

August 2025

FREE monthly community magazine for Kumeu  
& surrounding townships

# Kumeu

## Courier



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

**111 Vet Clinic Kumeu**  
**48 Main Road**





# Greetings

I went to the Waimauku meeting with Auckland electricity distributor Vector (see report in this issue) and quickly realised I was in a similar situation to many people there.

I've also lost power supply occasionally but generally had it restored again within a few hours. Water, the septic system, heating, and the oven (apart from the top gas hobs) all need electricity to operate. The internet and Starlink wifi need to work too as I'm usually working from home these days.

Trees are a leading cause of power failure, and I know one major tree near the top of our road lost a huge branch in an easterly storm (we used to get mainly westerly winds) which took out lines.

Our power bill has skyrocketed - it usually goes up in winter anyway but more so this time.

It will be interesting to see what the bill is for a son's nearby house as his hot water cylinder failed after nearly 23 years and he went several days without hot water until a replacement was installed.

His downstairs area (mostly tiled) flooded and we all helped clear the water as quickly as possible to minimise damage (mainly confined to door bottoms).

I asked Rodney Local Board Kumeu Subdivision and Kumeu Emergency Network member Guy Wishart at the Waimauku meeting whether solar, a battery and an electric vehicle with vehicle-to-load (V2L) and vehicle-to-grid (V2G) or vehicle to everything (V2X) would help.

He reckons it's all a good idea and that if enough people have them we could avoid many of the power cuts.

The cost of solar panel and battery storage can be high (I've been told around \$20,000) so I'm waiting to see whether prices will reduce and what subsidies (if any) may be available. That would give me energy independence and I may be able to sell some surplus electricity back to the grid (and provide some in emergencies).

An electric vehicle with V2L could also help keep the lights on and other things operating but I haven't got one - yet. About the only battery electric vehicle I do have is an electric bicycle and that doesn't have enough juice.

I'll explore solar and battery storage again later, probably in summer if the cost-of-living situation allows.

And if petrol prices rise again I may go for an electric vehicle too if the initial cost is right, although it's hard being a "petrol head" to make the switch as a I grew up in a town with a motor racing circuit and regularly visit the Kumeu Classic Car and Hot Rod Festival at the Kumeu Showgrounds.

Editor , Geoff Dobson



Circulation is 10,000 print copies. Advertising starts at only \$100 + gst which includes a business card, editorial and an image.  
Get in touch with Gabrielle today  
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# People & Places

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## Redefining Veterinary Care. Reimagining Community Health.

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Founded by Dr. Fiona Mead, a 20-year global veterinary leader, this clinic exists because she made a decision – backed by her international coach, JT Foxx – to create what New Zealand needed but didn't have. She chose Kumeu as her starting place.

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**Dr Fiona Mead BVSc.**  
CVA., PGDipABM

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Just minutes away, Azur Farm is the human extension of our mission. Through equine-led coaching, energy medicine, and nature-based programs, we're helping people reset, recover, and rebuild – before they break.

"You don't just need a vet. You need the right one. And for many, you don't just need a clinic – you need a place to come back to yourself." – Dr. Fi

Dr. Fi is now leading a wellness movement for Kumeu, and we're calling on local leaders, healers, and collaborators to join the mission. Programs include:

- Trauma-informed equine sessions for youth
- ADHD, anxiety & autism support through horse connection
- Emotional resilience & EQ workshops
- Corporate reset retreats

This is not just a clinic or a farm. This is a call to build something bigger.



How You Can Be Part of It - Whether you're a:

- Health practitioner looking to collaborate
- Donor who believes in community healing
- Parent looking for breakthrough support
- Pet owner who values integrative care

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# The All or Nothing Podcast with Dr. Heather Anderson



You may know her from her regular Ask Dr. Heather column featured in the Health & Beauty section, Dr. Heather is now launching her podcast called the All or Nothing Podcast. We caught up with her to learn more about this new very cool venture.

### Tell us about your podcast – what is it about?

This podcast is dear to my heart as it really is an expression of my passion for cosmetic medicine and how it intersects with human nature. The industry is naturally superficial and often misses core issues we face when

considering cosmetic treatments. I discuss these in the podcast and how we can build beauty from the inside, so we can gain the most out of treatments and use them as an expression of inner beauty, rather than shielding aspects of ourselves we dislike.

### Where did the idea for the podcast come from?

My patients often ask me to debunk cosmetic treatments as there is a lot of misinformation circulating and many feel they aren't worthy or embarrassed to have treatments, which I feel is a product of our society. The stigma of cosmetic treatments is slowly diminishing; however, I want to empower listeners to feel worthy on the inside and make informed, sensible choices, so they can feel great on the outside. The name of the podcast is the origin of my clinic name ALLOR, as a reflection of the podcast highlighting the underbelly of the cosmetic industry. It also comes from the phrase "all or nothing", where I live by the mantra of doing things thoroughly.

### Where can people listen to your podcast?

They can listen on multiple platforms including Spotify, iHeartRadio and Youtube.

Links to the podcast are on our website at

<https://www.allor.co.nz/media>.

### Real Beauty: Exposed.

Ever wonder what lies beneath cosmetic treatments? Why do we want to be beautiful? How do we become beautiful?

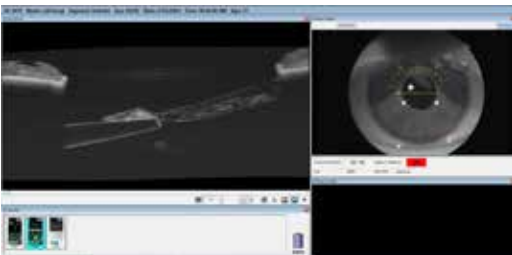
Dr. Heather Anderson has gone on her own journey overcoming trauma, leading her to become a practicing Cosmetic Doctor and Emergency Doctor. On this path she learned we can carve our own destiny, by learning to love ourselves and gain the most out of cosmetic treatments without losing our identity.

Join her in this podcast series, where she exposes the different shades of cosmetic medicine, empowering you to make informed, sensible choices.

**PODCAST WITH DR. HEATHER ANDERSON**  
[www.allor.co.nz/media](http://www.allor.co.nz/media)

# Advanced eye care in Kumeu

## Diagnosing intraocular lens subluxation with anterior OCT



We continue our series on eye health problems we've found using the

sophisticated equipment at For Eyes. This month we show how we used anterior segment Optical Coherence Tomography (anterior OCT) to image the subluxation of an intraocular lens (IOL) after cataract surgery.

An IOL is an artificial lens implanted to replace the cloudy natural lens during cataract surgery. Occasionally, the IOL can shift out of place—a condition called subluxation—which causes blurred or double vision.

Anterior OCT is a non-invasive procedure that provides detailed images of the eye's front structures, allowing us to detect even subtle lens displacements quickly and painlessly. This early detection is crucial for timely treatment, often involving specialist surgery to reposition or replace the lens.

This patient's cataract surgery was 15 years ago, and recently he experienced a sudden drop in his vision. The scan shows a cross section through the shifted IOL, and draped across this, the remains of the lens capsule that previously held it in place.

This is a significant IOL subluxation and was referred to a specialist for removal of the damaged capsule and the IOL, and surgical implantation of a specialty IOL that doesn't require the capsule to support it. The outcome was excellent, with clear vision restored and the patient very satisfied.

At ForEyesKumeu, our investment in advanced technology like anterior OCT means faster, more accurate diagnoses and better care for you. If you've had cataract surgery or notice vision changes, visit us for a thorough check-up using the latest eye imaging technology. To book your appointment with Molly or Matthew phone 09 412 8172.

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# Stay steady this winter: Preventing slips, strains & stiffness



Winter can be deceptively risky. Wet footpaths, darker mornings, and cold-stiffened joints all increase the chance of slips, strains, and flare-ups. At Riverhead Physiotherapy & Pilates, we often see clients dealing

with balance issues, joint pain, and reduced mobility during the colder months.

Here's how to stay strong and steady this season:

### 1. Build Core Stability

Your core is your body's centre of balance. Our Pilates instructors offer tailored sessions that help strengthen deep stabilising muscles, improve posture, and reduce your risk of falls. Exercises can be adapted to suit injuries or recovery needs.

### 2. Train Your Balance

Balance is essential for everyday safety. Simple exercises like single-leg stands or heel-to-toe walking can improve coordination. Our physiotherapists can assess your movement and guide you toward safe, effective strategies.

### 3. Keep Joints Warm & Moving

Cold weather can make joints feel stiff and sore. Gentle movement, stretching, and regular Pilates sessions help maintain mobility and reduce discomfort. Layer up and keep moving, even a short walk counts.

### 4. Don't Wait for Pain to Get Worse

If you're feeling off-balance, unusually stiff, or dealing with recurring niggles, early physiotherapy support can help. Our team works closely with our Pilates instructors to ensure your care is cohesive and personalised.

Let's help you stay active, confident, and injury-free this winter.

Riverhead Physiotherapy & Pilates: 027 313 6036

[physio@riverheadphysio.co.nz](mailto:physio@riverheadphysio.co.nz)

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





## Breast Tattooing

I'm thrilled to announce that I have been approved for funding from Te Whatu Ora to provide nipple and areola tattooing services for breast cancer survivors who have undergone reconstructive surgery.



This incredible opportunity means that the Ministry of Health will approve on a case-by-case basis and cover the approved cases costs for their procedures, allowing more survivors to access this important step in their recovery journey without the financial burden.

For clients eligible for this funding, the process is simple and straightforward. I'll guide you through everything to make sure you can claim the subsidy and receive reimbursement.

If you, or someone you know, are interested in learning more about this new opportunity, please reach out. Together, we're helping to restore confidence and empowerment through these transformative treatments.

Other services available are:

Brow Tattooing, Eyeliner and Lip Tattooing, Scar Camouflage Tattooing and Scalp MicroPigmentation

[info@melissacarr.co.nz](mailto:info@melissacarr.co.nz)

021 187 2661

## Season of renewal



As winter softens its grip, August brings the perfect opportunity to refresh, rebalance, and restore. At lovesoul Beauty & Spa Studio, we believe in embracing this seasonal shift with gentle rituals that


nurture both skin and spirit.

Months of cooler weather can leave skin feeling dry, dull, or depleted. That's why our August specials are designed to support your skin's transition into spring while offering you a moment of calm and reconnection.

Enjoy our 30-minute Wellness Facial for just \$87 – a refreshing skin reset and a moment to breathe. Or indulge in our Winter Renewal Package: a Spa Manicure or Pedicure, Janesce's grounding Ancient Earth Face Mask, and a relaxing scalp massage – all for \$139.

Every appointment in August also goes in the draw to win a copy of Flatten the Curve – a beautiful wellness cookbook by Janine Tait, founder of Bestow Beauty and a leader in holistic skincare.

Let this be your season of renewal. Whether it's five minutes of stillness or a full self-care ritual, August is your invitation to begin again – with softness, intention, and support from the team at lovesoul.




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Walk-ins welcome

## People & Places

### Native birds return to Kumeu farm

In August 2022 we brought you the cover story of Tim and Rosemary Auld aiming to restore native bush and bring back native birds at their Kumeu farm.

Three years later, with the help of Gabriel Beattie and his team from Plant More Trees, they are well on track to bringing back paradise with more than 12,000 native plants growing about three to four metres high thanks to good soil and two wet summers.

The Aulds' 6.5-hectare farm was originally covered in a dense forest of kauri, totara, kahikatea, and manuka, cleared for lumber, then dairy farming and finally a vineyard.

Manuka, koromiko, nikau, flax, kowhai, and many other plants provide food for the birds, encouraging tui, kereru, piwakawaka (fantails), riroriro (grey warblers) and others.

Tim noticed the native bird life returning and has used old fence posts to line the bush pathways.

Another 500 native canopy plants have gone in this winter, including kauri, totara, rewarewa, kahikatea and many more species, all eco sourced with seed collected from the local area.

Weeding was needed after the plants were put in but little is done now as the plants grow closer together, shading the ground.

Pest control is carried out, mainly for rats, possums and rabbits.

"We have just had our application for a QE2 National Trust covenant approved," says Tim.

"This is hugely significant as it is unusual for approval to be given to newly planted areas of native bush.

"They have faced major financial constraints so the criteria for approval is quite challenging but they were very impressed with our project," he says.

"We host a few garden groups as part of our desire to educate and provide an interesting and restful experience on our property which includes an arboretum, both formal and informal gardens and alpacas," says Tim.

"In August we host the Greenhithe Garden Club with any funds raised going to West Auckland Hospice."



### Residents angry about power cuts

About 20 Waimauku and Kumeu residents vented their anger to Vector representatives about power cuts.

Foster Road resident Sarah Ellis-Kirifi organised the meeting in the fully renovated Waimauku Scout Den in Pollard Lane and led the charge, saying she felt "disrespected" after calling Vector following yet another power cut in April.

She hoped Vector would provide some viable solutions at the meeting.

Much of the April 2025 damage was caused by ex-tropical cyclone Tam around Easter, Vector Chief Operating Officer Peter Ryan told the meeting, adding Vector is improving communications and the way it responds to and deals with power cuts.

Several residents say they were without power for up to six days, the cuts affecting heat pumps, water supply, septic systems and the ability to work from home (particularly with no internet).

Peter said some Auckland residents applied for rebates of up to \$50 and some fossil-fuelled generators were supplied in urgent cases – prompting several residents to ask how they could get the generators.

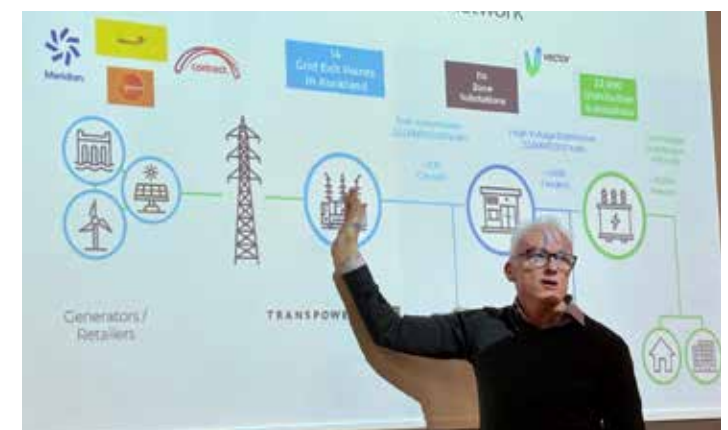
Foster Road resident Christine Rose says power goes off "every time it rains", adding power bills had increased but that many residents believed they were not getting good service.

Peter and some of the other 15 or more Vector representatives said Vector will consider responses at the meeting and other feedback, one handing out a Vector guide to working safely around electricity, gas and fibre which includes a website and phone numbers.

Explaining what happened during the April outage affecting much of the Waimauku area, Peter says vegetation (trees) cause most of the problems and that many details are available on Vector's website.

He says property owners may be asked to help trim or remove trees – usually at no cost under capital works or "first trim or cut" requirements.

