Hospital & Medical Appointments
- Specialist Treatments
- School Transport
- Airport Transfers
- Shopping & Social Trips

ACC Approved • Total Mobility Cards • Eftpos

# TIMELESS WONDERS OF VIETNAM & CAMBODIA

Explore Southeast Asia aboard the *Mekong Jewel* on a fourteen night cruise and land tour from Hanoi and concluding in Ho Chi Minh City. Your voyage unfolds across lively markets, floating communities, and the dynamic capital of Phnom Penh before reaching the monumental temples of Angkor. The journey blends scenic river cruising with enriching excursions, showcasing the cultural diversity and captivating landscapes that make the Mekong one of the world's most storied rivers.



#### YOUR CRUISE HOLIDAY INCLUDES:

- 5 night pre-cruise accommodation – 2 nights in Hanoi and 3 nights in Siem Reap
- Transfer from Hanoi to Siem Reap and from Siem Reap to Kampong Cham port
- 2 night post-cruise accommodation in Ho Chi Minh City
- 7 night river cruise onboard *Mekong Jewel*
- Unlimited beverages onboard, including fine wine, beer, spirits, soft drinks, speciality coffee and tea
- Meals onboard prepared using the finest and freshest ingredients
- Welcome Dinner and Farewell Dinner
- Excursions, all fully hosted by English speaking local experts
- In-suite butler service
- Free Wi-Fi
- All gratuities onboard and Port Charges

**Tour Departs:** 07 September 2026

14 NIGHTS FROM **\$9,729\*** PER PERSON

**SAVE UP TO 30%\***

THE LOCAL TRAVEL PROFESSIONALS YOU CAN TRUST

Helloworld Travel Westgate

09 416 1799 [carolyn.hedley@travel.helloworld.co.nz](mailto:carolyn.hedley@travel.helloworld.co.nz)

Westgate Lifestyle Centre, 57-61 Maki Street, Westgate

UNIWORLD  
BOUTIQUE RIVER CRUISES.

helloworld  
TRAVEL  
THE TRAVEL PROFESSIONALS

\*Terms & Conditions apply: Valid for sales to 31 Mar 2026, unless sold out. Ask instore for full terms and conditions.

# 40

## Years of Care

### Hospice West Auckland

EST.1986



## 40 Years of Care

Our Hospice West Auckland's  
Annual Appeal is now on.  
There's never been a better time to  
celebrate and commemorate.

West Auckland

  
**hospice**

Living Every Moment  
He rā hōu, he oranga ngākau

**Please give today.**



[www.hwa.org.nz](http://www.hwa.org.nz)



# Food & Beverage

## Good From Scratch



Tomatoes are one of those ingredients that remind us why growing food matters. Picked straight from the vine, still warm from the sun, they taste completely different from what you'll find in the supermarket - sweeter, juicier, and bursting with flavour.

At Good From Scratch, Michael Van de Elzen's garden-to-plate

cookery school and farm kitchen in the picturesque Muriwai Valley - our tomatoes are grown right here on the farm and used throughout our kitchen. They find their way into fresh seasonal dishes, slow-simmered sauces, and carefully crafted preserves.

One of the best things about tomato season is its abundance. Suddenly there are more tomatoes than you know what to do with and that's when the preserving begins. Bottling, roasting, and cooking them down into passata, chutneys, and tomato chilli jam allows us to capture a little taste of summer to enjoy long after the season has passed.

### End of Summer Tomato Tasters

Prep time: 5 minutes

Cook time: 30 minutes



Serves: 6-8

### Ingredients

2 cans cannellini beans  
20 tomatoes, halved  
300ml sunflower oil  
6 stalks rosemary  
6 cloves garlic  
Sea salt



### Method:

1-Preheat the oven to 200°C.

2-Place the tomatoes on a tray and sprinkle with sea salt. Roast for 25 minutes, or until they begin to break down.

3-In a small saucepan, gently heat the sunflower oil with the rosemary and garlic to around 75°C. Turn off the heat and allow to infuse and cool.

4-Drain the beans and place them in a blender with the roasted tomatoes. Blitz until combined.

5-With the blender running, slowly drizzle in the rosemary-infused oil (holding back the garlic and rosemary stalks) until smooth.

6-Season to taste and serve at room temperature.

Come and experience Good From Scratch for yourself. Join one of our monthly supper clubs, explore our thriving kitchen garden, or roll up your sleeves and take part in a hands-on cooking class - there's something for everyone.



Everything you need to know about property

# Property

Hub



**G.J. Gardner Homes  
Rodney West Office**

**248 Main Road, Kumeū 09 412 5371**

Property Hub



# What's inside

19

Property News

24

Property Statistics

28

Property Market

41

Home & Garden



ENQUIRIES / FEEDBACK / ADVERTISING:

E [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz)

W [Property-hub.nz](http://Property-hub.nz)

COVER PHOTO: G.J Gardner Homes

PRINT RUN: 22,500 copies, Treehouse Print

# Employer Pro:

## Employment law updates for employers



A series of legislative changes have been passed impacting workplace relations. The Employment Leave Bill has also been introduced, which is set to replace the Holidays Act 2003. Employer Pro ensures employers stay informed of their rights and legal obligations, offering business focused employment law and compliance support through affordable memberships.

The Employment Relations Amendment Act 2026 has introduced the following changes:

- A \$200k income threshold precluding unjustified dismissal claims. This is subject to a 12-month transition period for existing high-earning employees.
- A new 'gateway test' for independent contractors. This better protects employers against worker status challenges where they comply.
- Stronger protections against personal grievance claims where an employee commits serious misconduct.
- Enhanced clarity and protection around 90-day trial periods.
- Other changes that provide more certainty and protection to employers.

The Employment Leave Bill has been introduced. It is set to replace the Holidays Act 2003 later this year with a simpler leave framework. Key proposals include moving annual leave to an hours-based accrual system, simplifying how sick leave and other entitlements are

calculated, and introducing clearer rules for paying leave based on ordinary pay.

You can find more information about these legal updates on our website. We also offer free one-off advice to employers who are not members.

Our Employer Protection Packages provide employers with access to experienced employment relations and HR consultancy support without the cost typically associated with engaging lawyers or large consultancy firms.

Key advantages of our model are experience, affordability and accessibility. Members can access over 100+ employer focused resources.

Take advantage of our Special Launch Pricing, providing employers with a range of competitive Employer Protection Packages for affordable employment law support. Join Employer Pro today.

Employer Pro provides employers with deep employment relations expertise and commercially focused support.

[www.employerpro.co.nz](http://www.employerpro.co.nz) [info@employerpro.co.nz](mailto:info@employerpro.co.nz)

(09) 212 7694

021 403 794



## Paying GST when purchasing a property

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

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

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

Given the value of properties in New Zealand, GST issues can have a big financial impact on a property transaction. We recommend that when buying or selling a property that you obtain advice on any tax issues before signing the agreement.

For more information on this or any other legal issues contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 412-6000.

## KEMP BARRISTERS & SOLICITORS

*your local team of legal experts*

Property Law

Litigation

Family & Relationship Law

Wills & Estates

Commercial Law

Trust & Asset Protection

[info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz)  
09 412 6000  
25 Orahua Road Kumeu



## Auckland housing market shows price reset as buyer choice expands

### Raine & Horne®

Auckland's residential property market showed a shift in momentum during February, with sales activity easing and prices falling, while the number of homes available for sale continued to climb.

According to the latest REINZ data in Auckland, 785 residential properties were sold in February, compared with 824 in January – a decline of 4.7% for the month. Despite the drop, February's sales were still the strongest for the month since 2021, suggesting underlying buyer activity remains relatively healthy.

Where the market changed most noticeably was in pricing. Both the median and average selling prices fell significantly during February, reflecting increased competition among sellers and greater choice for buyers.

The median selling price dropped by \$96,000, falling 9.6% from \$1 million in January to \$904,000 in February. This marks the lowest median price recorded by the agency since July 2020.

The average selling price saw an even sharper decline, dropping \$155,797 (13.3%) from \$1,169,773 in January to \$1,013,976 in February – the lowest level since September 2020.

At the same time, the supply of homes on the market continued to grow. New residential listings reached 2,252 in February, representing an 8.6% increase compared with February last year. As a result, total housing stock rose to 6,159 properties, up 2.7% year-on-year.

This is the highest number of homes available in February since 2010, highlighting a significant shift in market dynamics.

The combination of rising stock levels and falling prices is creating favorable conditions for buyers, who currently have a wide range of properties to choose from across



**Graham McIntyre**  
Licensed Agent  
Kumeu | Hobsonville

027 632 0421  
[graham.mcintyre@kumeu.rh.co.nz](mailto:graham.mcintyre@kumeu.rh.co.nz)

Raine & Horne®



rh.co.nz

Raine & Horne New Zealand PTY Ltd Licensed REAA(2008)

the region. With the median sales price at \$904,000 and the average price just over \$1 million, these are among the lowest monthly price levels seen since the market peaked in 2022.

As housing supply begins to better match demand, more buyers who previously felt priced out of the market are now taking a fresh look at purchasing.

For many prospective homeowners, the current market may represent a window of opportunity – one where improved affordability and increased choice are beginning to rebalance Auckland’s property scales.

For a free and without obligation market sales appraisal, give Graham McIntyre a call on 0276320421, Country Living Realty Ltd t/a Raine & Horne Kumeu - Hobsonville

## Thinking of selling your home?



Put your property in the spotlight with Graham McIntyre

When it comes to selling your home, presentation and exposure are everything. With Graham McIntyre, your property

receives a level of marketing that few agents offer – designed to capture attention and attract serious buyers.

One of Graham’s standout strategies is the use of exclusive four-page editorial spreads in the Kumeu Courier and Westerly magazines. These professionally written and beautifully presented features showcase your property in a way that feels more like a lifestyle story than a traditional advertisement – creating stronger engagement with potential buyers.

Together, these publications reach over 50,000 readers throughout the local community, providing exceptional exposure to motivated buyers already interested in the area. Your home is not just listed – it is featured,

celebrated, and promoted to a wide and relevant audience.

### With Graham McIntyre, you benefit from:

- Premium four-page editorial property features
- Exposure to 50,000+ local readers
- High-quality storytelling and photography
- Targeted marketing in trusted local publications
- A strategy designed to make your home stand out

If you’re considering selling and want your property presented at its absolute best, talk to Graham McIntyre about a marketing approach that truly elevates your home above the rest.

Your home deserves more than a listing – it deserves a feature story.

Get in touch today for a no obligation appraisal

**Graham McIntyre 027 632 0421**

0800 900 700 Country Living Realty Limited | Licensed REAA 2008.

**Local Lawyers,  
Helping Develop &  
Grow West Auckland  
Business & Community**

smithpartners.co.nz | 09 836 0939

**smith**  
AND PARTNERS  
LAWYERS

**Real Estate.  
It's what we do.**

**0800 900 700**

**Raine & Horne®**  
rh.co.nz/kumeu

Country Living Realty Limited t/a  
Raine & Horne Kumeu - Hobsonville  
Licensed REAA2008

# Project spotlight: Mangawhai coastal living - Powered by Blackout Electric



Set in beautiful Mangawhai, this contemporary home blends warm textures, clean lines and seamless indoor-outdoor flow. Blackout Electric was proud to deliver the electrical work that enhances both the design and functionality of this stunning coastal build.

The lighting throughout the living space was carefully considered to complement the home's neutral palette and natural materials. Feature pendants add warmth and sculptural interest, while recessed lighting keeps the ceilings clean and understated. As daylight pours through expansive glazing, the space feels open and calm – and when evening falls, layered lighting creates a soft, inviting atmosphere perfect for entertaining or relaxing.

Precision was key in the custom cabinetry and media wall, where concealed wiring and thoughtfully positioned outlets maintain a sleek, minimalist finish. Outdoors, strategic lighting and weather-conscious fittings ensure the exterior areas are just as functional and welcoming after dark.

At Blackout Electric, we believe great electrical work should integrate seamlessly into the architecture – supporting the vision without overpowering it. This Mangawhai project reflects our commitment to detail, quality workmanship and delivering electrical solutions that elevate every home we're part of.



# Quality interior painting built on proper preparation



When it comes to repainting the inside of your home, proper preparation makes all the difference. Focus On Painting specialises in interior repainting for Kiwi homes, delivering quality workmanship and tidy finishes designed for everyday living.

Every project starts with careful preparation. Walls, ceilings, and trims are checked for cracks, dents, and nail holes, which are filled and sanded to create a smooth surface before painting.

GIB stopping and plastering work can also be carried out where required, helping ensure walls and ceilings are properly prepared before painting begins.

Different homes and rooms require different systems. Whether it's walls, ceilings, doors, or skirting boards, the correct preparation methods are used before applying quality paints suited to interior spaces.

Work is carried out with care and attention to detail, with floors and furniture protected throughout the job. Each project finishes with a full clean-up so your home is left tidy and ready to enjoy.

For added peace of mind, all painting work is backed by a 3-year workmanship warranty, giving homeowners confidence in the quality of the finish.

To see recent projects and customer reviews, visit [facebook.com/focusonpainting](https://facebook.com/focusonpainting).

Free quotes are available.

Call or text Brad on 021 756 890 or email [focusonpainting@gmail.com](mailto:focusonpainting@gmail.com).

**HOUSE  
PAINTING**

INTERIOR / EXTERIOR / ROOF

**FREE QUOTE &  
3 YEAR WARRANTY\***

\*Conditions Apply



👤 Brad 021 756 890

✉ [focusonpainting@gmail.com](mailto:focusonpainting@gmail.com)

📘 [focusonpainting](https://facebook.com/focusonpainting)

# Ten years of knowing your neighbours



Every autumn, on streets across West Auckland, something simple happens. Tables and chairs get dragged outside. Kids take over the road. Someone brings too much food. And for a few hours, neighbours who might only usually exchange a nod sit down and talk with each other.

That's Neighbours Aotearoa – a national campaign to connect communities street by street – and this year marks a decade of it happening in partnership with the Whau, Henderson-Massey and Waitākere Ranges Local Boards.

Since 2015, Community Waitākere has administered Neighbours Aotearoa funding on behalf of the three local boards, distributing small grants of up to \$200 to streets and community groups wanting to bring people together. Around 70 events happen each year. Over ten years, that's roughly 700 deliberate acts of neighbourliness across West Auckland.

Some streets have been doing it since the beginning. What started as a funded nudge has become something they just do – a rhythm the community created and continues to hold up year after year.

"We've been having these events for 15 years now. I've watched young people start families – some of those kids are teenagers now. I even had my 60th birthday under this tree." – JB, Street Organiser

The kaupapa is straightforward but serious. Connected communities aren't just happier – they're more resilient. That kind of social infrastructure doesn't build itself. It takes local boards who back it, neighbours who organise it, and communities who turn up for each other.


Seven hundred events later, it's still just tables on streets and too much food – and that's exactly the point.

[www.communitywaitakere.org.nz](http://www.communitywaitakere.org.nz)

New Zealand **Sotheby's**  
REAL ESTATE

**Team Terry Jones**

30 years of Experience.  
Servicing Local & Global.



**Terry and Janet Jones**  
Lifestyle Residential Development  
M +64 27 492 0529  
[terry.jones@nzsr.com](mailto:terry.jones@nzsr.com)



**Henderson Reeves**  
creating smart legal solutions

**Property • Disputes • Family • Wills**

**Taina Henderson** 027 537 9222  
**Shelley Funnell** 027 537 9221  
**Amie Wallwork** 021 421 336

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



**LAND LAW**  
CLIENT CENTERED CONVEYANCING

**CONVEYANCING - SALE or PURCHASE FROM**  
**\$899 plus GST & disbursements** Call now **022 1077 800**  
[office@landlawnz.com](mailto:office@landlawnz.com) [www.landlawnz.com](http://www.landlawnz.com)

**VODANOVICH**  
LAW

SALES & PURCHASE OF REAL ESTATE  
RELATIONSHIP PROPERTY | BUSINESS STRUCTURES  
POWERS OF ATTORNEY | WILLS & TRUSTS  
COMPANY & EMPLOYMENT LAW

---

PLEASE CONTACT IVAN | [ivan@vlaw.co.nz](mailto:ivan@vlaw.co.nz) 09 412 8000  
4a Shamrock Drive Kumeu, Auckland

**CLEARSTONE**  
LEGAL

**Call now to discuss your legal needs**

p: 09 973 5102  
w: [cslegal.co.nz](http://cslegal.co.nz)

**Kumeu Office**  
1A Tapu Road, Kumeu

**Te Atatu Office**  
1/547 Te Atatu Road  
Te Atatu Peninsula

# Area Property Stats

PROPERTY-HUB.NZ

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
<b>Coatesville</b>						
	Waymau Lane	\$2750000	5	306	10600	\$3300000
	Coatesville-R Hway	\$1675000	3	165	5160	\$1811250
<b>Helensville</b>						
	Commercial Road	\$400000	2	60	289	\$440000
	Makiri Street	\$450000	1	45	0	\$455000
	Nelson Street	\$1650000	6	376	2028	\$1590000
	Karaka Street	\$700000	3	92	445	\$720000
	Garfield Road	\$750000	3	123	0	\$710000
	Green Lane	\$820000	3	130	926	\$890000
	Nelson Street	\$760000	3	90	702	\$840000
	Old North Road		4	264	10000	\$1825000
	Alf Access Road	\$1680000	4	274	20000	\$1770000
<b>Herald island</b>						
	The Terrace	\$2100000	4	310	827	\$2200000
	Twin Wharf Road	\$1425000	4	192	842	\$915000
<b>Hobsonville</b>						
	Joshua Carder Drive	\$1075000	3	135	171	\$1060000
	Nugget Avenue	\$990000	3	113	181	\$975000
	Station Street	\$910000	2	104	0	\$952000
	Turbine Way	\$2000000	4	265	325	\$1625800
	Riroriro Road	\$640000	5	186	244	\$1265000
	Hastings Street	\$1225000	3	175	266	\$1180000
	Plover Road	\$1175000	4	160	258	\$1170000
	Catalina Bay Drive	\$1475000	4	267	135	\$1526500
	Onekiritea Road	\$740000	2	81	0	\$723000
	Nevill Road	\$1250000	3	160	154	\$1270000
	Buckley Avenue	\$1250000	3	173	0	\$1260000
	Picnic Point Road	\$660000	4	210	210	\$1230000
	Kerewhenua Cres	\$900000	3	132	134	\$915000
	Peihana Road	\$870000	2	98	110	\$804000
	Bannings Way	\$1450000	5	226	759	\$1685000
	Jack Seabrook Rd	\$2075000	4	216	259	\$1870000
	Irving Place	\$1425000	4	220	362	\$1460000
	Bannings Way	\$920000	3	170	0	\$930000
<b>Huapai</b>						
	Ara Kakara Avenue	\$1175000	3	161	535	\$1150000
	Sunny Crescent	\$1625000	4	240	1514	\$1590000
	Parlane Drive	\$1450000	4	270	803	\$1500000
	Tapu Road	\$1475000	4	251	700	\$1500000
	Kahika Grove	\$1475000	4	228	1081	\$1690000
	Tokay Place	\$850000	3	140	605	\$875000
<b>Kumeu</b>						
	Papatupu Way	\$750000	2	99	88	\$690000
	Fred White Drive	\$1375000	4	235	606	\$1320000
	McIndoe Road	\$1325000	4	209	603	\$1280255
	Access Road	\$2125000	0	0	13700	\$1290000
	State Highway 16	\$3025000	4	272	14000	\$2575600
	Nellie Drive	\$725000	2	94	113	\$710000
	Vinistra Road	\$1200000	5	185	400	\$1210000
	Tarras Road	\$1100000	4	163	407	\$1063000
<b>Massey</b>						
	Don Buck Road	\$640000	2	75	60	\$582500
	Cyclarama Crescent	\$820000	4	83	0	\$785000
	Alidade Place	\$830000	3	80	647	\$780000
	Puwaha Street	\$840000	3	84	217	\$780000
	Tellin Close	\$910000	3	300	511	\$955000
	Don Buck Road	\$670000	3	80	385	\$690000
	Horokaka Street	\$850000	3	96	200	\$813000
	Horokaka Street	\$850000	3	94	171	\$768888
	Waimumu Road	\$840000	3	150	0	\$775000

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
	Royal Road	\$1085000	3	100	809	\$1000000
	Flagstaff Place	\$650000	2	60	0	\$540000
	Waimumu Road	\$1100000	4	120	1418	\$1035000
<b>Parakai</b>						
	Parkhurst Road	\$640000	3	84	506	\$690000
	Kaipara Portage Rd	\$2025000	3	310	0	\$1115000
	Jelas Drive	\$850000	0	0	642	\$790000
	Alice Street	\$1600000	4	235	809	\$1585000
	Lloyd Road	\$2785000	5	305	36000	\$2435000
	Pohutukawa Parade	\$1625000	4	285	800	\$1875000
	School Road	\$1475000	4	236	827	\$1355000
<b>Waitakere</b>						
	Waitakere Road	\$875000	3	135	883	\$945285
	Wairere Road	\$1050000	3	72	43200	\$820000
	Waitakere Road	\$1250000	4	228	1566	\$1295000
	McEntee Road	\$840000	2	93	1012	\$830000
	Mildon Road	\$1590000	9	320	12500	\$2000000
<b>Wes Harbour</b>						
	Fitzherbert Avenue	\$1050000	3	80	672	\$1050000
	Fitzherbert Avenue	\$1025000	3	110	684	\$950000
	Ballini Rise	\$955000	3	130	0	\$1121000
	Peterhouse Place	\$1125000	3	100	1024	\$940000
	Picasso Drive	\$1855000	4	315	666	\$1441500
	West Harbour Drive	\$1000000	4	174	0	\$975000
	Clearwater Cove	\$1070000	4	157	456	\$1050000
<b>Westgate</b>						
	Manarini Road	\$700000	2	78	100	\$675000
	Toetoe Street	\$575000	4	n/a	0	\$1135000
	Tahetoka Street	\$385000	2	91	91	\$709000
	Tihema Lane	\$1075000	3	181	210	\$1040000
	Tahetoka Street	\$475000	2	n/a	150	\$749000
<b>Whanuapai</b>						
	Oyster Drive	\$1150000	3	148	320	\$1175000
	Whenuapai Drive	\$730000	2	93	142	\$785000
	Oyster Drive	\$760000	2	86	103	\$745000
	Nils Andersen Road	\$880000	3	130	183	\$880000
	Nils Andersen Road	\$1225000	5	241	309	\$1240000
	Rigby Drive		5	210	W345	\$1370000

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**

Country Living Realty Limited T/A Raine and Horne Kumeu  
- Hobsonville. Licensed REAA (2008).

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®

This page is sponsored by Raine & Horne Kumeu - Hobsonville  
Phone 0800 900 700 Country Living Realty Ltd Licensed REAA (2008)



# “Baby, can I drive the car?”

Fuel prices rising. Cost of living feeling stretched. Household budgets under pressure.

Sound familiar?

And yet, property values are quietly ticking upward. It’s a mixed picture, and if you’re buying, refinancing, or selling, it pays to understand what’s really going on.

The latest Cotality Home Value Index shows national property values increased 0.2% in February - the strongest monthly gain in four months. The national median now sits at \$806,697. Here in West Auckland, the average value is \$917,487.

So with all this economic noise, what actually drives mortgage rates, and where are they heading?

### The OCR

The Reserve Bank’s Official Cash Rate is the foundation of New Zealand’s interest rate environment. When the OCR drops, borrowing costs typically follow. After nine cuts since mid-2024, rates are significantly lower than their recent highs. However, most economists are predicting that the OCR has now bottomed out.