Growth limit, cut back and notice zones vary according to the nearby voltage of lines – detailed on the website.





# Helensville Birthing Centre



## Helensville Birthing Centre TE PUNA WHĀNAU KI TE AWAROA

### Tāmaki Makaurau First: Human Milk Bank Opens in Helensville

We are absolutely thrilled to announce the successful opening of our Human Milk Bank – the very first of its kind in Tāmaki Makaurau! This is a massive asset to our community, ensuring that pēpi who need donor breast milk can now access it locally and safely.

The Milk Bank is now accepting donations of expressed breast milk. If you're a breastfeeding māmā and would like to donate, please get in touch with us directly or visit our website and social media pages for more information. Every drop counts, and your gift could make a real difference for another whānau.

Alongside this exciting development, our centre remains a hive of activity. We continue to be busy supporting births and postnatal stays, and our Lactation Consultant (LC) Clinic is running regularly to support breastfeeding whānau. Recently, we also held a dedicated focus group for Māori and Pasifika, led by Maia Steele, as part of our ongoing commitment to ensuring culturally appropriate care and community-led development.

None of this would be possible without the incredible mahi of our dedicated team and the unwavering support of our outstanding Board. Thank you all for your commitment, passion, and aroha – it's a privilege to serve our community together.

Ngā mihi nui,  
Renee Blair

Manager, Helensville Birthing Centre



@HelensvilleBirthingCentre



Helensville Birthing Centre

www.birthingcentre.co.nz

## Safer Community

# Batteries everywhere and fires too



## WARNING

USING AN INCORRECT BATTERY IN YOUR E-BIKE CAN CAUSE A VIOLENT FIRE IN SECONDS.

Rechargeable lithium-ion batteries are increasingly found everywhere, from e-bikes and e-scooters to vapes and power tools. With this increase in rechargeable batteries, we are also seeing a significant rise of battery fire incidents in New Zealand and around the world.

Research shows that most people do not associate their everyday lithium-ion powered items with fire.

That is why Fire and Emergency are launching a new national campaign that aims to help people understand the fire risk associated with charging lithium-ion devices and how they can charge their devices safely.

Fire and Emergency will launch our first fire safety campaign to build awareness of the fire risk associated with charging lithium-ion devices.

The campaign makes use of the established visual language of a clean and attention-grabbing warning label to remind people of the danger hidden in everyday items they are familiar with, if not charged correctly. This campaign will focus on the risks of incorrectly charging e-scooters, vapes and e-bikes, however, will move over time to other devices and tools.

Incorrect charging, storage or use of Lithium-ion batteries may result in a process called Thermal Runaway.

Thermal runaway is a violent chain reaction of exothermic chemical reactions resulting in an uncontrollable increase in system temperature. Batteries and energy storage systems, which are integral parts of tech around us, are the main stage for this drama.

They sometimes fall victim to thermal runaway, turning a peaceful power source into a potential headache and health hazard. Understanding this reaction is a key step toward better battery safety.

### Thermal runaway in lithium-ion batteries

Batteries are designed to store chemical energy, and during thermal runaway, this chemical energy is uncontrollably released. In lithium-ion batteries (LIBs),



thermal runaway can be caused by e.g. mechanical damage, external heat, short circuit, or overcharging.

Thermal runaway is characterized by very quick progress, and it can result in battery fire or even explosion. It results in the self-destruction of the battery.

### Progress of thermal runaway

To get thermal runaway started, heat generation is needed. Heat is a normal by-product of electricity production: small amounts of released heat are typical when using lithium-ion batteries. So – heat generation and release doesn't always lead to thermal runaway. However, in addition to normal operation, heat generation can result from the abuse to the battery. The abuse can be either thermal, electrical, or mechanical, and can lead to a good amount of heat generation, potentially pushing the battery into thermal runaway.

Whether the battery stays chill or decides to dive head first into thermal runaway depends on the balance of heat generated versus heat dissipated to the environment.

When the dissipation of heat is larger than heat generation, thermal runaway doesn't start and the battery is still safe. Once heat generation takes the lead, the self-sustaining cycle of thermal runaway kicks in.

In this snowballing sequence, heat generation causes a rising temperature, speeding up the reaction rate, which, you guessed it, leads to more heat generation. Due to the positive feedback loop, the progress of thermal runaway is extremely quick.

The temperature of the battery cell can skyrocket to over 600 C. From the start of the thermal runaway, the battery might ignite or even explode within minutes.

To make things even trickier, thermal runaway generates oxygen, so a battery fire kicks off even without any help from external oxygen in the surrounding environment.

If you have any concerns or questions about Lithium-ion batteries or thermal runaway please contact me directly and I can point you in the right direction.

Call Graham McIntyre, Phone 0276 320 421 or email

graham.mcintyre@fireandemergency.nz



Graham McIntyre,  
Chief Fire Officer –  
Waitakere Fire Brigade



## Is your teen dreaming of an overseas adventure?

AFS Intercultural Programmes New Zealand has helped over 20,000 Kiwi students swap their NZ school for a life-changing study abroad experience.

The choice is yours

Programmes range from four weeks for a short, intercultural deep-dive to 11 months for long-lasting full immersion.

With over 50 destinations, AFS has the globe pretty well covered. From Asia to Europe, Africa to the Americas – AFS can take you there.

Scholarships and grants

AFS is a mission-driven organisation and believes that intercultural exchange should be accessible to as many students as possible. A range of scholarships and grants are available to provide financial support where needed. It does cost money to go on an exchange, but don't think for a moment that it isn't doable.

The AFS experience

Participants on an AFS programme don't just visit places;

they live life in a new country. They become part of a volunteer host family, attend a local high school and form lifelong friendships.

Prepared through comprehensive orientations, looked after by robust support structures and accompanied by sound educational content, AFS participants become Active Global Citizens.

Why AFS?

AFS Intercultural Programmes is a volunteer-driven non-profit organisation that has been operating in New Zealand since 1947.

With over 75 years of experience, world-leading educational standards, 24/7 support and partners like the UN and the University of Pennsylvania, AFS has the expertise you need.

**Round the World Student Exchange Expo**

**Sunday, 24 August 25**

**2pm - 6pm**

**Taitamariki Hall, 8 Auburn Street, Takapuna**

The event will be supported by many returnees students who have been on an AFS exchange. They will be available to talk about their experiences and their host countries.

Whether you're interested in a high school study abroad programme, a short intercultural summer programme or hosting a student in New Zealand – come along and get advice from the people who've done it.




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**SUNDAY, 24 August 2025**  
**2pm - 6pm**

**Taitamariki Hall, 8 Auburn Street,  
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## House of Travel Hobsonville – Plan now for 2026



Why not take advantage of the longer nights and colder days in August to start planning some exciting adventures for 2026. European flight early birds,

deals on tours and cruises are on the cusp of being released. We can discuss ideas and options with you now and come up with a plan ready to book to get the best value for your trip.

Some resorts have already sold out in the South Pacific for April 2026 School holidays. Our advice is don't go hang waiting for a special that will never come out. Plan ahead to get the best deals, room availability and inclusions during peak times. Especially if you have a larger family.

A reminder that we don't need passports to book flights. So if you want to secure a flight ticket and your passport hasn't arrived yet don't worry about it. Call us.

Booking with us is so easy and convenient, whether you have time to pop in and see us in-store over the phone or in exchange of emails. We are well set up to make the process as easy as possible, no matter where you are. Some of our clients are even overseas.

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Please keep us in mind when planning and booking your next trip. Buzz and the Team at House of Travel Hobsonville, 225 Hobsonville Point Road (Cnr Hobsonville Point Rd and De Havilland Rd) Hobsonville. Hobsonville@hot.co.nz 09 416 0700.

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## Digital Overload? Rethinking How Kids Learn Best



Over the last decade, schools have raced to integrate digital tools into the classroom. But now, some countries – including Sweden, a leader in education – are hitting pause. In 2023, Sweden announced a major shift back to printed books and handwriting, citing growing concerns about the impact of screens on learning.

So what changed?

Recent research suggests that while digital devices offer convenience, they may not support deep learning in the same way traditional methods do. A growing body of evidence shows that handwriting – especially when taking notes – enhances memory and understanding more than typing. Similarly, reading physical books improves comprehension and focus compared to reading on a screen.

In New Zealand, concerns are also rising about the amount of screen time students experience during the school day. From interactive whiteboards to ipads, it's not unusual for a child to spend six hours or more in front of a screen – before they even get home.

At Success Tutoring NorthWest, which has just opened in Westgate, sessions are intentionally device-free. Students work with pen and paper, use tactile learning materials, and build authentic connections with their tutors – all of which supports deeper thinking and better retention. It's a refreshing contrast to the digital overload many students face, and it's making a noticeable difference to how they learn.

With no contracts and flexible scheduling through the app, families can fit tutoring around their life. Success Tutoring NorthWest uses high-quality, NZ curriculum-based materials so your child gets targeted support to augment their learning at school. Whether your child needs a boost, a stretch, or simply a positive space to thrive, Success Tutoring NorthWest is ready to help. Book a free assessment now and see what a difference the right support can make. Success Tutoring NorthWest



**OPEN NOW!**



**Success Tutoring NorthWest**

Level 1, 8/48 Maki St, Westgate 021 075 1475

**BOOK YOUR FREE ASSESSMENT TODAY!**



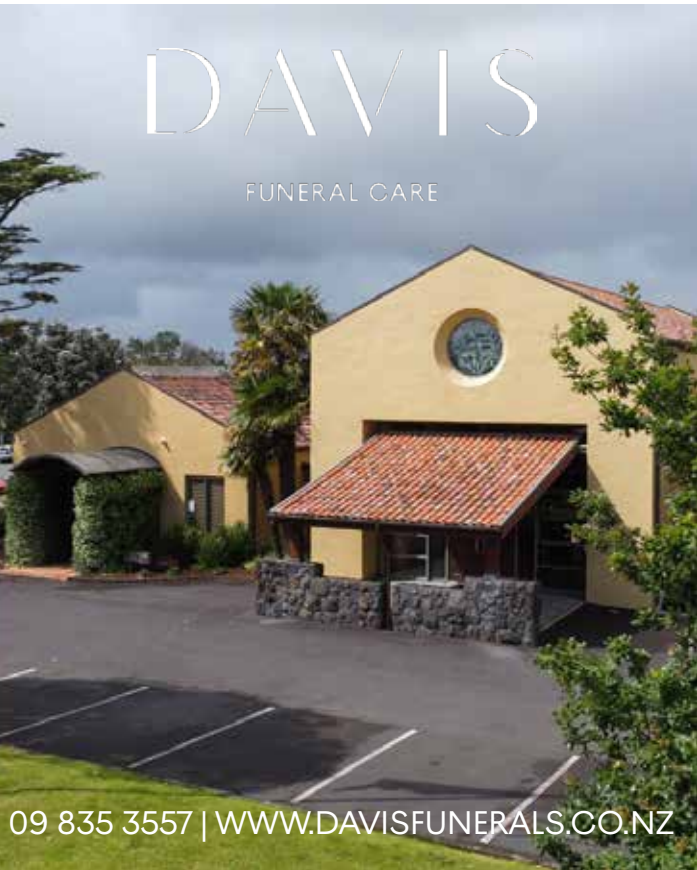
# Finally the truth about caskets



A question that we are occasionally asked is whether a casket is required for cremation.

From time to time, we also hear people say, when the time comes, “just put me in a cardboard box and cremate my body,” or “just get rid of me.” Whilst there is the bigger issue of considering and meeting the needs and wishes of the deceased and those left behind, for the purposes of answering this question, a good place to start would be to determine if there are any specific legal requirements.

In New Zealand, there are two pieces of legislation that provide guidance and set out the requirements in this regard. These are the Burial and Cremations Act (1964), and later Cremation Regulations (1973); the former outlining the legal requirements for cremation including use of a container suitable for cremation, and the later regulations specifying that the container must be fully combustible, and that it can prevent any leakage. The container or casket must clearly display the full legal name of the deceased, as this is required by the crematorium for the purposes of accepting the casket and positively identifying the deceased. As a side note, the return of the name plate is sometimes requested by families as a keepsake. This is perfectly in order and can be removed after verification and prior to the cremation.



Whilst the Act does not call specifically for the use of a casket, for many families, the need to provide a dignified and respectful farewell is essential, and a suitable casket serves this purpose. The final farewell/funeral service or viewing is after all the final lasting memory that family members will have of their loved one, says Michael Powell, General Manager of Davis Funerals. Caskets and shroud bearers are therefore a convenient, readily sourced, purpose built and meet all necessary legislative requirements says Powell.

Caskets come in a variety of materials, styles, finishes and price. Suitable caskets for cremation are generally made from timber, MDF (particle board) or cardboard or wicker and further, the use of a shroud wrapping the body placed on a suitable bearer board is also permissible. Reputable funeral directors do not sell caskets, instead, they listen to the family and in response, present all available options. Choosing the right casket is a very personal decision and such decisions are often made based on cost, appearance, or a memory they evoke of the deceased. A no obligation, free of charge discussion with a member of the Davis Funerals team will help ensure the right choice is made. Looking back over the years, I have also seen some fabulous home-made caskets, says Powell. It is strongly recommended however that you speak to your funeral director to obtain the right dimensions and necessary design considerations to facilitate safe handling of the casket at the crematorium. It should be noted that metal, glass, and explosive materials cannot be used in the construction of the casket or items made of the same placed as items in the casket.

**Have you got a question? The team at Davis Funerals welcome questions from readers. Feel free to drop us a note at [mike@davisfunerals.co.nz](mailto:mike@davisfunerals.co.nz) .**





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# New community based roles in Rodney

The Rodney Community Team is a new Auckland Council team funded by the Rodney Local Board. The purpose of this team is to deliver some of the community priorities that local people have told us will make Rodney an even better place to live.

**We would expect to see**

- new play, leisure and recreation programmes and activities for all parts of the community
- more resourcing and support for arts, culture and events
- interesting and fun placemaking activations in towns and villages
- improved community spaces in the main centres - our towns have a heart
- more support for local skills development, training and learning programmes
- increased support for social enterprise and local economic development
- increased support for community leaders and champions.

At the core of the team are five Community Facilitator roles, each based in a different community across Rodney. The Community Facilitators will work alongside local people and community groups to facilitate and deliver community led initiatives, events, programmes and activities. They will have a budget to support this work and it is expected they will work in ways that are empowering of local communities and enhance local leadership.

We are currently looking for a Community Facilitator for the wider Kumeu area. If you are interested, please contact Sue Dodds.

**[sue.dodds@aucklandcouncil.govt.nz](mailto:sue.dodds@aucklandcouncil.govt.nz)**

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# Melasma & pigmentation: A sign of internal inflammation

**By Sarah Tumulty - Your Skin Nutritionist, SWAN Skin, Wellbeing & Nutrition**

Melasma is often misunderstood as a simple skin concern, but it's actually a reflection of internal inflammation—especially within the liver. This pigmentation shows up as brown or grey patches, commonly across the forehead, cheeks, and upper lip. These facial zones are linked through skin mapping to liver stress, making melasma more than just a surface-level issue.

It's most commonly triggered by liver damage caused by hormone-based medications such as birth control pills or antidepressants, and hormonal changes during pregnancy—especially after the age of 30. While hormone imbalances and sun exposure can worsen the condition, the underlying cause is often the liver's reduced ability to process hormonal waste. In some cases, yeast overgrowth in the gut—encouraged by hormonal changes—may also contribute to persistent melasma.

At SWAN Skin, Wellbeing & Nutrition, I take a holistic approach using the Osmosis Beauty protocol, which targets both internal healing and topical repair. Internal support with Osmosis supplements like Immune Activator and Regenerate focuses on reducing liver inflammation and repairing. Topically, products such as Catalyst serum and Rescue Epidermal Repair work to repair DNA damage and calm the skin—without the irritation or rebound effects of harsh lightening creams.

In the clinic, I offer professional skin treatments tailored to support barrier repair and pigment correction using a non-inflammatory approach. These include customised skin infusions and gentle protocols designed to nourish and strengthen the skin from the inside out.

Rather than suppressing symptoms, this method addresses the root cause - restoring balance, calming inflammation, and supporting long-term results.

To learn more or book a personalised skin consultation, visit SWAN Skin, Wellbeing & Nutrition. Your skin holds the map—let's start decoding it.



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Sarah Tumulty - Your Skin Nutritionist

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# What’s Your Style Personality?



At Zubu, we know style is deeply personal. It’s not about following trends—it’s about finding pieces that make you feel confident, comfortable, and completely you. So, what’s your style personality? Take our quick quiz.

1. When you get dressed in the morning, you want to feel:

- A) Polished and timeless
- B) Effortless and relaxed
- C) Bold and creative
- D) Comfortable but still stylish

2. Your dream wardrobe is full of:

- A) Blazers, crisp shirts, tailored pants
- B) Flowy dresses, earthy knits, vintage finds
- C) Prints, colour, statement pieces
- D) Soft knits, easy pants, versatile basics

3. Your go-to accessory is:

- A) A structured leather bag
- B) A wide-brim hat or chunky scarf
- C) Bright earrings or a bold necklace
- D) A crossbody bag and sneakers


Your Results

Mostly A’s – The Classicist

You love timeless elegance. Clean lines, neutral tones, and structured pieces fill your wardrobe. Pair a tailored blazer with wide-leg trousers for instant sophistication.

Mostly B’s – The Bohemian

Relaxed and effortless, your style is layered and textural.



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Flowy dresses, chunky knits, and earthy tones are your go-to.

Mostly C’s – The Creative

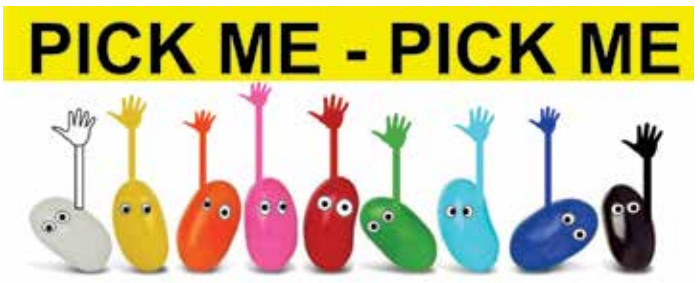
Bold and fearless, you love colour, prints, and unique cuts. A vibrant dress or statement coat is your style signature.

Mostly D’s – The Modern Minimalist

You value comfort but still want polish. Soft knits, easy shapes, and quality basics are your staples.

Whatever your style personality, Zubu has pieces to make you feel amazing. Pop in-store myself and the team will help you find your perfect match.

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# A simple test that can offer reassurance

By Mr Shahed Yassaie, Colorectal Surgeon and Endoscopist

Noticing fresh bleeding after going to the toilet can be concerning, and it’s something many people experience at some point. While haemorrhoids are often the cause, it’s important not to make assumptions without proper assessment.

Flexible sigmoidoscopy, also known as a “Flexi-Sig” for short, is a quick and minimally invasive procedure that examines the lower part of the bowel. This is the area where most causes of bright red bleeding and rectal symptoms arise. Unlike a full colonoscopy, it doesn’t require a lengthy bowel prep or sedation. A simple enema beforehand is usually enough.

For suitable patients, this test can offer rapid clarity. It not only helps to rule out more serious conditions but can also provide an opportunity to treat haemorrhoids at the same time. Techniques such as rubber band ligation or injection can often be performed during the procedure.

Flexible sigmoidoscopy isn’t always the right test for every patient, but for those with bright red rectal bleeding or persistent symptoms, it’s a focused, low hassle, and

often, a faster way to get seen for answers and your peace of mind.

If you’ve been putting off getting checked, this might be a straightforward first step worth discussing with your doctor.

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

Mr Shahed Yassaie, Colorectal Surgeon and Endoscopist.





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**Mr Shahed Yassaie**  
Colorectal Surgeon and General Surgeon  
and Endoscopist





# Food & Beverage

## Chunky Vegetable & Barley Soup with Garlic Sourdough Croûtons



To make Dairy-free omit parmesan | To make Vegan omit parmesan | To make Gluten-free omit barley (and use cannellini beans or GF pasta) Is there any dish more humble and nourishing than a vegetable soup? With ten different vegetables and loads of fresh herbs stirred in at the end, this soup is packed to the brim with goodness. Make sure you use some fresh oregano and marjoram if you have it. The addition of barley makes it substantial enough for a main course; you could also use orzo pasta or cannellini beans. Then all that's needed is a drizzle of good-quality extra-virgin olive oil and some crunchy, garlicky croûtons. It keeps well in the fridge over a few days and freezes well for those nights you need instant warming up.

### Ingredients

- 3 tablespoons olive oil
- 1 large onion chopped
- 1 leek (white part) finely sliced
- 2 stalks celery sliced (reserve a handful of celery leaves)
- 2 carrots peeled and diced 2cm
- 3-4 cloves garlic chopped
- 2 tablespoons thyme and/or rosemary chopped
- 400 g pumpkin peeled, diced 2cm
- ½ cup barley rinsed and drained
- 400 g crushed tomatoes can
- 1 tablespoons chipotle sauce
- 1 litre vegetable stock
- 2 courgettes sliced 1cm-thick
- 150 g green beans chopped
- 1 handful spinach or silverbeet leaves chopped

- 1-2 tablespoons lemon juice
  - ½ -1 cup mixed herbs (e.g. parsley, coriander, oregano, marjoram) chopped
  - olive oil extra-virgin (to drizzle )
- GARLIC SOURDOUGH CROÛTONS**
- 4 slices sourdough bread cut or torn into 2cm pieces
  - 2 tablespoons olive oil
  - 4 cloves garlic finely chopped
  - 2 teaspoons thyme leaves chopped
  - ¼ cup parmesan finely grated

### Instructions

- 1- Heat olive oil in a large pot on medium heat. Cook onion and leek for 6-8 minutes until soft.
- 2- Add celery, carrot, garlic, thyme/rosemary and pumpkin and continue to cook for a further 4-5 minutes.
- 3- Add barley, tomatoes, chipotle sauce and vegetable stock, simmer for about 15 minutes until pumpkin and barley are tender.
- 4- While soup is cooking, toss sourdough with olive oil, garlic, thyme and parmesan on a tray lined with baking paper and season with salt and pepper. Bake at 180°C for 15 minutes until golden and crispy.
- 5- Add courgettes, green beans and spinach/silverbeet (if using) to soup and continue simmering for 3-4 minutes until tender. Stir through lemon juice and herbs and season to taste with salt and pepper.
- 6- Ladle soup into bowls, drizzle with extra-virgin olive oil and top with croûtons.

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Everything you need to know about property

# Property Hub

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## Property News

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### Maximising the value of your investment property – without cutting corners

By Rachel – Private Residence Property Management

Getting the best return from your investment property isn't just about rent – it's about smart, consistent management. In the current market, cutting corners might seem tempting, but in the long run, it can cost more than it saves.

Presentation matters. You don't need to fully renovate, but clean, neutral, and functional homes attract better tenants and reduce vacancy. Fix the little things – worn handles, tired curtains, scuffed walls – they make a big difference.

Stay compliant. Meeting Healthy Homes standards, keeping smoke alarms in working order, and maintaining safe, dry housing isn't just legal – it keeps your insurance valid and your tenants happy. It also means fewer disputes and a better long-term return.

Price it right. The highest rent isn't always the best rent. Overpricing can leave you vacant for weeks. A well-priced property with a quality tenant is almost always the better outcome.

Maintenance pays off. Proactive maintenance helps protect your asset and signals to tenants that the home is cared for – which usually means they'll treat it the same way. Don't wait for things to break.

Screen thoroughly. Good tenants are the foundation of a successful rental. At Private Residence, I meet all prospective tenants in person – no open homes – to make sure they're the right fit for the home and the owner. Manage smart. Whether you self-manage or outsource, having good systems and support makes all the difference.

At Private Residence, I work closely with owners to protect their investment, keep tenants happy, and take the stress out of property management – without ever cutting corners.

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### Does your will do what you want?

If a person dies leaving behind a valid will, but it does not properly dispose of all their assets, then the remaining assets will be distributed intestate under the Administration Act 1969 ("Act"). This could happen if the deceased forgets to deal with an asset in his or her will, or if a beneficiary no longer exists when the deceased dies. The relevant part of the estate will then be divided among the surviving spouse, children, parents, and other next of kin, depending on the circumstances.

For example, Mr A decides to leave his assets to his family trust to look after the next generation. A few years after signing his will Mr A and the other trustees of the family trust decide to wind up the trust. Unfortunately, Mr A forgets to update his will which still has the family trust as the beneficiary of his estate – but it no longer exists. Mr A's estate will now be distributed pursuant to the intestacy laws under the Act. In many situations this may not be a problem as the people who end up inheriting under the Act may be the same as if the family trust inherited the estate. However, sometimes this may not be the case and the estate is distributed in a way that the deceased never intended.

This is why it is good practice to regularly check your will to make sure it properly disposes of your assets. If you are uncertain about the distribution of your assets upon your death or need to update your will, you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

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# Elyse Crowther, Senior Registered Legal Executive at ClearStone Legal

## Wills - when you should review yours?



Wills are often one of those documents people put in place and then promptly forget about. However, to ensure they still meet your needs and wishes, they are something you should look to review every 5 years, as well as after any significant life event.

If you have married, then you must update your will as marriage revokes your will unless it was made in contemplation of marriage.

Other significant life events which should prompt a review are divorce or separation, the birth of children, someone named in your will dying, if you have set up or wound up a family trust, or your assets and debts have significantly changed.

Key elements of your will to consider as time goes on are:

1. Your executors – their age, their ability to take on the role, and their personal circumstances.
2. Specific gifts – do you still have the items you intended to gift, or are there new items you now wish to record?
3. Beneficiaries – have any of them predeceased you, are the shares still appropriate?
4. Guardians – do your children still require guardians and are those appointed still the right person for this role?
5. Funeral instructions – have your wishes in this regard changed?

If you think it might be time to review your will, feel free to give one of our team here at ClearStone Legal a call to talk it through – on 09 973 5102.

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1/547 Te Atatu Road

Te Atatu Peninsula

# Property Market Report August 2025



REINZ House Price Index and sales volumes both down in June

House prices declined for the fourth consecutive month in June, according to the Real Estate Institute of NZ's House Price Index (HPI).

Across the entire country, the HPI declined by 0.8% in June compared to May, and that followed monthly declines of -0.6% in May, -0.3% in April and -0.6% in March.

How ever the HPI was up by 0.3% compared to June last year but remains down by 16.3% from the market peak in late 2021.

The HPI declined in all regions of the country in June compared to May.

The national median selling price was \$770,000 in June, up 0.5% compared to May but unchanged from June last year.

The HPI adjusts for differences in the mix of properties sold each month and is regarded as the most reliable indicator of price movements, while the median price is not.

The number of properties sold in June was mixed based on suburb, area and region.

The REINZ recorded 5865 residential property sales in June, down 20.6% compared to May but up 20.3% compared to June last year.

Auckland prices are fluctuating based on house/ townhouse/ apartment supply however is down .6% for the month, and almost 2% over the last quarter, while Auckland properties trade at 22.3% down from peak prices of 2021.

As interest rates come down, buyers affordability increases. As more Aucklanders move to the South Island and Australia for better living conditions, the supply of homes for sale increases which provides more choice and in turn reduces prices. The net migration to Australia has been 30,000 over the last 12 months, but no data is available on internal migration.

Raine&Horne.

Graham McIntyre

Licensed Agent

Kumeu | Hobsonville

027 632 0421

graham.mcintyre@kumeu.rh.co.nz

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If you are moving country or island and would like to weigh up options to rent or sell your home, we can provide a seamless solution to provide appraisals on both and provide service to you whether you are in New Zealand or overseas. Further you may test the sales market and seamlessly move your asset into the rental pool is the price doesn't make it viable. Likewise you can transition back to selling in one or two years when the market is stronger.

Call me, Graham McIntyre AREINZ directly 0800 900 700, via text at 027 632 0421, or email at graham.mcintyre@kumeu.rh.co.nz. Country Living Realty Ltd, t/a Raine & Horne Kumeu-Hobsonville Licensed REAA (2008)

# Auckland's Rental Rollercoaster



A mixed bag of rental activity this month as the market grapples with changes in demand and supply.

## SUPPLY CHANGES

Healthy Homes Standards and the progression of MBIE to audit and review compliance of all rental properties whether in private management or professional management has certainly reduced the volume of rental properties on market. This has been good for the support trades that need the work-flow especially as the new build market is soft. Professional property management companies welcome this development as it provides a level playing field for all homes offered for rental. It also directly penalises Landlords that avoid the responsibility of investing in their rental offering over profit taking will need to rethink this default position.

## PRICE DROPS

In certain suburbs where Developers have been active in saturating the supply of rental property into the market, we have seen prices fall sharply but are starting to

firm up as developers reduce their build activity. Price drops throughout Auckland range from 1.5% down for 2 bedrooms through to 6.6% down for 3 bedrooms.

Over 2100 properties were available in Auckland in June 2025 with the average days on market being 21. Median price for two bedrooms down to \$640pw, three bedrooms at \$775pw and four bedrooms at \$940pw

Tenancy services show a reduction in bond lodgement (average rent) over the last 6 months which are in line with the rental market correction being seen above.

## QUALITY IMPROVEMENTS

With the progression of Healthy Homes Standards (and auditing) more rental properties are being improved with better insulation and draft reduction. This will move most rental properties to achieve better performance and a reduction in heating costs. The work done to improve the thermal qualities of a home makes a massive difference to the Tenant, improving health and reducing power consumption.

At West Auckland Property Management, we appreciate the role we play, ensuring we have a property of high quality, a Tenant that feels supported, and respects the property, while ensuring that the income delivered back to the Property Owner is maximized. That's why we only charge 6.5% property management fee, not the 8.5% that others do.