### Inflation

The Reserve Bank targets inflation between 1-3%. When inflation runs hot, the OCR rises to cool spending (and mortgage rates with it). With inflation now back under control, the pressure has eased, but global uncertainty means this could shift.

### Fixed vs Floating Rates

Fixed rates offer certainty, floating rates offer flexibility. With a growing number of borrowers now locking in longer terms, the market is signalling that rates may not fall much further.

These moving parts interact differently for every

borrower, and your deposit size, loan structure, and rate type will significantly affect what you pay over time. In an environment of uncertainty, getting it right matters more than ever. That’s where having professional advice to help you navigate your finances makes a real difference.

Need help navigating your finances? Reach out for a zero obligations chat!

Let’s make sure you’re set up for success.

**Call Ben Konings**

**Your Local Mortgage Adviser**

**0204 1122 481**

**ben@mortgagesupply.co.nz**

## North West Auckland rental market update – February 2026



Recent data from Realestate.co.nz shows that average asking rents across New Zealand have continued to soften, reflecting a shift towards more balanced conditions in the residential rental market.

The national average asking rent in February was \$629 per week, down from \$634 in January and \$642 in February last year. Two years ago the national average sat at \$651 per week, meaning rents have eased by around \$22 per week over that period.

While the decline is modest, it highlights a gradual cooling after several years of strong rental growth.

# Your Local Mortgage Adviser

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



THE Mortgage SUPPLY CO. LTD



**Ben Konings**

📞 0204 1122 481    ✉️ ben@mortgagesupply.co.nz

Auckland rents remain stable but slightly lower year-on-year

In Auckland, the country's largest rental market, the average advertised rent fell slightly from \$686 in January to \$682 in February.

Compared with February 2024, Auckland's average asking rent is around \$37 per week lower, reflecting increasing rental supply across parts of the region and greater choice for tenants.

Despite this softening, Auckland remains one of the strongest rental markets in New Zealand, supported by ongoing population growth and housing demand.

### What we're seeing in North West Auckland

Across North West Auckland, including suburbs such as Hobsonville, Massey, Westgate, Whenuapai and Kumeū, the rental market remains active but is becoming more competitive for landlords than it was during the tight conditions of 2022-2023.

A key factor influencing the local market is the ongoing delivery of new housing stock, particularly townhouses and terrace homes in growth areas such as Hobsonville Point and the expanding residential zones around Westgate.

Many of these properties are investor-owned new builds entering the rental pool, which has increased the number of listings available to tenants.

Rental supply continues to rise

Nationally, there were 7,504 properties advertised for rent on Realestate.co.nz at the end of February, representing a 6.2% increase compared to the same time last year.

We're seeing a similar trend locally across North West Auckland, where more rental listings are coming to market, particularly:

- Newly completed townhouse developments
- Recently purchased investment properties
- Owners choosing to rent properties while waiting for the sales market to strengthen

This increased supply means tenants currently have more choice, and properties that are priced above market expectations may take longer to secure tenants.

### What this means for landlords and investors

For investors in North West Auckland, the rental market remains healthy but more balanced than in previous years.

Well-presented properties that are priced in line with current market conditions are still attracting strong tenant interest, particularly homes with:

- Off-street parking or garages
- Low-maintenance outdoor areas
- Modern kitchens and bathrooms
- Easy access to motorway links and employment hubs around Westgate

However, landlords should expect a slightly longer leasing timeframe in some cases, especially where multiple similar new-build properties are competing in the same area.

### Outlook for the coming months

As we move into the autumn rental season, the market is likely to remain relatively stable, with rents expected to hold steady or soften slightly in areas where supply continues to grow.

For North West Auckland, the long-term outlook remains positive. The area continues to benefit from:

- Significant infrastructure and retail investment around Westgate
- Continued population growth
- Ongoing residential development

These factors continue to support strong underlying demand for rental housing in the area.

For landlords, the key in the current market is accurate pricing, strong marketing, and quality property management to ensure properties remain competitive and tenanted.



**TaxMasters**  
ACCOUNTANTS

New to Hobsonville \* Scott Point  
Your neighbourhood Accounting & Taxation Experts  
[www.taxmasters.co.nz](http://www.taxmasters.co.nz) \* [info@taxmasters.co.nz](mailto:info@taxmasters.co.nz)  
On Point, On Time, On Budget  
Call now - New clients welcome: 021 235 7081

## Personalised Property Management Solutions

Residential rental property advice that's timely, accurate, and measured, to ensure your property gets the attention required. It's a process that builds on 25 years of success and succession.

Ph 09 832 0832





## Home, Flat, Minor - Returning \$1700 pw

### 64 Worsnop Way, Stillwater

For the extended, blended family, or the prudent investor, considering the future of Stillwater, this outstanding Platinum Home/Flat and Minor Dwelling presents a unique opportunity. Elevated and positioned to enjoy maximum privacy for all parties, while the outlook remains rolling pasture with accents of native bush plantings. The main house features four bedrooms, two lounges, kitchen and butlers, standalone laundry and two bathrooms with

generous sliders and access to patios.

The flat is nestled by the double garage and is a studio style with bathroom/ laundry combined. It has a small kitchenette and has internal access if required to the main house. The minor is also brick, with an open plan kitchen/dining/ lounge with a generous slider. The two bedrooms share a central bathroom, with a storage room and a garage providing options for toys and tools.



---

Featuring:

- 2 Houses- Home & Income
- 7 bedroom, 4 bathroom
- 3 living
- 2 garage
- Land area 2 Hectares
- Floor area 312 sqm
- 2014 Platinum Home
- A short distance to Albany, Dairy Flat and Silverdale





For more information on this property call:  
Graham McIntyre on 027 632 0421  
or email: [graham.mcintyre@kumeu.rh.co.nz](mailto:graham.mcintyre@kumeu.rh.co.nz)

Country Living Realty Limited T/A Raine and Horne Kumeu  
- Hobsonville. Licensed REAA (2008).



---

## Beautiful, North Facing, Kumeu Lifestyle living

---

### 96 Pomona Road Kumeu

A short drive to Kumeu and Westgate - one of the best lifestyle addresses in Kumeu.

Cultivate your future in this North-facing opportunity-a sprawling 4-hectare canvas of colour and established plantings that promises a life of endless possibilities. Immerse yourself in the natural kaleidoscope that surrounds a charming four-bedroom traditional bungalow, basking in the warm embrace of full sunshine and showcasing extensive rural views of the valley below. Level to gently sloping, sunny and sheltered, the land

offers many opportunities to develop or leave it as is to enjoy your rural idyll. Some potential income streams that only require your effort to exploit. Add to this your very own nature reserve, garaging for 3-4 vehicles and your imagination will take flight.

**For more information on this property call:**

**Graham McIntyre on 027 632 0421**

Country Living Realty Limited T/A Raine and Horne Kumeu - Hobsonville. Licensed REAA (2008).







Featuring:

- 4 Bedroom
- 1 bathroom
- Land area 3,298 Hectares
- Floor area 140 sqm
- 2 Garage
- Lifestyle property
- Freehold
- Enquiries over \$1,900,000





# MINOR DWELLING WITH GJ'S

**Waitoki 77  
from \$255,000\***

Building a minor dwelling just got a whole lot easier!

Changes in legislation has made building a minor dwelling easier and faster. GJ's has a range of plans, or can design for your site or needs. Get peace of mind as GJ's will take care of the project from start to finish, including site services, meaning no hidden surprises.

**T&C's apply.** Price is an indication of the build cost only and excludes land and site specific costs. Regional variations may apply. Images are artist's impression only.

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

**G.J. Gardner.** HOMES



## Land, 2 houses, sheds

### 180 Taupaki Road Taupaki

Over 4 hectares (10 acres) of flat to gentle sloping land, where you look over your estate providing ease of management. The house sites are elevated away from any superimposed flood mapping by council and within a countryside living environment. Subdivision is a possibility and a letter in support of this is available.

Two houses, shedding and double garage are linked by the drive and offer a window into the past, but provide a great opportunity for the future. This cluster of old and new, provides a canvas to develop and to label your future, with character and possibility a-plenty. Shedding is a mix of old and new with options for the new owner to consider what is important to them and their future on the land. This is the first time in 55 years that this block has been offered up to market. We welcome your inspection and your feedback on if it may fit within your future plans.

For more information on this property call:

Graham McIntyre on 027 632 0421 . Country Living Realty Limited T/A Raine and Horne Kumeu - Hobsonville. Licensed REAA (2008).





Featuring:

- 3 bedroom & 1 bathroom
- Land area 4,3313 Hectare
- Floor area 110 sqm
- 1 Living & 1 dining
- 4 Garge & Open spaces
- Lifestyle property
- Close to Kumeu shops, cafes, library, supermarket
- Subdivision options

180 Taupaki Road



# Quality Firewood

winter warmth sorted.



Our exclusive ECO Hotmix blend (2/3 fast-burning softwood and 1/3 long-lasting hardwood) gets your fire going strong and keeps it burning. Stock up now with click & collect, free loan trailers, or easy delivery.

**09 833 4093**

598 Swanson Road, Swanson  
swanson@centrallandscapes.co.nz



**CENTRAL**  
**LANDSCAPE SUPPLIES**



# Home & Garden

## A local merchant that gets the West

Ask any local builder where they get their gear, and chances are Western ITM comes up pretty quickly - and for good reason.

With local stores in Kumeu and Whenuapai, Western ITM has become a go-to for tradies, renovators, and DIYers right across the North-West. These aren't just yards full of timber - they're places where people know your name, understand the job you're doing, and want to help you get it right.

Whether you're building new, renovating, or considering a minor dwelling project, Western ITM has the right products and advice to ensure your project is a success. From high-quality frame and truss, timber, panel, power tools and hardware supply, to custom-designed pole sheds, our team is focused on making your project easy from the moment you get in touch.

Winter chills are on the way, and now's the time to stock up on bulk products from Whenuapai ITM - untreated pine firewood \$60/m3, untreated pine sawdust \$20/m3, untreated woodchips \$30/m3 and mixed-grade bark \$15/m3. Free one-hour loan trailers are available, as well as

hire caged and tandem trailers. Delivery straight to your home or site can also be arranged.

So, whether you're framing a house, tackling a reno, or just need some honest advice, Western ITM in Kumeu (154 Main Road) and Whenuapai (2 Airport Road) is worth a visit.

**Proudly local. Proudly West.**



# YOUR LOCAL BUILDING SUPPLIES SPECIALIST

**Fence Paling**  
150x19mm - 1.8m  
H3.2 Rough Sawn

**\$3.69** EA  
INCL GST

**Ecko T-REX17**  
Batten Screws Outdoor  
Xguard 14gx100mm  
500 Pack

**\$89**  
INCL GST

**Fence Rails**  
100x50mm No.2 CCA  
H3.2 Rough Sawn

**\$3.38** /LM  
INCL GST

**POLE SHEDS**  
DESIGN AND QUOTE

Proud supporter of the Kumeu Show for over 40 years!

**WESTERN ITM KUMEU**  
154 Main Road, Kumeu  
OPEN Mon-Sat

**WESTERN ITM WHENUAPAI**  
2 Airport Road, Whenuapai  
OPEN Mon-Fri

westernitm.co.nz

**WESTERN**

Prices valid to 30/04/26 or while stock lasts.

## Waimauku Garden Club,



We had an adventurous journey North to Omaio Gardens, a Maori name meaning place of peace, quiet tranquility. Set over 18 acres the main garden is nestled amongst NZ native bush.

We were warmly welcomed to share a delicious morning tea in the courtyard and hear the history of the

garden of International Significance from Liz Morrow. The location is stunning. We got to enjoy exploring bush trails filled with surprises of sculptures and vistas overlooking the beautiful Kawau Bay. We travelled to Omaha Bay vineyard to share platters for lunch and wine tasting for those wishing to imbibe. The estate has views over the sea to Great Barrier Island and an art gallery to browse through. Following lunch we were dropped off in Matakana village for a stroll around the shops and indulge in an ice cream before boarding the coach to head home after another awesome day.