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# How to make the most of Interest rate cuts in your mortgage repayments



With interest rates on the decline, many mortgage borrowers find themselves at a crossroads pondering how to maximise the benefits of these interest rate cuts.

If you are coming off a rate that is currently higher than what's on offer, the decision whether to reduce your mortgage repayments or maintain the same repayment amount can weigh on your mind.

Conversely, if you've recently refixed your mortgage at a higher rate, should you break now and refix on the lower rate?

Cutting your repayments vs. maintaining them

Choosing between reducing mortgage repayments or maintaining them is a pivotal decision for borrowers who are coming off a higher rate.


It can be enticing to reduce your repayments in line with the lower rate as it can provide financial relief in the short term; on the other hand, maintaining the same repayment level despite lower interest rates, will help you pay your loan off faster, and substantial savings on interest costs over time.

You can also look at a "split" approach, where we restructure your lending by splitting your mortgage across different interest rates so you can still take advantage of paying your mortgage down faster.

Working alongside an experienced Mortgage Adviser will give you the upper hand when it comes to maximising interest rate cuts.

Should you break now and refix at the lower rate?

A Mortgage Adviser can perform a cost-benefit analysis, as breaking a fixed-term loan can incur a break fee which could negate any potential savings from switching to a lower rate.



Loan Market

**Stephen Massey**  
Mortgage Adviser  
stephen.massey@loanmarket.co.nz  
021 711 444  
Let's chat.

We may also look at whether refinancing your loan to another lender to take advantage of a lower rate would be of benefit, as a cash contribution could potentially outweigh the break fee and other costs as well.

The key message here is that everyone's situation is different and a Mortgage Adviser is best placed to help you evaluate factors such as cash flow needs, future financial plans and the potential for interest savings.

To make the most of your next rate reduction, Stephen Massey - Loan Market, Call 021 711 444 or check out my website [loanmarket.co.nz/stephen-massey](http://loanmarket.co.nz/stephen-massey)

# Thinking of building a new home? Read this first



Building a home or development project is a big decision. It's not just about creating a structure, it's about creating the place where your life and memories happen. A place where you feel good the moment you walk through the door.

It's also about having a quality home built as you envisaged, within a set timeframe and to a defined budget - a true value proposition. We understand that. At Signature Homes West, our award-winning team brings decades of building experience, industry-leading service, and the most robust build guarantees. This combination ensures a positive building journey, peace of mind, and a fabulous result.

Signature Homes West is a full-solution team. We work together to make sure every part of the new build journey is completed to meet your standards. Listening is our superpower.

After your enquiry and initial introductions, our sales consultants and architectural designer will meet with you to understand your vision. Through collaboration, we tailor everything to suit your lifestyle and budget. We can develop your concept using pre-designed Signature plans, or create something from scratch. Our process is

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thorough because it needs to be, it ensures an accurate reflection of your goals.

From there, the details are refined, fittings and fixtures are selected, and our quantity surveying team provides fixed and final pricing. The only changes from that point are variations requested by you. This offers peace of mind and is a valuable tool when working with your lender. Your personal project manager, builder, and our production team will see your home through to completion, move-in date and beyond.

When selecting a build partner, we encourage thorough due diligence. We provide a checklist to help guide you through this process, ensuring the tough questions are addressed and making it clear what's included in pricing and, more importantly, what's not. We're happy to review alternative pricing and provide a comparison so you can make informed decisions. Knowledge brings power and ultimately gives you control over your project.

Our Signature team brings local expertise and tailored solutions for a wide range of new build projects and developments. We welcome all enquiries and look forward to brainstorming with you. As a guide, here are some of our key services:

- House and land packages
- Design and build
- Knockdown and rebuild
- Subdivide and build
- Multi-unit dwellings
- Minor dwellings
- Development opportunities

We'd love to hear from you and help guide your next project to success. Get in touch with our local team - let's build something brilliant together. [saleswest@signature.co.nz](mailto:saleswest@signature.co.nz) | 0800 020 600

# We welcome Kiri Barlow to West Auckland Property Management

We're pleased to introduce Kiri Barlow, a highly experienced Senior Property Manager who brings over a decade of expertise in both residential and commercial property management.

Kiri joins our team with a strong background in facilities and property services, having successfully managed a wide range of portfolios across Auckland. Her in-depth knowledge of the local market, combined with her strategic and detail-oriented approach, allows her to deliver tailored management solutions that protect and enhance the value of every property under her care.

Kiri is known for her professionalism, excellent communication, and calm, proactive manner. She takes pride in building strong, lasting relationships with property owners and tenants alike, ensuring every aspect of your investment is handled with precision and care.

With Kiri overseeing your property, you can expect a high standard of service, clear reporting, and confidence that your asset is in capable hands.

"After purchasing West Auckland Property Management in October 2024, it is great to bring on people of such high calibre and capability to assist our property owners, tenants and regulators to achieve better outcomes" says Gail McIntyre, Business Owner.

Call Kiri today on 09 8320832 / 0274998415 or email [office@wapm.co.nz](mailto:office@wapm.co.nz)





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PLEASE CONTACT IVAN

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



# 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
Helensville	Rongomai Street	\$730000	3	75	337	\$740000
	Nelson Street	\$1650000	6	376	2028	\$1590000
Hobsonville	Hato Road	\$1775000	5	254	301	\$1460000
	Kaman Seasprite Rd	\$840000	2	95	113	\$779000
	Isitt Road	\$1200000	3	160	154	\$1210000
	Harvard Street	\$1500000	4	223	448	\$1571000
	Peihana Road	\$970000	3	165	0	\$964000
	Walter Merton Rd	\$1025000	3	130	165	\$1015000
	Cochrane Rd	\$1200000	3	160	0	\$1225000
	Craigs Way	\$1575000	5	260	348	\$1580000
	Poaka Rd	\$1215000	3	148	275	\$1185000
	Tuatua Rd	\$1130000	3	161	179	\$1115000
	Liquidambar Drive	\$1800000	4	267	422	\$2200000
	Jack Seabrook Rd	\$1275000	3	173	0	\$1230000
	Spotted Dove Rd	\$1675000	4	250	339	\$1630000
	Hobsonville Rd	\$1100000	3	211	405	\$1112000
	Walter Merton Rd	\$880000	3	100	139	\$850000
	Onekiritea Rd	\$1100000	4	138	246	\$1135000
	Waterlily Street	\$1275000	4	210	200	\$1230000
	Tarakoi Rd	\$810000	2	92	114	\$750000
	Teal Way	\$1735000	4	229	478	\$1610000
	Aviation Drive	\$1652000	5	259	355	\$1585000
Huapai	Trigg Rd	\$1100000	3	214	1251	\$1225000
	Main Rd	\$770000	3	96	600	\$950000
	Trigg Rd	\$1325000	3	114	601	\$1113000
	Josh Rd	\$1325000	4	207	603	\$1295000
Kumeu	Koraha Rd	\$1800000	5	262	9385	\$2350000
	Weza Lane	\$820000	4	87	819	\$820000
	Lewis Younie Rd	\$1325000	4	197	600	\$1290000
	Dida Park Drive	\$700000	2	82	0	\$620000
	Riverhead Rd	\$990000	3	86	875	\$885000
	McIndoe Rd	\$1300000	4	202	577	\$1388000
	Larmer Drive	\$1325000	4	227	649	\$1380000
	Zadar Street	\$420000	0		216	\$400000
	Accolage Boulevard	\$1075000	4	146	300	\$990000
	Moire Rd	\$760000	2	90	0	\$625000
	Ambar Ridge Ave	\$880000	3	162	194	\$900000
	Jezero Drive	\$920000	4	107	323	\$901000
	Beauchamp Drive	\$960000	3	100	775	\$880000
Massey	Claverdon Drive	\$1150000	3	100	607	\$830000
	Birdwood Road	\$1560000	6	210	3	\$1820000
	Zingaro Place	\$820000	3	362	73	\$750000
	Don Buck Rd	\$1150000	4	911	220	\$1070000
	Don Buck Rd	\$1600000	5	1927	320	\$1000000
	Raelene Place	\$640000	3	820	0	\$550000
	Baumea Rise	\$1500000	4	226	460	\$1260000
	Carillon Place	\$1050000	3	129	602	\$865000
	Papai Lane	\$900000	3	100	150	\$830000
	Horokaka Street	\$970000	4	139	171	\$960000
	Don Buck Rd	\$870000	2	105	462	\$680000
	Keegan Drive	\$760000	3	415	90	\$784000
	Flagstaff Place	\$1150000	4	282	642	\$1210000
	Allington Rd	\$1050000	3	100	685	\$1115888
	Kokotea Rd	\$850000	3	96	191	\$770000
	Puhikawa Street	\$830000	3	97	182	\$834000
	Halloran Place	\$740000	3	85	403	\$560000

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SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
Muriwai	Paretao Street	\$865000	3	103	141	\$840000
	Tiriwa Drive	\$620000	2	74	88	\$600000
	Domain Crescent	\$1675000	4	383	809	\$1515000
	Motutara Rd	\$1250000	3	140	938	\$1162750
Parakai	Constable Rd	\$2150000	2	63	47000	\$1940000
	Parkhurst Rd	\$590000	3	82	0	\$585000
	Te Moau Avenue	\$1000000	6		1011	\$1040000
	Springs Rd	\$420000	2	59	0	\$380000
Riverhead	Colwill Rd	\$810000	3	80	0	\$670000
	Riverhead Point Dr	\$1850000	4	276	800	\$1800000
	Leebank Crescent	\$2025000	5	195	1039	\$1862000
	Ada Lane	\$1525000	0	0	10600	\$1530000
Taupaki	Queen Street	\$930000	2	65	0	\$845000
	Applemoors Way	\$2150000	4	292	1907	\$1410000
	Floyd Rd	\$1575000	4	253	801	\$1725000
	Riverhead Point Dr	\$2075000	5	314	650	\$2900000
Waimauku	George St	\$1300000	3	216	775	\$1730000
	Nixon Rd	\$2625000	3	150	40000	\$2210000
	Sarah Todd Lane	\$1025000	4	138	2010	\$1175000
	Muriwai Rd	\$940000	4	111	875	\$860000
Waitakere Township	Buttercup Place	\$1250000	4	190	1933	\$1255000
	Wairere Rd	\$1650000	3	212	10000	\$1510000
	Burnham Rd	\$960000	4	104	923	\$950000
	Wairere Rd	\$1425000	3	146	34000	\$1632500
West Harbour	Sunnyvale Rd	\$1500000	4	277	3580	\$1540000
	West Harbour Dr	\$1000000	4	180	371	\$1011000
	Javelin Place	\$1080000	4	190	0	\$1295000
	Picasso Dr	\$1175000	4	162	159	\$1065000
	Horizon Way	\$1175000	3	240	489	\$1050000
	St Catherine Cres	\$1270000	3	100	646	\$1170000
	Kayle Glen	\$770000	2	100	114	\$700000
	Vermeer Place	\$1025000	4	142	0	\$1040000

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

Raine & Horne's commission rate:

**2.95%** upto \$590,000

(Not 4% that others may charge)

**1.95%** on the balance

Plus \$490 admin fee.

All fees and commissions + GST

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

Raine&Horne®

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Phone 0800 900 700 Country Living Realty Ltd Licensed REAA (2008)

Graham McIntyre  
Brand & Territory Owner  
027 632 0421







Feature  
Lighting

Gable  
Windows

Hidden  
Scullery

Custom  
Island



Create a statement  
lounge with vaulted  
ceiling, fireplace and  
ambient lighting.

## BRING US YOUR WISH LIST

We can make your new  
home unique to you!

No matter what you're looking for,  
bring us your ideas and we'll work  
with you to create a home uniquely  
suited to you and your lifestyle.

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local GJ's team today about building you a  
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SELLING YOUR PROPERTY ?


# YOUR STEP-BY-STEP GUIDE



Your free  
help-guide

**Raine & Horne**

## This Step-by-step guide

The purpose of this guide is to provide a simple understanding of the process involved in selling your property. It is a guide that has foundation information which you will find useful but it also has some areas highlighted by a yellow light bulb  that suggests additional information is sought relating to your individual situation and circumstance.

You can also visit our Real Estate Association portal at [www.settled.govt.nz](http://www.settled.govt.nz) which provides tools and tips on what to do and what to consider during the selling and buying process. This site provides comprehensive checklists, tools and videos to help you through the selling process.



## Thinking about selling

The first step in selling your property is deciding *when* and *if* you want to sell. Consider your motivations, where you plan to move, and the time and effort involved. Financial preparation is also key - budget for this change and understand your financial position. We do offer free-to-market marketing options however we encourage that a shared investment in marketing delivers a bigger buyer pool and in turn more competition for your property.

Visit [www.sorted.org.nz](http://www.sorted.org.nz) for money advice, tips, tools, and guides to help you manage your finances. Additionally, consult with your accountant or solicitor for financial clarity and planning. Identifying a trusted solicitor or conveyancer early is essential.

Build a small team of trusted individuals - family, friends, or professionals with integrity - who can provide advice and support throughout the process. This team can boost your confidence and ensure you make informed decisions. A team can act as a reasoning group to ensure you stay true to your WHY.



## Preparing to sell

Start preparing your property for the market by addressing deferred maintenance, repairing leaks, and ensuring cleanliness. Buyers are interested in the property, not your belongings, so decluttering is crucial. Box up non-essential items and consider storage options.

For mature sellers needing assistance, Age Concern Auckland provides some excellent support with decluttering and organising. Ref: [www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz).

Ensure your property's lawns and gardens are well-maintained/ presented. If your property is tenanted, establish open communication with your property manager before making decisions or signing documents.

To stay organised, work through checklists tailored to selling your property. For the latest checklists, email Graham at [graham.mcintyre@kumeu.rh.co.nz](mailto:graham.mcintyre@kumeu.rh.co.nz), and they will be sent to you promptly.





# Why Graham McIntyre?

Graham McIntyre is a proven, consistent high performer with nearly 20 years industry experience and was part of the Mike Pero Real Estate brand for over 10 years before it was purchased by Raine & Horne. His independently verified testimonials on Rate My Agent showcase his empathy, compassion, and unwavering commitment to achieving optimal results for his clients. By collaborating with all reputable agents and brands, Graham ensures that competition delivers the best outcomes for his clients.

Scan the bar code for more details



## Understanding your obligations

You and Graham will discuss your responsibilities and his obligations, including:

- A Comparable Market Analysis of your property.
- The chosen method of sale.
- Property values and market conditions.
- Known issues, defects, or notices (e.g. NOR's, Notices to fix, Categorisation).
- Legal and technical advice recommendations.
- Anti-Money Laundering Act requirements.
- Healthy Homes Compliance
- Taking necessary steps to understanding the property that your are selling

Graham ensures open and transparent communication throughout the process via email, text, and phone.

## Seeking Advice

Obtaining professional advice is highly recommended. Graham may suggest the following optional reports to boost buyer confidence:

- Pre-sale building report
- A pre-sale thermal report
- A Land Information Memorandum (LIM)
- A property valuation
- A council property file
- A safe and sanitary report
- A COA

These reports and sign-off's are not mandatory but can provide reassurance to buyers and facilitate smoother negotiations, a better price and a faster sale.



## The listing authority to act

Before signing the listing authority, we strongly recommend seeking independent legal advice. Selecting the right lawyer is a crucial part of the buying and selling process. Both the Sale and Purchase Agreement and the Listing Authority are legally binding contracts, so obtaining expert advice before committing to either is important.

Graham will discuss both agreements with you, covering:

- Specific choices you make and their implications.
- Disclosure of information and knowledge relevant to the sale.
- An explanation of the Terms and Conditions.
- Details about payments and when they are due.
- The commission payable upon a successful sale.
- The method of sale, process, and communication frequency.
- The pathway to using all agents and brands in selling your home.

The listing authority further defines the terms of the engagement, detailing the marketing and description of the property. This document includes:

- A start and end date for the agreement.
- The agreed value range for your property.
- The chattels that are sold with the property (need to be in good working order)

You will also receive:

- A Real Estate Agents Guide to selling your home.
- A settled.govt.nz guide to help understand the buyer's journey.

If you have any concerns or require further clarification, do not hesitate to seek legal advice for added reassurance.



## Marketing and communications

Graham will develop a full marketing and communication strategy based on:

- Identifying the most likely buyers and their influencers
- Crafting compelling messaging to attract interest
- Using top-quality photography and video to evoke emotional connections
- Maintaining the momentum to achieve the best sale
- Re-marketing your home to agents and prospective buyers
- Staying in touch with luke-warm parties

Graham's extensive background in marketing ensures a customised plan tailored to your property and audience, maximising buyer engagement and competition.

This document should lead you to view the Comparative Market Analysis (what homes are for sale or sold in your immediate area) and the "Unique Marketing Advantage" guide that highlights the exclusive marketing tools available to you at Raine & Horne.



## What we are trying to achieve

Our goal during the marketing and showing process is to engage the largest number of buyers who are genuinely interested in or emotionally attached to your property. The more buyers we attract, and the stronger their emotional connection, the greater the competition - leading to better offers, improved terms, and an overall stronger outcomes for you.

Key outcomes we aim to achieve include:

- **Price:** Securing the best possible offer.
- **Conditions:** Negotiating favourable terms.
- **Settlement Date:** Ensuring timelines that work for you.
- **Buyer Confidence:** Creating trust and assurance in the sale.

Graham has an outstanding track record of creating multi-offer environments for his clients, resulting in high levels of buyer interest and competition. This approach consistently delivers better prices, enhanced seller confidence, and a primary buyer with one or more backup offers. Best of all, building a deep buyer pool incurs with no additional cost to you. Further it allows Graham to operate with one of the most extensive databases of buyers in the market today.

## Dealing with offers

Throughout the marketing process, you may receive one or more offers for your property, which will be presented to you in the form of a formal Sale and Purchase Agreement. At this stage, you'll have several options to consider:

- Is the price reasonable?
- Are the conditions fair?
- Are there any risks that you need to evaluate?
- Does the settlement date provide enough time for you to buy, rent, or move?

Graham recommends seeking advice from your team and solicitor before making any decisions regarding the agreement.



## Unconditional (Sold)

Once the buyer's solicitor advises that all conditions have been met and the deposit has been paid, your property will be marked as "sold." The deposit will be placed into the NZ Real Estate Trust (Public Trust), where it will clear within ten working days. The residual funds less our commission will then be transferred to your solicitor's trust account for you to access. Great news is that Raine and Horne Real Estate Kumeu—Hobsonville have a lower commission starting point at only 2.95%.

## Pre-settlement Inspection

A few days before settlement, the buyer may conduct an inspection of the property to ensure that the chattels are in working order. The buyer is legally entitled to one inspection prior to settlement. At this time, you may be in the process of packing, and cleaning may not be completed, but the focus will be on checking the chattels and the property's integrity. Any issues raised will be communicated through your solicitor.



## Settlement

Settlement day is when the buyer pays the remaining balance of the sale price and takes ownership of the property. On this day, several actions must occur in a specific order, involving your lawyer or conveyancer, the buyer's lawyer or conveyancer, and your bank or lending institution (if you have a mortgage).

It's recommended to vacate the property before settlement day, if possible. Delays in moving out may result in the need to pay compensation to the buyer.

Settlement will be managed by your lawyer or conveyancer. If all documents have been signed ahead of time, there is nothing further for you to do. Your lawyer or conveyancer will register the change of ownership with the buyer's name.

Be sure to deliver all keys (including garage door remotes and security alarm codes) to Graham before settlement. The buyer will either collect them or Graham will hand them over once the settlement is completed. Your solicitor will notify Graham when the money has been received and settlement is finalized, at which point the keys will be handed over to the buyer.

Be sure to ensure:

- Chattels are in working order
- Warranties/ manuals or guides are in an easy to find place
- Alarm and access codes are made available
- All keys are accounted for
- Telecommunications fiber-box and cord are retained at the sold property
- The cleaning is done to a high standard
- No rubbish or odds and ends are hidden at or under the home

## Contact

This step-by-step guide is a simple tool to help you understand the process. Additional resources are available at [www.settled.govt.nz/selling-a-home](http://www.settled.govt.nz/selling-a-home). It is recommended that you seek independent advice and legal support regarding your disclosure and contractual obligations. For further information, please contact:

Graham McIntyre

Phone: 027 632 0421

Email: [graham.mcintyre@kumeu.rh.co.nz](mailto:graham.mcintyre@kumeu.rh.co.nz)

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## All agents are different

The purpose of this guide is to provide a clear understanding of the extensive and unique marketing tools used to communicate your property to the market. This guide includes key information you may find useful and highlights additional research opportunities through areas marked with a yellow light bulb. 💡

For further resources, visit the Real Estate Association portal at [www.settled.govt.nz](http://www.settled.govt.nz), which offers tools and tips for navigating the selling and buying process.

No agent provides a more comprehensive buyer database, pre-approved finance database, editorial/ advertising/ social media , digital, and re-marketing package than Graham McIntyre.



## All brands are different

All agents, franchises, brands, and businesses offer unique marketing strategies. Some agents do not use print media, while others avoid collaborating with fellow agents. Marketing on platforms like Trade Me, OneRoof, and realestate.co.nz varies widely. Social media profiles, sponsored posts, and re-marketing tools also differ greatly - some are highly effective, while others may fall short or not exist at all.

Raine & Horne is an Australian brand with over 141 years of real estate expertise. In 2023, Raine & Horne acquired Mike Pero Real Estate, integrating state-of-the-art marketing systems and processes into New Zealand's real estate market through its franchise network. This ensures clients benefit from exclusive marketing elements that provide greater exposure to buyers, agents, and influencers. <https://www.settled.govt.nz/buying-a-home/thinking-of-buying/understanding-the-home-buying-journey/> 💡

## What is important

### Reach

Buyers access information in various ways: reading, scrolling, investigating, or through influencers. The greater the reach, the more potential buyers you attract, increasing the likelihood of securing the best offer.

### Repetition

Buyer behaviour evolves - a passive buyer can quickly become actively engaged. Competition often transforms speculative buyers into serious contenders. Maintaining consistent engagement with buyers throughout their journey is essential, Graham McIntyre supported with Raine & Horne systems excels at retaining buyer interest.

### Retention

Information can either attract or deter buyers. Excessive or poorly presented information may discourage active buyers. Raine & Horne carefully curates and presents information, ensuring buyers remain engaged throughout the process. While the average retention spans weeks, some cases extend into months.



# Why Graham McIntyre?

Graham McIntyre is a proven, consistent high performer with 20 years professional experience and was part of the Mike Pero Real Estate brand for over 10 years before it was purchased by Raine & Horne. His independently verified testimonials on Rate My Agent showcase his empathy, compassion, and unwavering commitment to achieving optimal results for his clients. By collaborating with all reputable agents and brands, Graham ensures that competition delivers the best outcomes for his clients.

Scan the bar code for more details.



## The unique marketing tools

Graham utilises a diverse range of marketing tools to effectively communicate and influence buyers. These include:

- **Databank:** Active and current pre-approvals through the YELSA app
- **Database:** Targeted emails to buyers, influencers, and collaborators.
- **Signage:** Signboards with QR codes for instant listing access.
- **Rate My Agent:** Promotes listings directly to real estate agents in the area to share with buyers
- **Hot Property:** Double-page editorial spread reaching over 40,000 people in the North West.
- **Amplify—360:** Ai remarketing through Facebook, Google, and Instagram exclusive to Raine & Horne.
- **Trade Me Gold Package:** Provides exceptional visibility and value for money.
- **Sponsored Social Media Posts:** Targets specific demographics.
- **Local Publications:** Advertising in Kumeu Courier and The Westerly magazines, flip-books, and emailed PDFs

## Only available at Raine & Horne

Raine & Horne offers unique and exclusive marketing tools to ensure your property stands out:

- **rh.co.nz Website**
- **Amplify 360 - AI Remarketing**
- **Video Sponsored Posts:** Highlighting the property’s unique features.
- **Property Hub and Local Magazines:** Editorials and features in Kumeu Courier and The Westerly.
- **Authenticity Stories:** Editorials showcasing the owner’s story.

These tools ensure targeted messaging, consistent relevance, and buyer engagement throughout their journey.

## ...Hot Property

### Exclusive to Raine & Horne

This exclusive double-page editorial spread in Kumeu Courier and The Westerly offers:

- Print circulation to 25,000 households.
- Digital distribution to over 8,000 recipients.
- Relevance in the market for 30–60 days.
- Exposure for Raine & Horne Kumeu–Hobsonville clients.
- High-quality visuals and editorial content



## Hot Property

PROPERTY-HUB.NZ

27



### Hinuera stone on a 1/2 acre section

29 Sunny Crescent Huapal

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

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

Ciad in Hinuera split face, kiln fired stone. It offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living.

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

Over 500 square meters of raised bed gardens, fruiting trees, delivers an orchard and market garden at your

doorstep. A short stroll to shops, schools, park and transport links. So if you're a family looking for the good life - you've just found it.

Get in touch today to view  
Graham McIntyre 027 632 0421  
Graham.mcintyre@kumeu.rh.co.nz

For more information on this property call Graham McIntyre on 027 632 0421 or graham.mcintyre@kumeu.rh.co.nz. Country Living Realty Limited 1/4 Raine and Horne Kumeu - Hobsonville. Licensed REAA (2008).



## Extended demographics

Whoever you are, and whatever you read, Hot Property has the biggest shop window of any advert, to deliver the hero photograph, supersized, in full colour on gloss paper. The flip-book and pdf publication also packs a punch to ensure buyers of all ages and cultures have the opportunity to become active and engaged buyers. This editorial double page spread is free from cost when you market with Raine & Horne Real Estate Kumeu—Hobsonville.



...Amplify-360

Accurate Ai driven remarketing

Social marketing has provided a new level of sophistication, engagement and targeting of messages directly to the buyer in a timely fashion with accuracy and relevancy. Through Amplify we can measure:

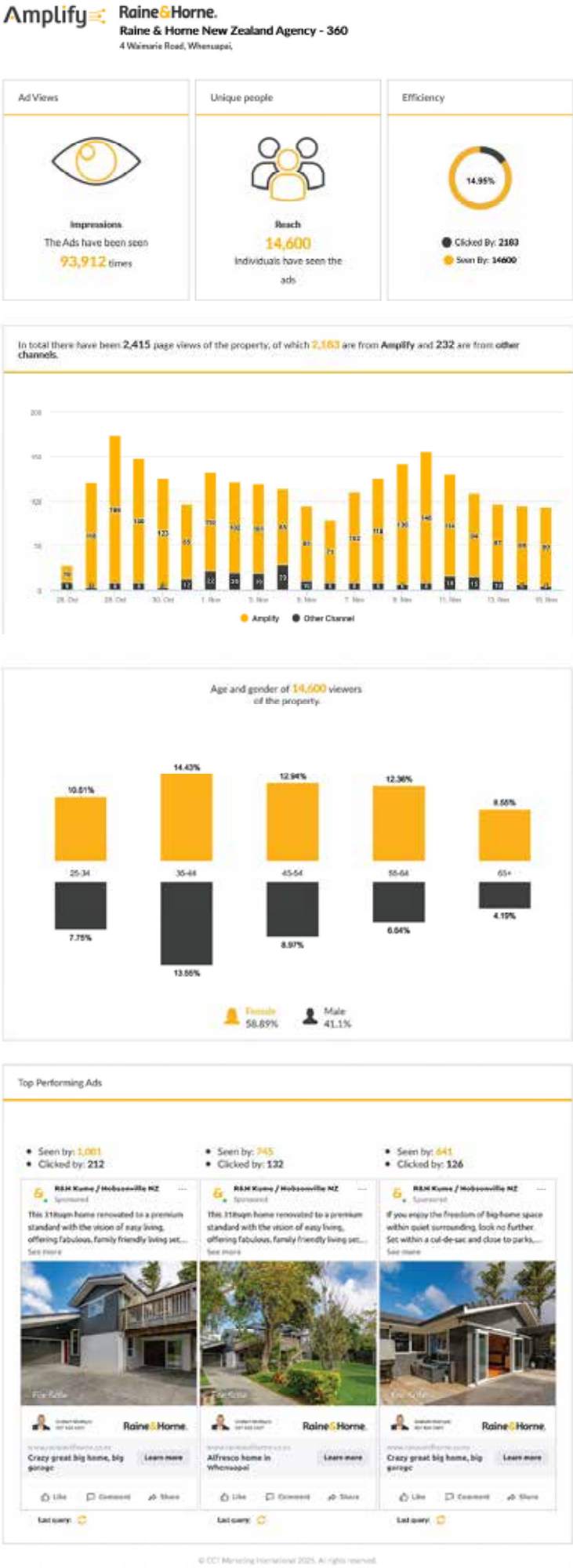
- Impressions (times exposed)
- Reach (times viewed)
- Clicks (activated link to the property)
- Volumes in comparison
- Male/ Female split over the campaign
- What buyers are responding to the most

Amplify is an exclusive Raine & Horne product that targets the right buyers at the right time with the right message.