Feel free to contact any off us: Ann(0210357406), Gail(021344070), Maree(0274963006), Moira (0274989154), Monique(021646220), Sandi(0273184514).

## Don't freeze your socks off this winter



Thinking about a woodburner? Now's the time.

Kumeu Plumbing does the whole package so you don't have to lift a finger (except to toast marshmallows).

- Council consent
- Supply
- Professional installation
- Chimney sweeping

Renovating? Upgrading an old fire? Power bill burning a hole in your wallet?

We'll help you choose the right woodburner and handle everything from start to finish. Easy as.

Already have a woodburner? We also offer professional chimney sweeping, repairs and maintenance to keep it running safely and efficiently. Bird proof your flue from \$250+GST.

Get warm, stay cosy, and give that heat pump a break this winter.

Contact Kumeu Plumbing now before the winter rush hits. 09 412 9018 • [www.kpl.co.nz](http://www.kpl.co.nz) • [info@kpl.co.nz](mailto:info@kpl.co.nz)

**SEPTIC & WATER TANK CLEANING**

YOUR SEPTIC TANK SHOULD BE CLEANED EVERY 3 YEARS (AVERAGE FAMILY OF 4)

WE SERVICE ALL AREAS

PROMPT, PROFESSIONAL SERVICE WITH 30 YEARS EXPERIENCE

**PHONE: 09 412 9210 OR 027 492 4494**

Call Us Today 09 412 9108 | [info@kpl.co.nz](mailto:info@kpl.co.nz)

**KPL**  
KUMEU PLUMBING LTD

**SHOP ONLINE**

**QUALITY WATER** SUPPLIES



**7 DAYS PHONE NOW!**  
Bev & Andrew Speedy

Registered by Ministry of Health & Auckland Council  
Fresh Water Supplies

Ph. **411.8116** Txl **027.345.3805**

**Andrew Shone.**

**Carpentry & Building Services.**

**Small alterations , Fencing , Decking & General Building repairs.**

Free quotes  
Ph 021 999 542 or 412 6213  
Email [shonebuilder@xtra.co.nz](mailto:shonebuilder@xtra.co.nz)

## Your backyard, elevated in Style



At Narellan Pools Auckland West, Richard and his team know that every backyard is unique. For homes with challenging sites, an above ground pool can be the perfect solution. Sitting partially or fully above ground, these pools provide a practical option when traditional installations may be difficult.

They're ideal for properties with limited access, sloping blocks, or where major changes to landscaping or structures aren't an option. By elevating part or all of the pool, the installation can adapt to the property's layout.

While often chosen for practical reasons, above ground pools still deliver a premium look. With the right design, they can become a standout feature of the backyard, fitting seamlessly with decking, retaining walls, and landscaping.

Not all pool builders can offer above ground solutions. These installations need specialised engineering, structural design, and experience to ensure the pool is stable, safe, and visually seamless.

Whether you're after an above ground or in-ground fibreglass pool, Richard and his team at Narellan Pools Auckland West can help you find the right option for your home.

Contact them today to arrange a free quote, explore the range, or discuss your own pool project on 0508 476 657 or visit [narellanpools.co.nz](http://narellanpools.co.nz).

**THE Kitchen CENTRE**




Custom-made Kitchens  
Designed and Manufactured In-house Since 1989  
Family Owned | 100yrs + combined experience | Designer showroom



Contact us today for your free consultation!  
[www.thekitchencentre.co.nz](http://www.thekitchencentre.co.nz) Ph: 09 837 0201

**BRINGING DREAMS TO LIFE  
WITH NARELLAN POOLS  
AUCKLAND WEST**



Narellanpools<sup>o</sup> | [narellanpools.co.nz](http://narellanpools.co.nz)  
**0508 476 657**

# Whenuapai floral and garden circle



Members met as usual at the Village Hall in Whenuapai and, among the news of the welfare of members, they learned that longtime member, Gladys Murphy, passed away recently. There were plans for a memorial service. Trips were discussed in detail, and in particular whether it was feasible for some members to take their own cars rather than the bus. After much thought and consideration was given to the matter, it was deemed financially better for all to travel as a group whenever possible. Just two members had March birthdays.

Guest speaker was Lorraine from St John about Medical Alarms. Two types were shown with a waterproof necklace for around home which has a 300 metre range and a heavier water-resistant form for when out and about from your home. Both include GPS and free Ambulance service. If Doctor approved, the cost can be covered by WINZ and added to the Pension payment. There is also a wristband form compatible with a Pacemaker. All would bring peace of mind to the wearer and family members.

After questions were asked and answered, it was back to our regular format. Blooms and produce were admired and judged, raffles drawn and handed to those with the winning numbers, then home baked treats enjoyed with afternoon tea, coffee or fruit juice with a social time before the group disbursed.

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. We meet in February, March, April, May, September, October and November. Entry fee is \$4 with another dollar per raffle ticket.

Until next time, happy gardening from Mary Anne Clark

**SOLVE YOUR SUMMER STENCHES!**

**Our friendly and professional wastewater team can help you with:**

- Irrigation field remediation
- Wastewater treatment system services
- Septic tank empties and services
- Septic tank inspections for council

Our fleet of vans are fully equipped with stock and tools to allow our techs to tackle virtually any task on site and, if not, we can usually source the required parts within 24-48 hours.

**Call for any wastewater enquiries - we know our stuff!**

**0800 493 768**  
[www.hydrovac.co.nz](http://www.hydrovac.co.nz)

**HydroVac**  
 ENVIRONMENTAL SUPPORT

**WP**  
**wallerprojects**

**MARK WALLER**  
 M: 021 802 845  
 E: mark@wallerprojects.co.nz  
 A: The Hangar, Catalina Bay,  
 2/2 Boundary Road, Hobsonville Point  
 W: wallerprojects.co.nz

**AWARD WINNING DESIGN & BUILD**

**On To It Garden Services Ltd**

**Calvin Bates**  
 ☎ 0272 111 075  
 ✉ ontoitgardenservices@gmail.com

## Stormwater system maintenance – the quiet hero protecting your home

Most homeowners rarely think about their stormwater system... until something goes wrong. But just like your roof, gutters, or plumbing, your stormwater network quietly works behind the scenes every day to protect your home from flooding, erosion, and costly damage.

Your property's stormwater system is designed to move rainwater safely away from your house, driveways, and landscaping. Over time though, pipes can become blocked with silt, tree roots, leaves, and debris. When that happens, water has nowhere to go – and that's when problems start. Overflowing drains, soggy lawns, damaged driveways, and even water entering your home can all be signs your stormwater system needs attention.

Regular maintenance is the key to preventing these issues. A professional inspection can identify blockages, cracked pipes, root intrusion, or collapsed lines before they turn into expensive repairs. Clearing drains and ensuring everything flows correctly helps your system



perform exactly as it should – especially during heavy Auckland rain events.

That's where Drain Ninjas come in.

Our team of highly trained Ninjas are experts in stormwater systems and drainage diagnostics. Armed with state-of-the-art equipment including CCTV cameras, high-

pressure jetting units, and hydro excavation technology, we can quickly locate and eliminate problems lurking underground.

But what really sets the Ninjas apart isn't just our gear – it's our approach. We pride ourselves on fast response times, clear communication, and doing the job right the first time. Our team works efficiently, respects your property, and keeps you informed every step of the way.

Think of us as your stormwater system's silent guardians – protecting your home from the hidden dangers beneath the surface.

So if your drains are slow, your yard is flooding, or you simply want peace of mind before winter rains hit, call in the Drain Ninjas. Because when it comes to drainage... it pays to have Ninjas on your side.

# EVERYTHING TO DO WITH DRAINS 24/7

- ✓ Vacuum loading/suction ✓ Septic tank empty & council inspection
- ✓ Cesspit cleaning, pump chambers, grease trap cleaning
- ✓ Hydro excavation, pile holes ✓ Drain unblocking & root cutting
- ✓ CCTV locating & fault finding ✓ Drain repairs & maintenance



# DRAIN NINJAS

LOCALLY FAMILY OWNED  
& OPERATED

[drainninjas.co.nz](http://drainninjas.co.nz)

**0800 4 NINJA** 0800 4 64652

Email: [admin@drainninjas.co.nz](mailto:admin@drainninjas.co.nz)

# Autumn Home Readiness with Mitre 10 MEGA Westgate & Henderson

## 3M

Indoor Window Insulator Kit, 5 Windows 914mm x 1.5m



**\$28<sup>20</sup>**

SKU: 173006

## Raven

RP61 Door and Window Frame Draught Strip 7mm x 6mm x 5m Grey



**\$21<sup>84</sup>**

SKU: 212159

## Draught Boss

Draught Excluder 915mm Brown



**\$10<sup>60</sup>**

SKU: 179857

## Goldair

Flame Effect Heater 1.85kW



**\$199**

SKU: 317687

## Goldair

Eco Panel Heater with Timer 425W



**\$179**

SKU: 36536

## Goldair

7 Fin Oil Column Heater 1.5kW White



**\$97**

SKU: 399513

## Gutter Boss

Extendable Gutter Cleaner 2.1m



**\$83<sup>98</sup>**

SKU: 181848

## Number 8

Gutter Guard 20m 180mm x 20m Black



**\$20<sup>98</sup>**

SKU: 353186

## Number 8

Roof Gutter Brush 1m



**\$9<sup>98</sup>**

SKU: 334679

**Big Range,  
Low Price,  
Local Advice.**

Mitre 10 MEGA Westgate & Henderson

Northside Drive & Lincoln Road

Monday to Sunday 7am to 7pm

Mitre10 MEGA Westgate  
Mitre 10 MEGA Henderson



@megawestgate  
@mitre10.mega.henderson



**MITRE 10  
MEGA**

**WESTGATE &  
HENDERSON**

## Autumn home readiness: West Auckland it's time to get winter-ready

At Mitre 10 MEGA Westgate and Henderson, autumn is one of our favourite seasons. As the days get shorter and temperatures start to ease, we see our community shift into preparation mode- ready to make homes warmer, safer, and more comfortable before winter settles in. And this is exactly where we love to help.

Every year, we meet hundreds of customers who walk through our doors unsure where to begin with their seasonal home maintenance. That's where our team steps in. One of the biggest priorities heading into autumn is weatherproofing, and we're stocked with everything you need to seal up those sneaky draughts and prevent moisture entering your home. Whether it's gap filler, weather seals, or outdoor paint for quick touch-ups, our team can guide you toward the right products for your home type, no guesswork required.

We also know this is the season when gutters become a hot topic. Fallen leaves and stormy days can quickly lead to blockages, so we encourage customers to get ahead of the curve. From gutter cleaning tools to long-lasting gutter guard systems, our teams at both Westgate and Henderson are always happy to talk through what will work best for your home-because a small bit of prep now often prevents big issues later.

Inside the home, we're seeing more people leaning into warmth and energy efficiency. Our in-store range of heaters, heat pump maintenance essentials, and insulation products has something for everyone and every budget. Autumn is the perfect moment to clean filters, check cables, and make sure your heating choices are ready before the chilly evenings arrive. And if you're not sure which heater suits your space, our staff love helping customers compare options to get the safest and most efficient fit.

Of course, autumn is also planting season, and our garden centres come alive with customers who are ready to refresh their outdoor spaces. Whether you're starting a winter vege patch, choosing soil conditioners, or repairing a sun-tired lawn, we're here to offer advice and stock the essentials. Broccoli, kale, beetroot, and onions are autumn favourites, and our seedlings give your garden the best start.

What we're most proud of, though, is how autumn brings out a sense of community. We see families prepping their homes together, DIY beginners learning new skills, and long-time customers returning for their yearly checklist. Being part of that seasonal rhythm is something we value deeply.

At Mitre 10 MEGA Westgate and Henderson, our goal is simple: to help you feel confident and prepared as we head into winter. Whether you're tackling a full project or just crossing off a few maintenance tasks, we've got

the tools, the products, and the people to help you get it done-properly, safely, and with local support you can trust.

## NOR-WEST AND KUMEU GLASS SERVICES

*"Specialists in Windscreens & Glazing"*

**Some of our services include:** Residential and Commercial Glass Repairs - Automotive Glass Repairs - Cat/Dog Door Installs - Splashbacks - Mirrors - Picture Frames - Double Glazing - Caravan and Boat Windows - Car and Truck Mirror Repairs - Stonechips

**CALL - 09 412 9914 | [nwkg@xtra.co.nz](mailto:nwkg@xtra.co.nz)  
9a Weza Lane, Kumeu, Auckland 0810**



Grant Castle



P (09) 412 8239 | 23 Wookey Lane, Kumeu  
M 027 299 7054 | E [castlepanelbeating@orcon.net.nz](mailto:castlepanelbeating@orcon.net.nz)



**SERVICE CENTRE**

**E O I N S T U A R T**

Phone 09 412 5900 | Mob 022 639 0274  
338 Main Road Huapai - Kumeu, Auckland 0810  
[autoworxnz@outlook.com](mailto:autoworxnz@outlook.com)

### ANYTIME PEST CONTROL

FLIES, ANTS, COCKROACHES, FLEAS

RATS, MICE, SPIDERS, WASPS ETC.

WEEDSPRAYING

**KEVIN MORRIS** REGISTERED TECHNICIAN

PHONE: 09 411 7400 MOBILE: 027 277 7143

**Ready  
Now**



## Te Tau Waka

2-4 bedroom homes, ready now.

Homes from  
**\$829,000**  
🏠 2 - 4

Introducing Te Tau Waka, a stunning new development by Fletcher Living. Just a short stroll from the vibrant Catalina Bay precinct, this thoughtfully designed community is perfectly positioned to enjoy the waterfront, trendy eateries, scenic walkways, and convenient ferry access to the city.

Surrounded by lush greenery, Te Tau Waka offers an ideal blend of modern urban living and natural beauty. With a selection of 2-4 bedroom homes and a variety of well considered floorplans, there's a home to suit every lifestyle.

**Make Te Tau Waka your new place to call home today.**

### Showhome open

Wednesday - Monday 10AM - 4PM  
Tuesday 12PM - 4PM

### Contact

Marjka King  
027 331 0967

Sharon Rawlinson  
027 310 8054

Explore Homes





# Young Learners

## “Me do it” The importance of Independence for toddlers

If you live with a one or two-year old, you've probably heard the phrase, “Me do it!” more times than you can count. While it may test your patience when you're already late, this fierce determination for independence is actually one of the most important parts of toddler development.

At this age, children are wired to try things for themselves. When they attempt to dress themselves, arms stuck in the wrong holes, shirts on backwards, pants only halfway

up, they're not just “helping.” They're building fine motor skills, coordination, balance, and body awareness. They're also learning persistence. That sock might win the first round, but most toddlers will happily wrestle it again tomorrow.

Pouring their own water is another big milestone. Yes, sometimes the table gets a drink too. But as they carefully tilt the jug and watch the cup fill, they're learning control, concentration, and cause and effect. Too fast? Splash. Slow and steady? Success. These early science experiments are powerful learning moments disguised as everyday tasks.

Serving themselves food with tongs might look ambitious for such little hands, but it strengthens grip, hand-eye coordination, and focus. It also encourages children to listen to their bodies. When they choose how much to put on their plate, they begin developing awareness of hunger and fullness cues, an important lifelong skill.



## Young Learners

Putting on their own shoes (even on the wrong feet) teaches sequencing and spatial awareness. First the foot goes in, then the strap goes over. Pushing their chair in after leaving the table introduces responsibility in a simple, concrete way. It shows them they are part of a community and that their actions matter. And brushing their own teeth, even if you follow up with a “parent turn” – helps establish independence and healthy routines from an early age.

So what is all this really teaching them? Confidence. When toddlers are trusted with small responsibilities, they begin to believe, “I am capable.” They learn problem-solving, patience, and resilience. They experience what it feels like to try, struggle a little, and eventually succeed.

These small daily tasks also build the foundations for school life. Independence at home translates beautifully to the classroom. A child who practices dressing themselves is more prepared to manage their coat and bag at school. A child who serves themselves and cleans up understands routines and shared spaces. Following steps during tooth brushing or tidying up strengthens early executive functioning skills, like memory, attention, and self-regulation.



Most importantly, independence gives children a sense of ownership. They are not just being cared for; they are active participants in their day. It won't always be neat. It definitely won't always be quick. But those spills, backward shoes, and slightly soggy toothbrush moments are signs of growth. By allowing toddlers to try, we're not just getting through the day, we're raising capable, confident little humans who are getting ready for school and for life.

## Free school holiday fun at NorthWest

Step into a prehistoric world of fun these school holidays at NorthWest Shopping Centre with our FREE Dinosaur Discovery.

Week 1: Monday 6 – Friday 10 April, 11am – 2pm

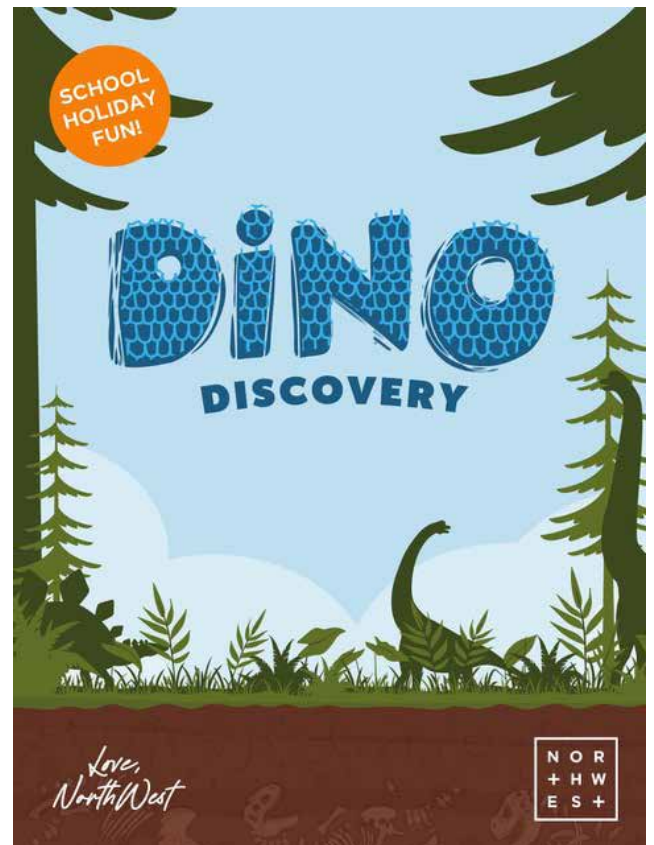
Kids can paint and decorate their own 3D dinosaur to take home.

Week 2: Monday 13 – Friday 17 April, 11am – 2pm

Decorate a dinosaur keychain with colourful stick-on diamonds.

Find Dino Discovery in Centre Court, in front of Customer Services.

For more information, visit [northwestshoppingcentre.co.nz](http://northwestshoppingcentre.co.nz).





# Aged care

## A Friendly, straightforward process

Selling a car doesn't have to be complicated.

At AJ Motors, we focus on keeping the process clear and simple. If you have a car you're no longer driving, we're happy to have a conversation and see if we can help.

The process begins with a quick phone call. We ask a few questions about the vehicle and arrange a convenient time to view it.


After assessing the car, we provide a fair offer based on its condition and current market demand. If you're happy with the offer, we complete the paperwork and arrange payment promptly.

If you decide not to proceed, that's absolutely fine.


It's a straightforward process designed to make selling your car easy.

Call Lee 021 031 0010 at AJ Motors for a friendly, no-pressure chat.





## No Longer Driving? We Are Here to Help



- ✓ No pressure, no obligation
- ✓ Get paid on the spot

Call us for a friendly chat  
about your car – no  
commitment.

**AJ Motors – Lee** **021 0310 010**

visit us at [www.ajmotors.co.nz](http://www.ajmotors.co.nz)

## Aged Care

# Grey Power endorses proposal to keep cash local

Grey Power has long advocated against the loss of cheques and decreasing banking services nationally, but particularly in our rural areas. The release of the Reserve Bank's Consultation paper on Tuesday was a welcome breath of fresh air for all those disadvantaged by the reduction in services from the banking sector over the past decade. NZ has lost around 40% of its bank branches, and many of those remaining work on reduced hours.

Grey Power National President Gayle Chambers stated "While there are significant advantages in embracing the digital age, the ongoing withdrawal of services nationwide has seriously disadvantaged our seniors and those in rural areas. The Reserve Bank is to be congratulated for proposing a solution that could restore greater equity to those who have suffered the most from the diminished social conscience major banks have shown." The Reserve Bank research amongst 10 rural towns clearly showed the adverse impact on individuals, businesses, and communities where access to cash was severely limited.

Their recommendation to address the issue is basically to introduce a cash services standard with a minimum number and defined locations nationwide for ATMs that would allow customers of any bank to make withdrawals, deposits (including coins), and swapping of cash - eg \$50 converted into \$10 notes and \$2 coins. These services would be provided free of charge. Grey Power urges all members and the general public to participate in the Reserve Bank feedback survey directly on-line (<https://consultations.rbnz.govt.nz/rbnz/access-to-cash> ). The survey site contains background papers and information on the proposals in more depth.

# Pampering and Celebrations at Craigweil House



Residents at Craigweil House recently enjoyed a special Spa Day in celebration of International Women's Day, a heartfelt way for staff to thank and honour the wonderful women in our care. The lounge was transformed into a relaxing spa-like space, creating a calm and welcoming atmosphere for the occasion. Residents were given their own spa-style vouchers and invited to enjoy a range of pampering treatments. Staff prepared gentle hand spa sessions with manicures, while some residents also chose to relax with soothing facials. The day was filled with smiles, laughter, and a sense of being

**KUMEU VILLAGE**  
Luxury Rest Home, Hospital,  
Dementia and Respite Care

**09 412 9112**  
[www.kumeuvillage.co.nz](http://www.kumeuvillage.co.nz)

## Aged Care

truly appreciated. Experiences like this are especially meaningful for older adults. Taking time for self-care and relaxation can help support emotional wellbeing, boost confidence, and provide a sense of normality and enjoyment. Activities that involve gentle hand care and facial treatments can also stimulate the senses and encourage social interaction, which are both very important for maintaining quality of life in later years.

The celebrations continued at Craigweil House with St Patrick's Day. Residents and staff joined in the fun by wearing green and helping to make festive decorations around the home. The day was topped off with a special afternoon tea, giving everyone a chance to enjoy good company, share some laughs, and celebrate together.

If you would like to learn more about what Craigweil House can offer you or your loved ones, please feel free to drop by or give us a call on 09 420 8277. We would be happy to welcome you.

## Kumeu SeniorNet

Kumeu SeniorNet is helping local seniors confidently navigate today's digital world. The club offers friendly, patient tuition in computers, tablets, and smartphones, covering everything from emailing and online banking to internet safety. Members learn at their own pace in a supportive environment where no question is too small. Beyond practical skills, SeniorNet fosters connection and inclusion, helping reduce isolation by enabling members to stay in touch with family and friends. By building confidence and independence, Kumeu SeniorNet plays an important role in ensuring older residents remain active, informed, and connected in our community. We

**COME VISIT US!**  
WE ARE LOCATED NEXT TO PARAKAI SPRINGS



Discover a warm and caring home, nestled within the Kaipara Coast and Parakai's geothermal waters.  
Rest Home • Hospital • Day Stays



**Craigweil House**  
Home & Hospital  
FEEL AT HOME WITH FAMILY

**HENRIKWEST**  
CARE GROUP

09 420 8277 | 143 Parkhurst Rd, Parakai | info@craigweilhouse.co.nz

meet at 10.00am on the 1st Wednesday of the month at St. Chads Church, 7 Matua Road, Huapai. We would love to see you there.