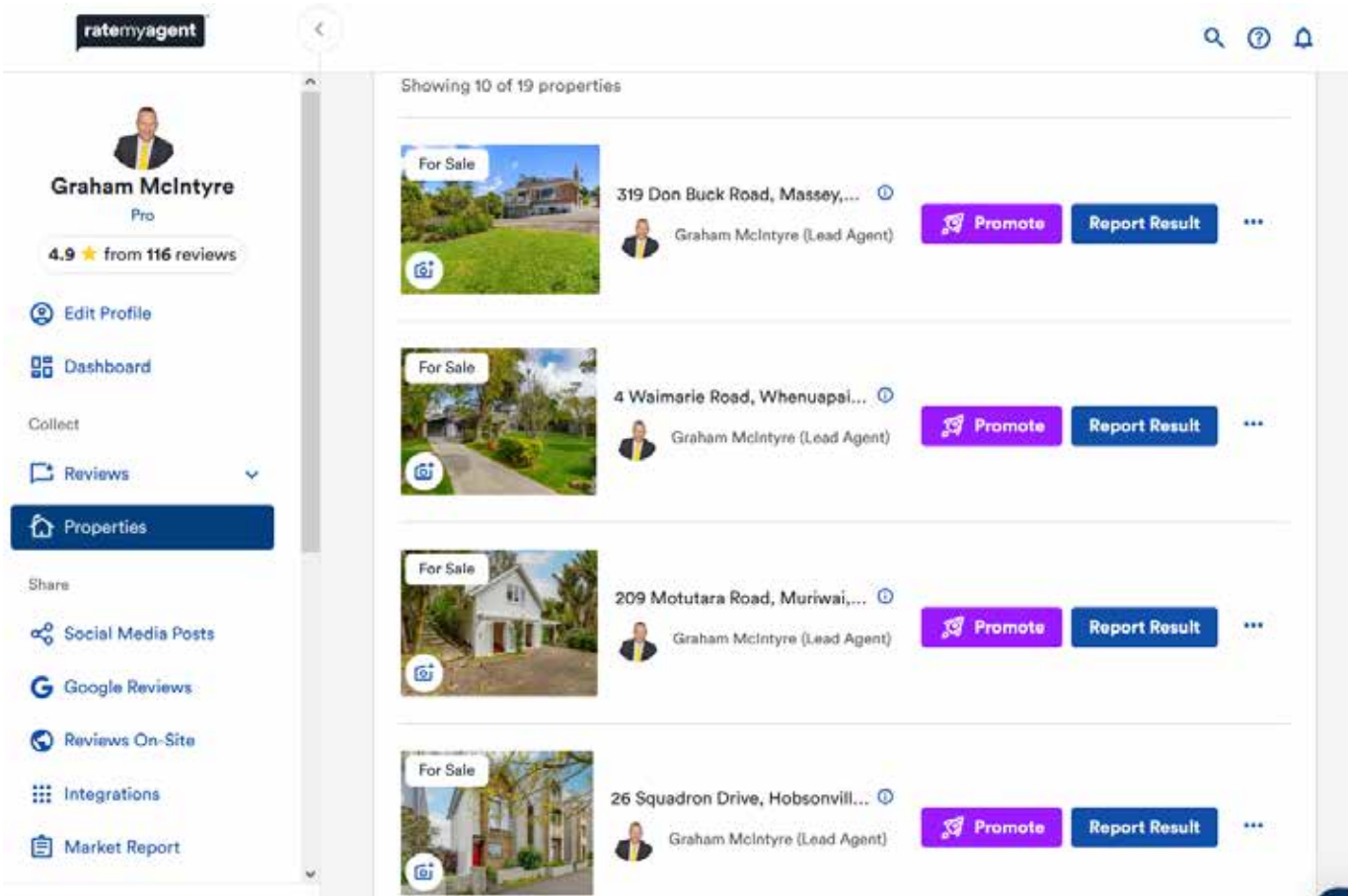
Amplify achieves a faster sale (less time on market) than traditional marketing products.

Amplify achieve a larger sale price than traditional marketing products alone.

The information provided is the exposure generated from a standard amplifier-360 campaign supporting a home for sale.



...ratemyagent



Targeted agent to agent promotion

When you go to market, you will want to target the widest range of influencers, and agents, that are working buyers. Raine & Horne work with all reputable agents/brands, with dedicated influencer databases and active marketing to Real Estate Agents. By using ratemy agent you have a wide range of benefits:

- Agents are one of the most influential groups
- Agents often work buyers that have just sold a home
- Agents seek a wide pool of property to showcase when working buyers
- You don't pay any more with Raine & Horne to access all agents and their buyers
- This communication tool is used to showcase your home and its attributes directly to agents and their buyers
- Targeted effective and direct communication

By leveraging this comprehensive suite of tools and expertise, Raine & Horne ensures your property achieves optimal exposure, buyer engagement, and successful outcomes



## Property Hub

Property Hub is a dedicated property, home and garden publication that is distributed with Kumeu Courier and The Westerly Magazines. In addition it is produced as a standalone flip-book targeting agents and influencers in the area. Your advantage is:

- A regular full page presence at no cost
- The best possible bang for buck to an estimated 40,000 readers
- In print, digital and web delivery
- Durable over 30—60 days in the market
- Retained and used by buyers, sellers, influencers and agents
- Communication that is timely, accurate and relevant

You have one option, to gain the very best profile available in the North West of Auckland. Raine & Horne Real Estate Kumeu—Hobsonville offer a comprehensive print, social and digital showcase of your home in a format that retains buyers interest over time.



## SOLD

We know what we need to achieve, creating the very best photography and communicating the right text and photos to ensure the unique aspects of a property are highlighted, and reinforced that in turn generates active, engaged and motivated buyers.

While we appreciate you may have had experiences of selling a house in the past it's a bit like talking about an oven when today we talk about air fryers, microwaves, steam induction, and ovens when we discuss cooking.



In addition, our industry is fully regulated and we are required to make true statements and follow the Consumer Guarantee's Act. So it is about how we tell the story not changing the story.

## Contact

This marketing book is a simple tool that helps you understand some of the differences that are unique to Raine & Horne Kumeu-Hobsonville. For additional information contact:

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# Home & Garden

## How to choose a reliable painter: Start with the bathroom



With so many painting companies and so much information out there, finding a truly reliable painter can be difficult. While checking online reviews or asking friends for recommendations is a good first step, it's not always enough to give you full confidence.

That's why we recommend starting small—by painting the bathroom first.

Although it's the smallest room in the house, the bathroom is also the most challenging. Humidity, temperature changes, and mould make it the first place where paint usually fails. If a painter can deliver lasting, high-quality results here, it's a strong sign of their overall skill and reliability.

At our company, we've completed hundreds of bathroom repaints using a professional, step-by-step system—from surface assessment and preparation to final finishing. It's more than just paint—it's about getting it right from the start.

Start with the bathroom. It's the smartest first step to a beautiful home.

You can see their work and read reviews from happy customers at [facebook.com/focusonpainting](https://facebook.com/focusonpainting).

Free quotes are available. To get started, call or text Brad on 021 756 890 or email [focusonpainting@gmail.com](mailto:focusonpainting@gmail.com).

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# Choosing the right heating unit for your home

As winter sets in, staying warm at home becomes a top priority. Whether you're heating a small bedroom or an open-plan living space, Mitre 10 MEGA Westgate and Henderson have a wide range of heating options to suit every need and budget.

Heat pumps are one of the most energy-efficient solutions available. Ideal for year-round use, they not only heat in winter but cool in summer, making them a smart long-term investment. While installation is more involved, they offer excellent performance for whole-home comfort.

Oil column heaters and panel heaters are popular plug-in options. Oil heaters take longer to warm up but retain heat well, providing steady warmth over time—great for living rooms or lounges. Panel heaters, by contrast, are sleek, quiet, and ideal for bedrooms or offices.

Fan heaters and convection heaters provide fast, direct heat and are useful for spot-heating smaller areas. Fan heaters are compact and portable, though best used for short bursts due to higher energy consumption. Convection heaters circulate warm air gently and are better for longer use.

For a classic and cosy ambiance, wood burners remain popular. They offer strong, consistent heat and a traditional feel but require more setup and maintenance. Wood burners are great for off-grid or rural homes.

The right heating solution depends on your space, how often you use it, and your efficiency goals. Whether you're

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looking for convenience, economy, or atmosphere, choosing the right unit can make all the difference.

Visit Mitre 10 MEGA Westgate or Henderson to explore the latest heating options and expert advice to keep your home warm, efficient, and ready for winter

# Let the light in: Pruning trees for winter sunlight

Winter brings shorter days and lower sun angles, which can leave homes and gardens feeling darker and colder. But did you know that thoughtful tree pruning can help bring more sunlight into your space during the colder months?

With leaves gone and trees dormant, winter is one of the best times to prune. It's easier to see a tree's structure, make precise cuts, and avoid stress on the tree. Pruning in winter also promotes strong regrowth in spring.

One common goal is to allow more natural light through dense canopies – especially around north-facing windows, lawns, or garden beds. By thinning selected branches or lifting the canopy, you can create openings that let sunlight reach your home, helping to warm rooms, dry out damp areas, and reduce mould or mildew buildup.

## Additional benefits include:

improved light for winter gardens and lawns, Better airflow and visibility, A healthier, better-shaped tree come spring.

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However, proper pruning requires care and knowledge. Removing too much can weaken a tree, while incorrect cuts may lead to long-term damage or poor regrowth. It's important to work with a qualified arborist who understands tree health, local conditions, and the best ways to balance light access with long-term tree care.

If you're looking to brighten your home this winter, tree pruning could be a simple and effective place to start.

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# Exciting product addition- Instore now at STIHL SHOP Kumeu & Westgate

**\*\*EXCITING NEWS ALERT\*\***



Stihl Shop Kumeu and Westgate are now proud suppliers of the Wet and Forget cleaning range. If you're aiming to maintain spotless spaces both indoors and outdoors, we've got you covered.

The Wet and Forget range is incredibly versatile, offering specialised products for every cleaning challenge. Whether you're tackling unsightly mould and mildew on your roof, refreshing your patio and decks, or keeping your indoor surfaces sparkling clean, there's a Wet and Forget solution for you! Just spray, forget, and watch as nature works its magic.

At Stihl Shop Kumeu and Westgate, we've always been dedicated to your outdoor maintenance needs, and now we're excited to extend that care to indoor cleaning with our wide range of Wet and Forget products. Our knowledgeable team is ready to help you find the perfect solutions for all your cleaning challenges, ensuring your home looks its best from the inside out.

Come visit us today, and let us show you how easy it is to maintain a clean and inviting home environment-both inside and outside. Our Kumeu store is open Monday-Saturday and our Westgate store is OPEN 7 DAYS for all your outdoor power equipment (and cleaning) needs.

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# Whenuapai Floral & Garden Circle July 2025



As our Garden Club is still in recess, I shall once more write about Daffodils, a favourite flower of mine and many others, and a bright herald of spring. Mostly they are yellow blooms with yellow or orange trumpets but they do come in quite a

wide variety of shades. They are basically fail safe, just dig a hole or trench in a well-drained sunny spot and place the bulbs in, or simply tip them in and they will turn themselves up the right way, cover with soil and forget about them until the new leaves push their way to the surface and grow their buds which develop to reveal their perfectly formed fragrant flowers.

Caring for daffodil plants after blooming is also straightforward; “Remove daffodil blooms as soon as they fade; otherwise, the bulbs will exert considerable energy attempting to create seeds. However, remove only the bloom and stem, not the leaves. This is the critical aspect of daffodil care after they bloom. Why do we leave the unsightly foliage in place? In simple terms, the leaves absorb energy from sunlight, and through the process of photosynthesis, the energy is converted into chemicals that produce sugar – the food that keeps bulbs blooming year after year. If you remove the foliage too early, the bulbs will be stunted, which results in smaller and fewer blooms in the following year.

This also explains why daffodils should be planted in bright sunlight. If your daffodils are planted in partial or full shade and do not produce big, healthy blooms, you might want to dig them up and move them to a sunnier location after the foliage dies down. Leave the foliage in place until it dies down and turns yellow. Usually, this takes about six weeks. If the appearance of the dying foliage is driving you crazy, don’t braid the leaves or bunch them in rubber bands, which reduces the amount of sunlight available to the leaves. Instead, consider ways to camouflage the leaves. For example, plant perennial plants that will hide the dying foliage as they grow in spring.”

Until next time, stay well and keep warm, and Happy Gardening from Mary Anne Clark

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They carry a broad range of trusted tyre brands, from entry-level options right through to premium names, all chosen for how they perform on New Zealand roads. And if they don’t have what you need on the floor? They’ll sort it fast. That’s part of why so many customers come back.

But Trade Tyres isn’t just about tyres. Their workshop offers:

- Precise wheel alignments for safer, smoother driving
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- Battery testing and replacement when yours starts acting up

They also handle nationwide delivery, so whether you’re based in Auckland or the deep South, you’ll get what you need; no stress, no delays.

What sets them apart? It’s not just the gear or the brands. It’s the kind of service you remember: down-to-earth, helpful, and built on trust. If you’re not sure what you need, they’ll walk you through it. If you’re short on time, they’ll work around you. Simple as that.

So, whether you’re managing a commercial fleet or just looking for reliable tyres in New Zealand, it’s worth checking out Trade Tyres. They’ve built a name on doing things properly, and that’s something they stand behind.

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# Young Learners

## Children Events at Te Manawa in August



All regular preschool programmes have restarted.

**Mondays| Rāhina**

KIDS PLAY: 10:30am – 11:30am – TERM TIME ONLY

Te Whare Tapere | Children’s Space – Level 1

Drop-in PLAY session for active babies and toddlers in the children’s space. Chance for parents/caregivers to catch up with each other in a comfortable environment.

NOTE: THIS PROGRAMME HAS MOVED TO MONDAYS

**Tuesdays| Rātu**

WRIGGLE AND RHYME: 11:00am – 11:30am – TERM TIME ONLY. Kōkiri-Ngātahi Auditoriums – Level 3. Wriggle and Rhyme promotes active movement and brain development for babies up to 18 months.

**Wednesdays| Rāapa**

RHYMETIME: 11:00am – 11:30am – TERM TIME ONLY. Te Whare Tapere | Children’s Space – Level 1. Join our Rhymetime sessions with songs, movement and finger rhymes for pre-schoolers.

**Fridays| Rāmere**

STORYTIME: 11:00am – 11:30am – TERM TIME ONLY. Te Whare Tapere | Children’s Area – Level 1

Come along to our popular Storytimes where librarians, and sometimes, authors or other special guests read captivating stories. Ideal for kids 3-5.

Visit Te Manawa, 11 Kohuhu Lane, Westgate and pick up our August What’s On brochure to discover more amazing events happening throughout August for all ages. Linktree: <https://linktr.ee/temanawa>

# Messy Magic: The power of sensory play with gloop and dyed spaghetti

When was the last time you squelched, or squished your fingers into something purely for the fun of it? For young children, this kind of hands-on exploration isn’t just entertaining, it’s essential. Sensory play, which engages a child’s senses through touch, sight, sound, smell and even taste, is a powerful tool for development. And two activities- gloop and dyed spaghetti- are as simple as they are effective.

**What is sensory play?**

At its core, sensory play includes any activity that stimulates a child’s senses. It’s about exploring, discovering, and experimenting in a tactile world. These activities support brain development, fine motor skills, language growth, and even emotional regulation. Plus, they offer an opportunity for children to learn through play in a way that feels entirely natural and joyfully messy.