## Keeping You Moving, Your Way



At Kiwi Rehabilitation, we know how important it is to stay mobile, comfortable, and independent in everyday life so you can keep doing the things that you care about! Whether you're looking for something brand new, need a repair, or want a more affordable option, our team is here to help.

Did you know we buy and refurbish pre-loved mobility equipment? It's a great way to give quality equipment a second life while making mobility aids more affordable for those who need them. If you're looking to upgrade and trade in or have equipment you're no longer using, get in touch, we'd love to chat. Speaking of upgrades, we stock a wide range of mobility scooters, wheelchairs, lift chairs, walkers, walking sticks and daily living aids - all available for hire or purchase.

If your current equipment just needs a little TLC, our experienced technicians can help with that too! We have lots of servicing and repair options - From flat tyres and faulty lights to routine maintenance, we'll make sure your equipment is safe, reliable, and ready to keep up with you!

No matter where you are on your mobility journey, our friendly team is here to help you find the right solution.

Visit our website or contact us today -because at Kiwi Rehabilitation, "He Tangata - it is people", and people always come first.

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

027 244 2443 [sales@kiwirehab.co.nz](mailto:sales@kiwirehab.co.nz)

**KIWI REHABILITATION**  
Your Local One-Stop Shop  
For New or Used Products,  
Servicing & Repairs



Give us a call, send us an email or scan the QR code and get in touch today!



[sales@kiwirehab.co.nz](mailto:sales@kiwirehab.co.nz)  
027 244 2443  
[www.kiwirehab.co.nz](http://www.kiwirehab.co.nz)





# Health & Beauty

## Functional Skin Practitioner & Nutritionist



**SWAN Skin Wellbeing & Nutrition advanced non-inflammatory skin therapies. Sarah Tumulty**

Exosomes: One of the most exciting advances in modern skin repair

A powerful technology called exosomes is changing the way we support skin repair and rejuvenation.

Exosomes are tiny particles naturally released by our cells that help cells communicate with each other. Think of them as microscopic messengers carrying signals that guide the skin to repair, regenerate and function more effectively.

Inside these tiny bubbles are important ingredients such as proteins, growth factors and genetic signals that support healing and tissue repair. Because these ingredients are protected within the exosome, they remain stable as they travel through the skin.

Exosomes are incredibly small – around 30-150 nanometres – allowing them to move easily through the skin's outer layers. Once they reach skin cells, they deliver signals that can stimulate processes such as collagen production, improved circulation and cellular renewal. This is why exosomes are becoming one of the most exciting developments in modern skin treatments.

They can be particularly beneficial for concerns such as:

- Aging skin and loss of firmness
- Fine lines and wrinkles
- Pigmentation and uneven skin tone
- Redness and inflammation
- Skin repair and barrier support

Interestingly, this technology is not entirely new. Osmosis Beauty, the professional skincare line used at SWAN Skin Wellbeing & Nutrition, has been incorporating exosome-derived growth factors into its formulations for several years, particularly in its StemFactor serum, designed to support skin repair and rejuvenation.

At SWAN Skin Wellbeing & Nutrition, I incorporate exosome infusion treatments in clinic, often supported with technologies such as infusion therapy and LED light therapy. Using targeted homecare, such as StemFactor serum, helps continue supporting the skin's natural repair processes between treatments. Because exosome therapies support the skin's natural repair processes, they fit beautifully within a non-inflammatory regenerative approach to skin health, helping the skin repair rather than forcing damage to create change.

If you're curious whether exosome skin therapies may benefit your skin, personalised skin consultations are available at SWAN Skin Wellbeing & Nutrition in Kumeu.

## Mobile Audiology in Your Community

Clearer hearing doesn't have to mean clinic visits. Audiologist, Lisa Greene, at Hear 4U, offers mobile audiology care—hearing aids, hearing tests, wax removal, and hearing-aid maintenance—right in your own home. With over 25 years of experience, she helps make everyday



### Sarah Tumulty

Functional Skincare Practitioner & Nutritionist

Advanced Skin Treatments & Root Cause Support

027 4473013  
[www.swanskinandnutrition.com](http://www.swanskinandnutrition.com)  
[swan.skinandnutrition@gmail.com](mailto:swan.skinandnutrition@gmail.com)  
 Kumeu, Auckland



AUDIOLOGY AT YOUR PLACE  
PERSONALISED HEARING CARE AT HOME

**NEW HEARING AIDS  
HELP WITH HEARING AIDS  
HEARING ASSESSMENTS  
EAR WAX REMOVAL**

"Lisa is an Ear Angel. The 95 year old in our lives is happy hearing our conversations and the TV. This means better quality of life when you can't get out"

[www.hear4u.nz](http://www.hear4u.nz) 0800 119 510 021 2092687



listening easier for older adults, busy families, and anyone who finds travel difficult. By seeing how your hearing aids perform in real-life situations, she can fine-tune them for the best clarity and comfort. Friendly, professional support across West and Northwest Auckland, all delivered at your doorstep. Ph 021 209 2687

## Ask Dr. Heather



My hands make me look older. Is there anything that can be done? Anon, Kumeu

Hands are one area that often goes unnoticed until the contrast with other areas becomes obvious with ageing. This is because

the backs of our hands have very little natural fat. As we age, that small amount reduces further. The skin becomes thinner, making veins and tendons more visible.

Hands are also exposed constantly to sunlight, washing, environmental stress and daily movement, which all accelerate collagen loss. Unlike the face, the skin here produces less natural oils and has less structural support. Over time, this combination leads to volume loss and a hollow, crepey appearance. The great news though is that there are treatments that can help.

Radiesse® is one of the most reliable options for ageing hands. It works by stimulating your own collagen production over time, improving skin quality and firmness. This helps tighten and thicken skin, leading to a more youthful appearance, where your hands match the way your face looks.

Skincare (including sunscreen) applied to your hands as part of a daily routine is also recommended to minimise ageing and maintain results. Other skin treatments such as microneedling and chemical peels can also be used to boost collagen production and minimise pigmentation.

Ageing hands are common but signs of ageing don't need to be. With a little care and consistency, your hands can glow just as much as the rest of you.

**ALLOR**  
COSMETIC MEDICINE

Dr. Heather Anderson  
72 Waimarie Rd, Whenuapai  
M: 0222626762  
www.allor.co.nz

Dr. Heather Anderson is a Cosmetic Medicine and Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai and features in the All or Nothing Podcast (available on Spotify, Youtube and iHeartRadio). If you have a question for Dr. Heather you would like answered anonymously, please email [askdrheather@allor.co.nz](mailto:askdrheather@allor.co.nz)

## Bold new frames arrive at For Eyes



For Eyes in Kumeu is excited to introduce a vibrant new spectacle frame range: Specs by Prue. Designed in collaboration with beloved chef and TV personality Prue Leith, the collection reflects the same bold personality and colour that fans recognise from the popular TV show The Great British Bake Off.

Dame Prue is famous not only for her culinary expertise but also for her distinctive fashion sense, particularly her striking eyewear. Her new frame collection celebrates that signature style with bright colours, confident shapes and thoughtful details.

"I'd rather spend money on glasses (and necklaces!) than on shoes and handbags," says Prue. "I mean, where do your shoes and handbags spend most of their time? Under the table, that's where. Whereas glasses and necklaces are where people look – bang in their eyeline."

The collection includes subtle design touches that reflect Prue's culinary roots. Signature black-and-white chequered temple tips reference classic chefs' trousers, while two small stars on the sides of each frame are a nod to Michelin stars.

Fans will soon see Dame Prue wearing pieces from the new collection in upcoming television appearances, including the sequel series to The Great British Bake Off and the show Prue Leith: My Cotswold Kitchen.

When it comes to choosing glasses, Prue encourages people to be adventurous. "Be a bit brave and force yourself to put on a pair that you think is too bold for you," she says. "Then have a look in the mirror and if it makes you smile, that's the one for you."

To view the new range, visit For Eyes in Kumeu Shopping Village or phone (09) 412 8172 to book an eye examination.

**FOR EYES**  
OPTOMETRISTS  
EST 1993

- Advanced scanning equipment for early detection of cataract, glaucoma and macular degeneration
- Speciality assessment of child and adult reading difficulties
- Specific-tint lenses for Irlen Syndrome
- Lenses to correct red-green colour blindness

90B Main Road, Kumeu Shopping Village  
www.foreyes.co.nz   foreyes@foreyes.nz   09 412 8172

# Modify your mind in Muriwai



Our mind is like a computer or smartphone because it is programmed and programmable. We see and use the apps or programs (Conscious Mind), but we don't always know how it works in the background (Subconscious Mind). We use face filters, but do we really know how they work?

It is the same with us humans and our habits - we see them and act them out (Conscious Mind) but don't always know why we do them or have them (Subconscious

Mind). We are eating/drinking too much, procrastinating, binge watching TV, lacking confidence, not exercising as much as we think we want, even feeling anxiety. Sometimes we have an idea why and other times we are baffled as to why we keep doing these habits repeatedly when we don't want to.

If we have a habit or behaviour we don't want, it is because somewhere in our life we programmed ourselves that way, and it is now running in the background just like all the apps on our phones.

If we update the software on our phones, computers, even watches, why not update the software of our mind? To do that we must understand it and how it can be updated. Hypnotherapy is a great way to release old habits and behaviours by understanding how your mind has been programmed. We access your subconscious mind to find and modify unhelpful programs or write new ones.

Get in touch so we can chat about modifying the programs of your mind.

**Lorraine Maguire Therapy**

[www.lorrainemaguire.com](http://www.lorrainemaguire.com)



*Lorraine Maguire*

TRANSFORMATIONAL HYPNOTHERAPIST

I help you update the software in your mind to become your most confident & healthiest self.

021 664 384 • [lorraine.maguire@xtra.co.nz](mailto:lorraine.maguire@xtra.co.nz)  
[www.lorrainemaguire.com](http://www.lorrainemaguire.com)



# “Nothing works anymore”: Why many women gain weight during Perimenopause



“I eat healthy. I cut carbs. I eat less. I do everything right... but nothing works anymore.”

These are some of the most common things I hear from women in their 40s and 50s. Many are busy professionals juggling careers, family responsibilities,

and little time for themselves. They try cutting calories, skipping meals, or doing more cardio hoping the weight will shift.

Yet despite their efforts, the belly fat keeps creeping up. Sleep becomes broken. Energy crashes in the afternoon. Cravings feel hard to control. Many women feel bloated, on edge, irritable, and anxious without understanding why. Over time many begin to feel ashamed, confused, frustrated, and completely fed up. The problem isn't a lack of discipline - your biology is changing.

As oestrogen declines during perimenopause, your body is operating in a different hormonal environment and needs a different strategy. It also becomes less sensitive to insulin, so the same meals that worked in your 30s can trigger larger blood sugar spikes in your 40s and 50s.

When this happens repeatedly, insulin rises - and insulin's job is simple: to store energy. Over time the body becomes more efficient at storing fat, particularly around the abdomen. One simple strategy that can help stabilise blood sugar is taking a 10-minute walk after a meal. This helps move glucose into the muscles to be used for energy rather than stored.

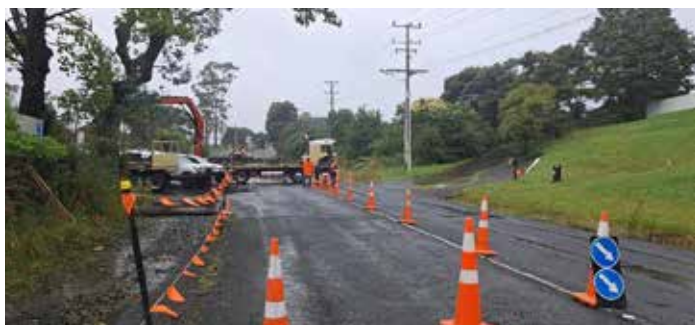
The encouraging news is that small changes can make a big difference. With the right strategy, you don't have to suffer through perimenopause.