**Enter Gloop: The ooey-gooey science experiment**

Gloop-also known as oobleck-is a strange, almost magical substance made from just two ingredients: cornflour and water. It behaves like both a liquid and a solid depending on how you handle it. Run your fingers slowly through it, and it flows like syrup. Squeeze it, and it turns solid in your hand.



For children, gloop is more than a fascinating texture. It's an early lesson in science, cause and effect, and sensory regulation. It encourages curiosity and experimentation ("what happens if I tap it? What if I scoop it?"). Add a few drops of food colouring, and the experience becomes even more visually engaging.

Dyed spaghetti: A tactile rainbow adventure

Nothing captures attention quite like a tray full of vividly coloured, squishy spaghetti. It's a feast for the senses—bright, wiggly, cool to touch, and endlessly mouldable. To make dyed spaghetti, simply cook plain pasta, separate it into bags add a few drops of food colouring, shake, rinse, and you're ready to play.

Dyed spaghetti is ideal for pretend play, fine motor skills (think pulling, pinching, or using tongs). Children can scoop it, squish it, mix colours, or "cook" meals in imaginative play. You can hide small objects inside for a treasure hunt or add scents like vanilla or peppermint for another sensory layer.

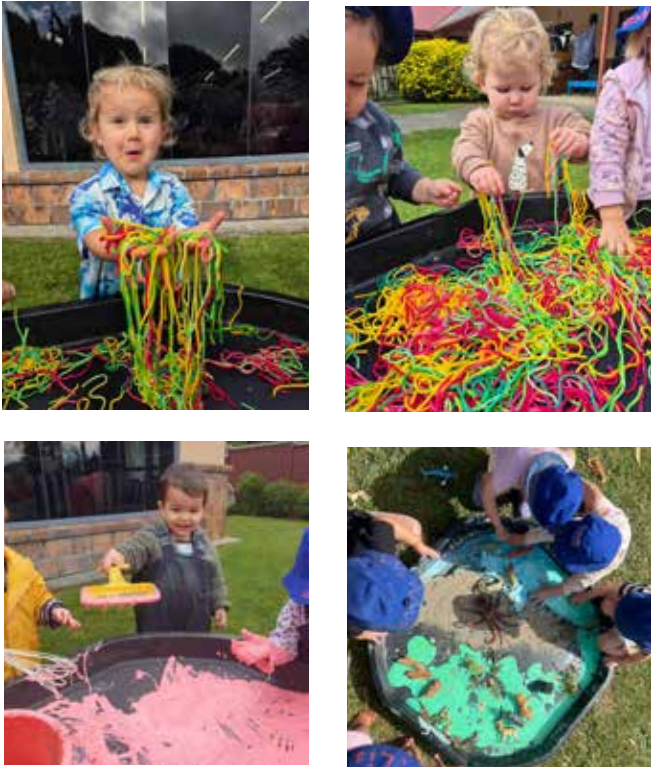
Why it matters:

While it may look like a mess to adults, to children sensory play is a world of learning. It supports language development ("slimy", "cold", "squishy"), builds confidence through independent exploration, and helps regulate big emotions. For children with sensory processing needs, activities like gloop and dyed spaghetti can be calming and centring.

And the best part? You don't need fancy equipment or expensive toys. Just a few pantry staples, a towel (or three), and a willingness to embrace mess.

Final thought

Sensory play is one of the simplest, most impactful ways to engage young minds. Whether it's a handful of gloop or a bowl full of rainbow spaghetti, the learning is in the doing—and the mess is half the fun.



# Aged care

## Kumeu Village: A month of magic, movement, and meaningful moments

As we step into August, life at Kumeu Village Rest Home continues to shine with warmth, joy, and a wonderful sense of togetherness – no matter the weather outside.

July was filled with heart, and the photos say it all. From baking trays piled high with fresh cookies to sunshine-filled mornings outdoors, our residents have been busy enjoying the simple pleasures that make our Village so special. There were library visits, creative craft sessions, singalongs, laughter over word games, and plenty of friendly movement – from activity balls to walks near the tennis court and visits to the animals. The Ladybug crew, in particular, have been keeping up a wonderful rhythm of daily connection and fun. We also took time to celebrate those who give so much to our home – with Volunteer Appreciation Day. It was a heartfelt moment to thank the generous individuals whose kindness and time

truly make a difference. Over at the Village, our Matariki celebration was brought to life by the tamariki from Riverhead School, who filled our lounge with waiata, haka, and aroha. And a special outing to the Kumeu Library for Crafternoon saw our residents creating their own colourful stars – now proudly displayed for all to enjoy.

As always, it's the love between people – the stories, the songs, the quiet moments and shared smiles – that defines daily life at Kumeu Village.

We offer hospital-level care, dementia-level care, and respite stays, all grounded in genuine compassion and respect. And if you're beginning to think about care for a loved one, please know: we're here to help you through the process. It may feel daunting, but you don't have to face it alone. We're here to answer questions, offer guidance, and walk with you every step of the way.

If you've seen our new sign on the corner of State Highway 16 and Old Railway Road, don't just drive by – pop in. Just 50 metres down the road, tucked in behind the hedge, you'll find a home filled with love, activity, and a whole lot of heart.

More joy is on the way this August – so watch this space.

With aroha, The Kumeu Village Family

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Aged Care

Matariki celebrations at Craigweil House

The stars of Matariki may have been shining above, but the real sparkle was at Craigweil House as residents came together to mark the Māori New Year in June.

In the days leading up to the celebration, residents enjoyed getting creative with Matariki-themed artwork. There were plenty of colourful stars, painted night skies, and thoughtful pieces reflecting memories and wishes for the year ahead. The lounge was buzzing with creativity, conversations, and of course, a few cups of tea.

A special highlight was the visit from the wonderful students of Parakai School. Their energy lit up the room as they sang, shared stories, and spent time with the residents. It was heartwarming to see different generations connect and enjoy each other's company.

The day was filled with warmth, laughter, and meaning. It was a lovely way to reflect on the past, enjoy the present, and welcome the future with open hearts.

If you or someone you love is considering rest home or hospital-level care, we'd love to welcome you for a visit. Come see what life at Craigweil House is like and meet the wonderful people who make it feel like home.

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# Health & Beauty

## Should I save up for a facelift or have injectable treatments?

Anon, Kumeu

This is something I get asked a lot - should I save up for a facelift, or start with injectable treatments?

The honest answer? It depends on where you're at and what you're hoping for.

Injectables like dermal fillers and Botox® can work beautifully for smoothing lines, restoring volume, and refreshing your look without surgery. They're especially helpful if you're noticing changes but aren't quite ready for something more invasive. Many of my patients use them as a way to delay the need for surgery altogether - or to make the most of the years leading up to one.

A facelift, on the other hand, is a surgical procedure. It can offer a more dramatic lift, especially for deeper sagging or looser skin around the jaw and neck. But it also comes with more downtime, higher costs, and longer recovery. It's a commitment, and it's not always the best "first step."

If you're unsure, starting with injectables often makes sense. You can target specific concerns, adjust as you go, and see how your face responds. There's no one "right" choice. But you don't have to figure it out alone. Choose an injector who you feel comfortable with who will respect your journey, because the path to looking and feeling good is a personal one. Just remember to always remain firmly in the driver's seat.



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



## Menopause



Our mothers didn't talk to us much about peri-menopause (the years leading up to menopause), menopause itself (the day one year after your final period), or post-menopause (the rest of your life). When the hot flushes, brain fades, aching muscles, fatigue, anxiety and night-time waking starts, a lot of women of my generation are taken entirely by surprise. It may take us a while to see a medical professional, and when we do, it's likely they didn't learn much about it at medical school.

I've learnt a lot in recent months. HRT, once you get the dose right, can be a lifesaver for some of us, but it doesn't always get rid of all the symptoms. A good diet, exercise, support, a sleep routine, and writing a journal can also help.

Employers can help by making workplaces menopause friendly. Small desk fans on every desk, temperatures set to cool, break rooms, and flexible schedules can make carrying on at work much easier. Some employers have introduced a small number of 'duvet days' every year - days when employees can have a day off to rest and recharge, without taking a sick day or providing a reason. Menopause training to reduce stigma, support networks,

## Health & Beauty

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and a culture where health needs are supported are also helpful.

The people around us, and how they speak about menopause, are also important. Did you know that in cultures where menopause is celebrated and older women are respected and valued, women experience fewer symptoms? In Te Ao Māori, for example, menopause is a sacred transition, bringing women closer to the natural world and ancestral wisdom. Supports:

I've also learned about and am looking forward to "post-menopause zest". This is when new energy and confidence leads to new interests and a refined sense of purpose.

If you are just starting out on this journey or are supporting a loved one who may be going through menopause, there's lots of great information out there. Women's Health Action is a great place to start: [www.womens-health.org.nz](http://www.womens-health.org.nz).

Ina oranga te wāhine, ka ora te whānau, ka ora te hapū, ka oranga iwi e (when women are in good health, the whānau, hapū and iwi will flourish).

## Grace Munro Medispa: Are You Prioritising You?



At a certain point in life, we all pause—usually while looking in the mirror—and wonder, When did this happen?

I was recently in a gift shop when a tea towel caught my eye. It read: "Inside every old person is a young person wondering what the hell happened."

I laughed out loud and bought two for upcoming birthdays—but as humorous as it was, it hit a nerve. It summed up a feeling many women experience, especially as we move into our 50s and beyond. And yes, I've felt it too—even after 30 years as a beauty therapist.

The truth is, ageing is inevitable. But it doesn't have to feel like a crisis. It can be an opportunity. The Turning Point: Choosing You

Somewhere along the way, life becomes about looking after everyone else. Family, work, responsibilities—you often come last. But there comes a time when it's not just okay, but essential, to reclaim some energy for yourself.

That's why I created Grace Munro Medispa—a boutique beauty therapy studio in the heart of beautiful Greenhithe. We specialise in anti-ageing and advanced skin care, and our mission is simple:

To help you feel confident in your skin again, with support that's real, personal, and based in science. We combine modern technology, proven techniques,

and professional-grade products—along with a deep understanding of how your body heals itself. The results? Natural, noticeable changes that don't involve injectables or fillers.

### A Few Beauty Truths I've Learned Over the Years

After decades in the industry—and as a woman in her 50s myself—here's what I believe truly makes a difference:

- You need to make a decision. Choose to invest in yourself. Just taking that first step can bring a wave of renewed confidence.

- Gut health is essential. Your skin reflects what's happening inside. In fact, there's a specific gut-skin axis that directly impacts your skin's appearance. Healthy digestion is foundational to healthy, glowing skin.

- Home care is everything. Around 80% of your skin's condition is due to what you do (or don't do) at home. High-quality, consistent skincare routines make a world of difference.

- Regular in-studio treatments give you an edge. They provide a professional boost, accelerating results and targeting deeper concerns that home care can't always reach.

As Coco Chanel famously said: "Nature gives you the face you have at twenty. Life shapes the face you have at thirty. At fifty, you get the face you deserve."

Let's make sure it's the face you deserve—healthy, radiant, and authentically you.

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# Slips, trips & stiff joints: Preventing winter injuries



Winter in Auckland may not bring snow, but it still brings hazards, wet footpaths, darker mornings, and cold-stiffened joints. At Hobsonville Physiotherapy, we often see an increase in sprains, falls, and flare-ups of old injuries during the colder months.

Here's how to protect yourself and stay mobile this winter:

### 1. Improve your balance

Balance declines with inactivity and age, but it can be trained. Simple exercises like single-leg stands, heel-to-toe walking, or gentle squats can improve stability. Our physios can assess your balance and tailor exercises to your needs.

### 2. Strengthen key muscles

Strong glutes, thighs, and core muscles help prevent falls and support joint health. If you've been less active lately, now's a great time to rebuild strength safely. We offer guided rehab and strength programs for all fitness levels.

### 3. Check your footwear

Worn-out or unsupportive shoes can increase your risk of slipping or straining your knees. We work closely with Hobsonville Podiatry to assess foot posture and recommend footwear that supports safe movement.

### 4. Don't Ignore the warning signs

If you're feeling unusually stiff, off-balance, or sore, don't wait. Early physiotherapy can prevent minor issues from becoming major setbacks.

Winter doesn't have to mean slowing down, or getting hurt. Let's help you stay strong, steady, and confident on your feet.

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# Like physical health – skin health thrives on consistency



Introducing the “Skin Gym”. Dr. Cherie Wyatt-Hutana- Restore Cosmed

Looking after your skin shouldn't be a once a year thing. Just like physical health, skin health thrives on consistency. We also know that life is busy, and it's not always easy to prioritise self care- so we've developed a way to make it easier to prioritise you. That's the philosophy behind the Skin Gym, Restore Cosmed's VIP membership

that makes consistent, expert-powered medical skin treatments simple, affordable and sustainable.

### What's included?

- Customised medical facial treatments every 4 or 6 weeks, tailored to your skin's evolving needs – whether you're tackling acne, pigmentation, dryness, dullness or ageing. What makes a medical facial? Evidence based approaches, with medical grade actives and ingredients that have proven efficacy, under the guidance of medical doctors.-

3-4 advanced dermal needling sessions per year to stimulate collagen, refine texture and elevate results over time. Our dermal needling approach utilises medical protocols, with prescription numbing and additives, to make your treatment as comfortable and effective as possible.

- VIP perks: including priority booking, 10 % off retail, and exclusive pricing on other treatments (see our website for more details at [www.restorecosmed.co.nz/skingym](http://www.restorecosmed.co.nz/skingym)).

Plans start from just \$35 per week, and help you stay on track with regular, evidence based treatments targeted to your own personal skin goals.

Ready to make consistency your secret weapon? Book your complimentary skin consultation at Restore Cosmed today, or sign up via our website- and start treating your skin with the care and commitment it deserves

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# Area Columnists

## The Village Market Helensville Showgrounds

Sunday 17th August 8.30am to 1pm



With over 50 stalls we have something for everyone - a barn for your garden, preserves to top up your pantry, fresh fruit & veg, some artwork for the home, something gorgeous for yourself and delicious treats from the market café, fresh coffee, Lions sausage sizzle - we have you covered. Plus

enjoy great music from Ralphe - singer/songwriter/DJ while you browse. Can't wait to see you all there - a great morning out for the family

No dogs please with the exception of assistance dogs. Gold coin donation for parking - proceeds to the Helensville/Kaukapakapa scouts and St John youth.

For more information contact [sarah@riversidecrafts.co.nz](mailto:sarah@riversidecrafts.co.nz)

## Kumeu Arts



In our Main Gallery, we are currently showcasing a striking exhibition of entirely black and white artwork, offering visitors a captivating exploration of form, contrast, and composition. Meanwhile, in our Pod Gallery, artist Lisa Watkins injects colour and whimsy into the space with her vibrant, sustainability-themed

sculptures created from found objects. Both exhibitions run until July 16th, after which they will be replaced by two exciting new shows. First, our ever-popular annual ceramics exhibition returns—an excellent opportunity to purchase beautiful, functional, and ornamental pieces at accessible prices. Alongside it, we'll feature a compelling collection of printmaking by talented local artists. In addition to our exhibitions, we offer a variety of creative workshops and courses for both children and adults. Coming up soon are sessions on enamel painting, as well as hands-on workshops where you can craft your own leather journal or wallet. For more information, visit [www.kumeuarts.org](http://www.kumeuarts.org) or subscribe to our newsletter.