If you'd like help getting clear on what may be driving your symptoms and where to start, I offer Menopause Nutrition Clarity Sessions designed to help you walk away with a simple plan.

GET IN TOUCH [https://linktr.ee/nutrix\\_health](https://linktr.ee/nutrix_health)



## C-R Highway traffic “disturbances” complaint



Auckland Transport (AT) and their contractors and disruption to Coatesville–Riverhead (C-R) Highway traffic during the past few years, has prompted Phill Priestley to send his concerns to the Kumeu Courier.

Phill says he uses the highway six days a week.

“This highway is being dug up on a regular basis and causing huge disruptions not only to the local residents but also to commercial traffic – tradies and such,” he says.

“This is a major highway from Kumeu in the west and towards Albany/Dairy Flat in the east. “I appreciate that there are certain situations where stop/go restrictions are necessary, but most times they are not.

“It is too easy to use the ‘safety card’ as the argument for these restrictions – we are all aware of the numerous safety trucks and their cones and signs”, which Phill says is often “over the top”.

Phill says the biggest, disruption is the work on the Mill Flat Road bridge which has to be replaced.

“To disrupt highway traffic flow in either direction for so long (estimated one year) is absolutely incompetent,” he says.

“Once the major work had been carried out on the replacement bridge, there is absolutely no reason why both lanes of the highway should be disrupted – closing off one lane in either direction when it wasn’t absolutely necessary, especially at weekends.”

Phill says that since the year’s start one lane has been closed off with no practical reason for doing so – “no work being carried out on the closed lane that couldn’t be accommodated by the occasional stop/go signs when necessary”.

He has complained to AT about this situation.

“AT responded with the standard ‘safety card’ issue letter. After this I contacted our local councillor (Greg Sayers) who responded with a rather disturbing explanation,” he says.

“At the moment, Auckland City councillors have no authority to ‘question’ AT’s decisions, although AT is

funded by Auckland rates.

“Apparently, there is legislation before Parliament to return the city council’s authority over AT. I find that Auckland City doesn’t have any control over AT very disturbing!”

Phill reckons the cost of these traffic disturbances is “staggering”.

He recalls some figures being “bandied around” about the cost of total traffic disruption throughout the Auckland region being in the vicinity of \$1 billion.

“I would suggest that at least 30% (or more) of the Coatesville–Riverhead Highway traffic is commercial, which adds to the inflation costs of using, or attempting to use this highway efficiently, because there is no other route that can be taken, never mind the costs (and inconvenience) to residents.”

“And, to top-it-off (Friday, February 20, at 5.30pm) an Alliance safety truck with flashing lights kept driving up and down the section of road controlled by the traffic lights, while there was no activity or work being carried out on-site.”

“It would appear that AT and its contractors are able to disrupt our lives and businesses because they can – sheer arrogance, ignorance and traffic management incompetence.

“If we don’t stand up and be counted, making AT accountable, these sorts of disruptions will continue.”

Rodney councillor Greg Sayers says according to AT there are two important reasons why the traffic lights need to remain in place.

“Mill Flat Road will operate with one lane until Stage 2 of the project is complete,” says AT.

“This is required due to level differences between the new and existing road.

“Since traffic coming from Mill Flat Road does not have visibility over oncoming traffic on the bridge before accessing this single lane and crossing the bridge, traffic lights need to be in place to ensure safe coordination of traffic flow and avoid traffic incidents.

“The Mill Road users need the lights in place to be kept safe.

Stage 2 works (involving bridge construction and road upgrades) also require lane closures along Coatesville–Riverhead Highway to allow sufficient working room and safety zones, says AT.

“These works have commenced and will be ongoing for the duration of Stage 2 of the project.”

Visit the website <https://haveyoursay.at.govt.nz/mill-flat-bridge> for information.

Meanwhile, Auckland Council has appointed the interim board to navigate Auckland’s transport council controlled organisation (CCO) through reform to establish a solely public transport delivery organisation and put transport planning and decision-making more directly in the hands of Auckland Council’s elected members.

The interim board comprises Andrew Ritchie (chair), Rob Clarke, Dale Dillicar, Miriam Dean KC and Adrienne Young-Cooper.

The appointment of a board is a key preparatory step in advance of the Local Government (Auckland Council) (Transport Governance) Amendment Bill, which the council says means the board will be ready to take on challenges of the six-month transition as soon as the legislation becomes live.

## Eggcellent Easter



Another Easter comes with eggs, hot cross buns, stations of the cross, church services, holidays. What will make your Easter special and memorable this year? You could visit a church near you and contemplate the greatest gift ever given to us - the life, death and resurrection of Jesus Christ along with all of the love, forgiveness and healing he offers.

On Sunday 29 March St Chad's Anglican church in Huapai remembers Palm Sunday in an intergenerational service. Palm Sunday - when about 2,000 years ago Jesus rode into Jerusalem on a donkey with people cheering all around him. On Thursday 2 April at 7pm all are invited to share a meal together at the church, remembering the Last Supper Jesus had with his friends before he was betrayed. Friday 3 April is a Good Friday Service at 10am. I wonder why it was called "Good" Friday when it actually remembers the day Jesus was crucified? Nevertheless, a reflective service is held to remember and give thanks for the price paid for humanity.

Then comes Easter Sunday, 5 April at 10am, with celebrations to remember Jesus' resurrection and the start of his encounters with people again. Feel free to come along any Sunday at 10am - there is always something happening. A joint church (St Chad's and St Patrick's) Thanksgiving/Harvest celebration is planned for Sunday 17 May at 10am at St Chad's. How bountiful were these Harvest services in years gone by with such rich horticultural/viticultural/agricultural/apicultural areas around. Still, pumpkins, oranges, lemons, grapes, flowers and canned food abound today. There is always something to be thankful for.

## Record Kumeu Show

Thousands of visitors to the Kumeu Show last month set a record.

Show organiser the Kumeu Agricultural and Horticultural Society President Jane Sparnon says the March 14 and 15 show set a new attendance record, especially with families and others from throughout Auckland enjoying



the show delights. "I'm absolutely thrilled," she says.

Generally fine weather encouraged public attendance both days.

Lawn mower racing was introduced for the first time, proving a hit, while many families had children pat farm animals and join in carnival rides and other fair fun.

Parades featuring tractors and Clydesdale horses were popular, along with other attractions such as the "Canopy Carnage" tree scaling competition, shearing, dog agility displays, poultry, wood chopping and others.

Jane hopes to see even better attendance next year.

Her husband Stephen missed the show for probably the first time in 30 years as he joined the Tour Aotearoa cycle ride from Cape Reinga to Bluff. More in the next issue.

## Cat lovers we need your help



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

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

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

# Chris Penk

## MP for Kaipara ki Mahurangi

The Kumeu Show is always a highlight on our local calendar, and this year’s event was no exception. I had the pleasure of attending on both days, and I was struck by the overwhelmingly positive mood that flowed through the Showgrounds from start to finish.

There is something special about an event like the Kumeu Show. It brings together people from all walks of life—families, farmers, local businesses, and community groups—in a way that reflects the very best of northwest Auckland. Whether it was livestock on display, competitive tree climbing or the annual pumpkin auction, there was a real sense of pride and connection throughout.

Getting to play conductor for the excellent Kumeu Vintage Brass Band was a personal highlight meanwhile!

It was also great to hear so much positivity from locals about our recent announcement of the high school that’s considering to Kumeu / Huapai.

What stood out most to me overall, though, was the energy and enthusiasm of everyone involved. From the early morning preparations to the final moments of each day, it was clear just how much effort goes into making the Show such a success. Events like this don’t happen by accident—they are the result of months of planning and a deep commitment to community.

I want to extend my sincere thanks to the Show organisers, whose hard work and dedication made the entire weekend run so smoothly. Your efforts created an event that our whole community can continue to be proud of, after all these years.

I would also like to acknowledge the stall holders and exhibitors, who brought such variety, creativity, and quality to the Show—your contributions are what make it such a vibrant experience.

Finally, thank you to the people of Kumeu and the surrounding areas who came along in such great numbers. Your support is what keeps traditions like the Kumeu Show alive and thriving.

I’m already looking forward to next year!

# Sayers Says It



By Rodney Councillor Greg Sayers. Auckland Transport is being brought under the control of Auckland Council as part of a major shakeup. The process began in July 2025, when Councillors voted for a formal review of Auckland Transport’s

structure amid mounting public concern about customer service, delivery delays and rising project costs. Public consultation followed in August and September 2025, drawing strong feedback from ratepayers. In October 2025, the council adopted a transition plan detailing staged changes to be rolled out across 2026.

From January 2026, strategic planning functions shifted to be under Council’s management. By April 2026, and reliant on Parliament changing some legislation, transport budgets and capital programme approvals will be aligned directly with the council’s budget processes. The final stage – including executive restructuring and updated reporting lines – will be completed by December 2026.

Auckland Transport was established in 2010 after the formation of the “Super City” as an autonomous body responsible for roads, public transport and traffic management. While designed to provide technical expertise and independence, critics argue its arm’s-length model created blurred lines of accountability between officials, elected representatives and Auckland’s residents and ratepayers.

Auckland Transport staff are currently accountable to a non-elected Board of Directors which cannot be voted out by ratepayers – the customers. Under the new model the staff will be accountable to elected Councillors and Local Board members, who ratepayers can elect, or vote out, based on performance.

Supporters say the changes will streamline decision-making, better integrate transport and housing growth planning, and accelerate key projects such as roading congestion reduction initiatives.

Some transport critics caution that 2026 will be a difficult transition year. They warn that retaining key staff, avoiding political short-term thinking, and ensuring service continuity will determine whether the promised gains in accountability and delivery are realised. Regardless, Auckland Transport’s restructuring is now well underway.

## Chris Penk

MP for Kaipara ki Mahurangi

**Here to help**

134 Main Road, Huapai • christopherpenk@parliament.govt.nz • 09 412 2496

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

Got council issues? ...

# Say it to Sayers

*Online video, over the phone, or one-on-one bookings available*

**Greg Sayers - Rodney COUNCILLOR**

**P: 021 285 9900 | www.gregsayers.co.nz**

## Sculpture for Venice



Lisa Watkins (MyShineyMadness), who was in the February 2026 Kumeu Courier for her artwork plans for the Kumeu Arts Centre, had a sculpture shortlisted for the CREA Open 2026 international exhibition in Venice.

Her sculpture "Where Did All the Butterflies Go?" was shortlisted after receiving a special mention for the quality of research.

The open call received 4021 submissions from 110 countries, and the shortlist represents about the top 10% of entries, says Lisa.

The sculpture is made from hundreds of CDs and DVDs that Lisa made into roses.

"About 20 years ago I made a very ugly giant fish out of CDs – but I hated the fact they still looked like CDs," says Lisa.

"Since then I've spent years experimenting with ways to transform them so the material becomes something entirely different.

"When heated, each disc reveals its own colour, texture and iridescence – every rose slightly different, no paint required."

Lisa says she has completed the first major funding round of the year for Te Moko Kākāriki (Boot Gecko).

The project already has Auckland Council landowner consent to install the sculpture beside the Kumeu Arts Centre.

"Now the focus is raising the funds needed to build it.

Lisa says she welcomes ideas on funding pathways.

"If anyone happens to know an organisation, business, or philanthropically minded gecko enthusiast who might enjoy being part of bringing a permanent sustainable public sculpture to life, I'm always happy to have that conversation."

Lisa says she was gifted the internal workings of a Jacob & Sons grand piano from New York, built during the Great Depression. "Production of those instruments stopped not long after.

"The piano itself is being converted into an electric instrument for an upcoming Pogues concert but I was lucky enough to receive the internal components.

Lisa says she's also developing two new bodies of work.

"Small but Mighty" is a series of smaller sculptural works exploring the transformation of everyday discarded objects.

Sign of the Times is large sculptural wall pieces made from reclaimed commercial signs, including giant offcuts from Chemist Warehouse signs.

Visit <https://www.myshinemadness.com/exhibitions->

and-media for more information.

The Urban Gallery will be a chance to see new work, studio experiments and works-in-progress – including the sculpture shortlisted for Venice (unless it suddenly needs to depart for Italy).

Visit <https://www.myshinemadness.com/urban-sustainability-gallery> for more information on the gallery.

Lisa is also preparing work for the Auckland Art Show. It's her first time exhibiting there after receiving the Scholarship Award in 2024.

"The works are created through my circular practice, Circular Elevation – elevating discarded materials into refined contemporary artworks that celebrate possibility, ignite joy, and open space for meaningful conversation", she says.

"For workplaces wanting something visually bold while also aligning with sustainability values, art leasing offers a flexible way to bring contemporary circular art into everyday spaces."

Lisa has collected old lights over a year for a "Collective Light" piece.

She says a friend's nine-year-old daughter began cleaning her room when they found plastic packaging from an old doll, the girl adding that rather than throw away the packaging they could save it for art work.

## Going for gold again

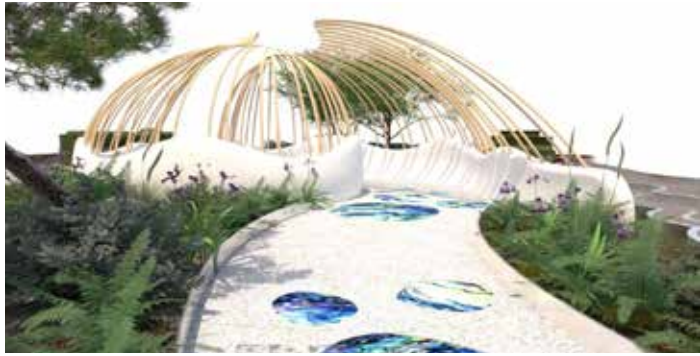


International award-winning landscape designer Jules Moore (pictured) has been invited to represent New Zealand at the Guangdong Hong Kong Macao Greater Bay Area Flower Show 2026 in Shenzhen, China, for 10 days from late March.

This invitation recognises the Whenuapai-based Touch of the Tropics Garden Centre and Nursery director's contribution to New Zealand's landscape design industry and her international reputation for creating imaginative, expressive and award-winning environments.

Jules, who lives in Riverhead, was chosen for her history of gold award-winning show gardens, her ability to tell meaningful stories through landscape and her excellence on international stages, including the Singapore Garden Festival featured in the July 2025 Kumeu Courier.

The Greater Bay Area Flower Show is one of Asia's most significant horticultural and cultural events, bringing together global designers, government representatives,



industry leaders, international media and the public, says Jules.

“Only six countries are invited to exhibit in the Master Garden Category, making this a rare opportunity to present New Zealand’s landscape artistry on a world platform.”

Her garden will showcase New Zealand, celebrating its plant life, ecological storytelling and natural rhythms, says Jules.

“Cultural elements will also be thoughtfully woven into the overall design to provide visitors with a deeper sense of place and a meaningful connection to New Zealand’s identity.”

Opened March 27, 2026, at Shenzhen Bijia Hill Sports Park, the show hosted by the Shenzhen Park Service Center brings together a diverse and influential audience, including industry leaders, international media, Government representatives, diplomats, horticultural organisations, global landscape architects, and tens of thousands of public attendees.

Jules became widely recognised in the mid-2000s after receiving major awards at the Ellerslie Flower Show, including gold and People’s Choice in 2005 and 2007.

In 2018 she won multiple top honours at the New Zealand Flower and Garden Show, including gold, Best in Show and Construction Excellence.

In August 2024, Jules earned gold at the Singapore Garden Festival, where her Portals to Paradise won the Best of Show Fantasy Garden category.

Her work spans large formal gardens, contemporary designs and expressive show pieces, all unified by her approach that considers structure, planting, movement and emotion as interconnected elements.

# Touch of the Tropics

GARDEN CENTRE & NURSERY

**JULES MOORE**

Creative Director

021 809 089  
 0800 LANDSCAPE (0800 526 372)  
 62 Trig Road, Whenuapai, Auckland  
 sales@tott.co.nz  
 @touchofthetropicsnursery  
 facebook.com/touchofthetropics  
 touchofthetropics.co.nz



## Zash Hair



Lightening hair from very dark to blonde is a specialised, multi-step process at Zash Hair, carefully designed to protect the integrity of your hair while achieving beautiful, long-lasting results. Because dark hair contains higher

levels of natural pigment or removing years of artificial colour, reaching blonde safely requires expert planning, professional products, and patience.

Every lightening journey begins with an in-depth consultation. At Zash Hair, we assess your hair’s natural level, previous colour history, texture, and overall condition. This allows us to create a personalised lightening plan that aligns with your desired blonde shade while maintaining hair health as our top priority.

Rather than rushing the process, we use controlled lightening techniques that gradually lift pigment over one or multiple sessions if needed. This approach minimises damage and breakage while ensuring an even, consistent result. Throughout the service, advanced bond-building and conditioning treatments are incorporated to strengthen the hair’s internal structure and maintain moisture.

As dark hair lifts, warm tones naturally appear. Our experienced colourists expertly neutralise unwanted warmth with precise toning, custom-blended to create anything from soft honey blondes to cool, icy finishes. Each tone is tailored to complement your skin tone and personal style.

After lightening, we provide professional aftercare advice to help maintain your blonde, including home care recommendations, toning schedules, and future maintenance planning. Blonde hair is an investment, and at Zash Hair we believe in achieving it responsibly.

The result is luminous, healthy blonde hair that looks and feels beautiful—without compromising strength, shine, or condition.

# A different way to learn and grow: Equine assisted learning



Equine Assisted Learning (EAL) is an experiential approach to personal development that involves working with horses to build life skills, confidence, and emotional awareness. Rather than traditional horse riding, EAL typically focuses on ground-based activities such as grooming, leading, observing, and interacting with horses in a guided learning environment.

Horses are highly sensitive animals that respond to human emotions and body language. This makes them powerful partners in learning, providing immediate and honest feedback. Through structured activities with trained facilitators, participants can gain insights into their behaviour, communication style, and emotional responses. Research suggests that equine-assisted programmes can help improve social skills, emotional regulation, and self-confidence. Interacting with horses has also been associated with reduced stress levels and increased feelings of calm and connection.

Equine Assisted Learning can benefit a wide range of people. It is commonly used with children and young people who may struggle in traditional learning environments, individuals experiencing stress or anxiety, people developing leadership or teamwork skills, and those seeking personal growth or wellbeing support. The experience can be particularly valuable because learning happens through doing, reflection, and connection with the horse rather than through conversation alone.

In our local community, people can explore Equine



Assisted Learning through Sustainable You Wellness. Their programmes provide a supportive environment where individuals, families, and groups can experience the unique benefits of working alongside horses.

To learn more about Equine Assisted Learning or to explore available programmes, visit:

<https://sustainableyouwellness.co.nz/eal>

Sessions during March and April will support ocean plastics research as part of a charity voyage in NZ with Exxpedition that Sustainable You founder Lauren James is crewing on.

## From apprentice to expert:



### Celebrating excellence at Laser Plumbing & Roofing Whenuapai.

At Laser Plumbing & Roofing Whenuapai, we take immense pride in being a “one-stop shop” for the local community. While our name is recognised with reliable plumbing, our specialist roofing division is a cornerstone of what we do.

From roof repairs and gutter cleans to complete long-run iron replacements, our team handles it all. We don’t just fix leaks; we manage the entire health of your roof—including gutters, spouting, and downpipes—ensuring your home remains watertight and resilient against the elements.

Investing in the Best - we believe that a quality roof starts with quality people. That’s why we train our roofers from the ground up. By fostering talent internally, we ensure that every member of our team isn’t just “handy,” but is a qualified professional backed by years of hands-on experience. This commitment to excellence was recently on full display as we celebrated a significant milestone for one of our own.

Congratulations, Matthew! We recently had the privilege of presenting Matthew with his Level 4 Certificate in Roofing. This isn’t just a piece of paper; it represents four years of grit, determination, and “putting in the hard yards” on-site. Throughout his journey, Matthew has shown an unwavering dedication to the trade, honing his craft and expanding his technical skills every single day.

Today, the “apprentice” label is officially gone. Matthew is now a fully qualified roofing professional—a testament to his hard work and the high standards we set at Laser Plumbing & Roofing Whenuapai.

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

new builds as well as renovations.

Drainage - drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out stubborn blockages.

Our qualified drainlayers can perform a full range of drainage repairs and replacements, from new drainage through to storm water and waste water works. We offer CCTV services as well as a state-of-the-art 24/7 drain unblocking service for any unforeseen emergencies.

Contact Laser Plumbing & Roofing Whenuapai today for all your service needs on 09-417-0110 or [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz). We are conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website [www.whenuapai.laserplumbing.co.nz](http://www.whenuapai.laserplumbing.co.nz)



● PLUMBING	● DRAINAGE	● ROOFING
Renovations Waste Disposal Leaking Taps High Water Bill Hot Water Cylinder Back Flow Prevention New House Plumbing Burst Pipes Maintenance & MORE	Septic Tank Council Inspections (Auckland Council Approved) Septic Tank New Installations Septic Tank Repairs New Drainage Drain Repairs / Replacements Drain Unblocking Stormwater / Sewer Systems Cesspit Installation / Repairs & MORE	Long Run Roofing Downpipes Flashing Work New Roofs Roof Repairs Roof Maintenance Gutter Replacements Gutter Repairs

09 417 0110      [whenuapai@laserplumbing.co.nz](mailto:whenuapai@laserplumbing.co.nz)

## Stihl shop Kumeu



Our STIHL SHOP Kumeu team had an incredible time at this year's Kumeu Show, proudly supporting three standout events: the always-impressive wood chopping, the high-flying Canopy Carnage tree-climbing competition, and RAW Mower Racing Club's lawnmower racing spectacle - definitely a new crowd fave!

One of our highlights was meeting so many locals who stopped by to take on our crowd-favourite Excalisaw challenge. Watching people give it their all and celebrating the lucky winners with STIHL gear and merch made the weekend even more memorable.

We're grateful to be part of such a vibrant community event and are already looking forward to bringing even more excitement to the Show next year

54 Main Rd Kumeu PH: 412 8592 OPEN MON-SAT

NOW AT TWO HANDY LOCATIONS FOR EXPERT ADVICE & SERVICE

15 Kakano Rd Westgate PH: 930 9999 OPEN 7 DAYS



## Locals helping locals do more

Your local money experts for personal and business finance.

[mtf.co.nz/kumeu](http://mtf.co.nz/kumeu)

Responsible lending checks and criteria. terms and conditions apply. See [mtf.co.nz/terms](http://mtf.co.nz/terms)



# WAIMAUKU AUTOMOTIVE

YOUR LOCAL FULL SERVICE WORKSHOP

## HUGE TYRE SALE NOW ON!



### TRADE TYRES

NOW AT THE WORKSHOP!

[www.tradetyres.co.nz](http://www.tradetyres.co.nz) or 0800 54 55 56




ALL THE BIG BRANDS  
AT EVERYDAY  
LOW PRICES!

Ph: 09 411 7579



- ✓ GOODRIDE 
- ✓ KUMHO TYRE  HANKOOK
- ✓ MAXXIS  GOODYEAR  YOKOHAMA
- ✓  Continental  LAUFENN  ARIVO

906 State Highway 16, Waimauku  09 411 7579

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