## Kumeu Library

Even though August is often wet and cold, Kumeu Library is warm and full of new things, and winter is a great time for reading. Join us from 1 August for We Read Auckland 2025, a free festival celebrating writers and readers of Tāmaki Makaurau. Throughout August, discover special reads by local writers in this year's Bestie collection, featured in our display. Auckland-wide there will be a programme packed with exciting author events and workshops in different libraries. Details of author events and workshops can be found on our website: [www.aucklandlibraries.govt.nz/Pages/we-read-auckland.aspx](http://www.aucklandlibraries.govt.nz/Pages/we-read-auckland.aspx). Don't miss out - details and free event tickets will be available in late July. This winter, We Read Auckland brings you stacks of fresh and fantastic books written by well-known favourites and debut authors from right here in Tāmaki Makaurau - coming soon to a Bestie display near you. Skip the queues on our pick of popular locally-written titles including: page-turning thrillers and mysteries, exciting contemporary and historical fiction, fascinating and inspiring memoirs, guides on topics from money management to bringing more te reo Māori into your home, collections by emerging and established poets in honour of National Poetry Day

We Read Auckland's local Bestie selection debuts at all libraries from 1 August. Selected titles are also available on Libby and OverDrive for our e-reading Besties. Please note that Bestie books have a two week loan period, and a maximum of two Besties can be checked out at one time. [www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)

**Kumeū Area Maintenance Works**

Following community feedback and as part of Auckland Council's commitment to keep the community safe by reducing flood risks, funding has been prioritised to increase maintenance works in the wider Kumeū area.

Work includes unblocking culverts, debris cleaning, bank stabilisation, tree clearance and other stream-related flood resilience works.

This work is critical to improving the resilience of local waterways and reducing the impact of flooding on the community.


Auckland Council is seeking local contractors with expertise in flood resilience infrastructure and knowledge of the area to carry out these necessary works.

The tender is for applicants who:

- have demonstrated capability and experience with flood-related maintenance
- comply with our health and safety standards
- can meet our financial risk and operational capability requirements
- are willing to follow council's stream management plan
- are based in Kumeū, Huapai, Waimauku, Taupaki, or Riverhead.

If you meet the criteria and want to apply, please email [procurement@aklc.govt.nz](mailto:procurement@aklc.govt.nz) or call 09 301 0101 between 25 July and 15 August for the Request for Proposal.

**Altogether Auckland**  
Tāmaki Turuki





# Sayers says it

By Rodney Councillor Greg Sayers



Using local contractors to carry out essential flood maintenance work around the Kumeu district has been approved by the Auckland Council.

This decision comes after strong feedback from residents who asked for more proactive care of the Kumeu River and stormwater systems.

A full-scale dam or a tunnel to the Waitemata Harbour was ruled out earlier this year as too expensive and unworkable. However, the clear message from locals at a public meeting was: "We want better maintenance of our river". In response, the council will now be putting local rates to work - unclogging culverts, clearing swales, removing debris, unblocking the river, and making targeted repairs to infrastructure in flood-prone areas.

The council is now prioritising local contractors, which makes sense.

Local contractors know the land, the flood-prone spots, and the seasonal issues better than anyone. They'll take pride in their work and deliver value for money.

Proactive river care used to happen before the super city was formed, and I've been advocating hard to get it reinstated. I'm pleased to see that paying off.

The tender for this work opens July 25 to August 15 and will be advertised on GETS (Government Electronic Tendering Service) system and in the local papers, with work expected to start in November.

To apply, contractors will need to show experience in carrying out flood resilience related work and meet the required council criteria. Interested local contractors can contact [procurement@aklc.govt.nz](mailto:procurement@aklc.govt.nz) or call 09 301 0101 between July 25 and August 15 for more information.

The council will organise resource consents in advance for any required earthworks.

It also continues to work with farmers and landowners

from Huapai to Helensville to manage weed growth along the riverbanks. These weeds can break loose during storms, form massive floating mats, and jam up on bridge piles - causing flooding and restricting the river's ability to drain to the Kaipara Harbour.

No flood protection system is perfect.

If we get more than 100mm of rain in under seven hours, the river will breach and serious flooding will still occur.

Even a heavy rain event may still cause the low-lying floodplains and flood prone areas to flood. But by keeping the river clear the contractor and the council can help delay the river's stop banks being breached, as well as allowing surrounding properties to drain better during heavy rain events.

Rural landowners can help prevent localised flooding by ensuring culverts beneath their driveways remain unblocked and free flowing. Maintaining these culverts is the responsibility of the private landowner - not the council or Auckland Transport.

I'm urging the council and Government to stop granting building consents on known floodplains.

The law and private property rights allow consents to be granted if a building is "engineered" to be safe. That's not good enough when lives are at risk. The council is pushing to close this legal loophole in the Unitary Plan so they can legitimately reject applications to build in floodplains without being prosecuted, but that change depends on central Government's new Resource Management Act laws, expected to be passed by Parliament before the 2026 election.

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# Clear out your closet for a cause: The Kumeu Women's Clothing swap is back

Ready to refresh your wardrobe and support a great cause? The Kumeu Clothing Swap & Shop is back this August - and you're invited.

This feel-good, eco-friendly event is more than just a clothing swap. It's a celebration of fashion, community, and giving back. Expect good vibes, great finds, live music, coffee, crepes, and epic raffle prizes - all while raising funds for Parent Aid North West, a local charity supporting families in need. Here's how it works:

Drop off: Gently loved women's clothing, shoes & accessories

Entry: \$30 to drop off up to 30 items (\$1 per each additional item dropped off)

Swap: Come back and choose the same number of items - or buy more for just \$5 each

Public \$5 Sale: From 12pm, everything's up for grabs

Drop-off days: • Wed Aug 7: 11am-7pm. • Thurs Aug 8: 9am-5pm. • Fri Aug 9: 8am-3pm

Event: Saturday, August 10 | 10am-4pm | Kumeu Showgrounds

A Proud History of Giving Back. What began in 2016 as a small gathering of friends has grown into a much-loved local event. Over the years, the Kumeu Clothing Swap has supported Women's Refuge, Dress for Success, the Sophie Elliott Foundation, the Mental Health Foundation, and since 2020, Parent Aid North West. Last year, we raised \$22,555, funding over 700 hours of vital in-home support for local families. In June, we also hosted our very first Kids' Clothing Swap, raising \$5,200. A huge thank you to everyone who makes this community-powered magic possible! Whether you're a seasoned swapper or curious first-timer, this is your chance to make an impact. Come swap, shop, and support families in our community. @kumeuclothingswapandshop

# All hands on deck



The Te Awaroa Museum, Helensville, was blessed to have the family of the late 'Queen of the Kaipara' Flora Thirkettle allow us to document them talking of their mother. Flora was a pioneering fisherwoman and had to fight for acceptance with doggedness and hard work. Tragically widowed, Flora was left with a young family of seven, no

home or income;

"I had two choices; either go fishing or farming, both of which I knew a little about. I couldn't afford to buy land, so fishing was the option I chose. I found this house for sale right on the creek (Kaipara River) off the harbour. It came complete with 'Olive' the launch, the dory, a pair of oars and two nets. I thought if I can get good enough at fishing, I'll be able to keep up with mortgage repayments, which I did."

Flora went on to raise her family, eventually earning the trust and respect of the local fishermen and becoming the first woman nominated to membership of the Kaipara Cruising Club - causing two men to resign. In 1963, the added distinction of being the only female seagoing member of the Coastguard in the world, was a role not unfamiliar to Mrs Thirkettle. Running her 26-foot launch 'Olive' on the treacherous Kaipara Harbour, she answered many calls for assistance. "Nowadays I don't think any notice would be taken of it. There's lots of woman skippers and deck hands around now". (It is worth noting that as the times dictated, Flora always wore a dress, even whilst fishing).

Preparing for the Thirkettle family to visit took a village, thanks are due to Kaipara Tavern's Andy Cummings and the crew from the Helensville Network Group for helping us move Flora's dory from the barn to the 'Kaipara Room'. Also thanks to Zach Stark from Wylde Creative and Helen Martin for producing something coherent from our efforts.

Above all, a huge thank you to Flora's family for being so generous with their time and memories.

Sons John and Reg, brother Ted, and daughters Cherry and Iris (seated), a grand legacy to her immense strength of character.

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# Your second-hand school uniform shop – developed here in Kumeu



Back in 2016 Kumeu resident, Robyn Dean, along with other parents, developed a system for managing school second hand uniform sales called Hand Me Round.

Hand Me Round (HMR) manages the whole cycle of selling second-hand school uniforms – from recording items for sale through to running events and making payments directly into seller’s bank accounts. Since HMR was developed by local parents intimately involved with second-hand school uniform shops, it is uniquely designed to suit New Zealand schools.

There are a whole lot of benefits to using HMR:

It makes running a second-hand school uniform shop easy for volunteers – if you can make it easy for volunteers, you’re more likely to get them involved.

HMR gets a fair price for sellers and buyers and returns revenue to the school. For a large schools like Westlake Boys, Westlake Girls, and Rangitoto, HMR contributes the majority of the PTA fund raising.

The unique way HMR works means that students purchase the second-hand uniform items at school. This means they should always buy the correct size, but importantly, it means parents are not spending their time on wild goose chases around the district buying uniform items via. TradeMe or Facebook.

In June, Robyn represented Hand Me Round at the Secondary Principals Association (SPANZ) PA/EA Conference in Wellington, to spread the word about how to run a school second-hand clothing store that is great for the community, the school and the environment.

If your kids attend one of the three North Shore schools mentioned above, take a look at the second-hand uniform page on their school website and see how effortless the process is. If your school has no good way to manage the second-hand uniform sales, then contact Robyn at [robyn@handmeround.co.nz](mailto:robyn@handmeround.co.nz) or take a look at the HMR website: [www.handmeround.co.nz](http://www.handmeround.co.nz).

# Pest Free Kumeu- Huapai traps in the Kumeu Riverside Reserve

- Jeremy Dean



The first question is: Did you know Kumeu has a riverside reserve? Most of the time you will turn left into the New World carpark, but if you continue on, you will find yourself in a grass reserve with the Kumeu River meandering around the border of native plantings. It’s a lovely spot.

The second question is: Did you know Pest Free Kumeu has been maintaining predator traps in the reserve for three years? There are 11 traps of different types in a line: for possums, mustelids (ferrets, stoats, weasels) and rats.

By reducing the number of these pests we can see improved birdlife in the area along the river and less rat and mice invasions into the surrounding homes.

The traps should all be checked, cleared and rebaited at least once per week and it takes around 30-40 minutes to walk around the ‘trap line’ to check and reset all the traps. Each time we catch something, we enter it into the [www.trap.nz](http://www.trap.nz) app so we can track numbers and know we’re making a difference.

That’s where we need your help. If you live in the surrounding streets we’d love to help with all you need for a ‘purposeful walk’ around the traps. For one person it would be a weekly walk, for two people just a couple of times a month.

The streets are:

Papatupu Way, Purapura Lane, Whawhaki Lane, Tuputupu Drive, Kawapani Lane, Kari Lane, Parenga Lane, Awakeri Street, Kumerahau Street, Whakato Avenue, Honowai Street

If you live on one of these streets, or are local and would like to help out in one of Kumeu’s hidden gems, let Jeremy from Pest Free Kumeu know: [jeremy@jeremydean.com](mailto:jeremy@jeremydean.com)

# Norwest Podiatry Clinic

Fungal nails are a frustrating condition that affects many individuals. Infections occur when nails are exposed to fungal spores. Shared spaces like gyms, pools, and nail salons can increase exposure, as can having Athlete’s Foot (Tinea). Those with active lifestyles or weakened immunity are at greater risk of persistent, resilient infections.

Signs and symptoms include:

-Discoloration: Infected nails may turn yellow, brown, white, and have patches or streaks of discoloration. - Thickening: Nails become thicker and more difficult to trim. - Distortion: The shape of the nail may change, becoming curved or twisted. - Crumbling: The nail may become brittle and start to crumble. - Separation: The nail may separate from the nail bed, causing pain or discomfort. - Odour: In some cases, infected nails produce a distinctive smell. - Athlete’s foot: The presence of tinea may increase the risk of fungal nail infections.

Why fungal nails persist:

- Nail Structure: Nails are made of keratin, a tough protein creating a protective barrier, making it difficult for topical treatments to penetrate the nail plate and reach the infected areas. - Slow Nail Growth: Toenails grow slowly, meaning it takes longer to replace infected tissue with new, healthy growth, prolonging treatment time and delaying visible results. - Persistent Fungal Presence: Fungal spores linger in socks, shoes, and other environments, increasing the risk of reinfection even after successful treatment. Preventing exposure can be difficult. - Resilient Fungus: Some fungal strains are more treatment resistant. This resistance can lead to recurring infections and ongoing treatment.

Treatment options:

- Conservative treatment: Regular nail reduction allows topical antifungal treatments to penetrate the nail effectively. - PACT (Photodynamic Antimicrobial Therapy): A painless, effective treatment that uses a specific light spectrum to activate a photosensitiser gel (leading to activation of oxygenated molecules), destroying fungal tissue without harming healthy tissue. - Oral antifungal medications: GP Prescribed, they help eliminate the infection internally.

Your foot health matters–don’t ignore it. For tailored advice and treatment, we’re here to help.

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# Achieving the perfect blonde



Achieving the perfect blonde at Zash Hair is a transformative experience that combines expert craftsmanship with personalised consultation. At Zash Hair, the journey begins with understanding your unique hair type, skin tone, and desired shade. Whether you’re aiming for a sun-kissed balayage, icy platinum, or warm honey blonde, our skilled stylists tailor the colouring process to suit your

individual style.

The process typically involves a meticulous consultation where the stylist assesses your current hair condition and discusses your blonde goals. To achieve a seamless, natural look, Zash Hair employs high-quality products and advanced techniques such as foiling, balayage, or global lightening, ensuring minimal damage and maximum vibrancy. Our team prioritises hair health, using nourishing treatments and toners to eliminate unwanted brassiness and enhance the final colour.

Maintenance is key to keeping your blonde stunning and fresh. Zash Hair provides personalised aftercare advice, recommending sulphate-free shampoos, regular deep conditioning treatments, and touch-up appointments. With proper care, your blonde will stay luminous and healthy for longer periods.

Ultimately, achieving the perfect blonde at Zash Hair is about more than just colour—it’s about confidence and expressing your unique style. Our dedicated team ensures you leave feeling beautiful, radiant, and ready to embrace your new look. Whether you’re a first-timer or a blonde veteran, Zash Hair is committed to delivering a flawless, personalised result that exceeds expectations.

Carla Haresnape 021 814 663

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