

# Kumeu Courier

FREE monthly community magazine for Kumeu & surrounding townships

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

## Kumeu Lifestyle Medicine Clinic opens

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Contact Geoff Dobson on 027 757 8251 or [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)

July 2024



## Greetings

So a McDonald's fast food restaurant is due to open mid-July in Huapai.

I've asked Restaurant Brands New Zealand if a KFC, Carl's Jr, and/or Taco Bell is opening in the area anytime soon. It already has a Pizza Hut in Kumeu.

The Kumeu District is blessed with some good restaurants (and has some fast-food outlets like Hell Pizza and Burger King), so I'm wondering what the impact will be on the restaurants if any more fast-food outlets open here.

Will SH16 (Main Street) become like Lincoln Road in Henderson (often dubbed "heart attack alley" or "cardiac mile")?

Some people won't mind the fast-food outlets coming, while others will.

I suppose it depends whether people (or their offspring) are into "Maccas".

I'm not but my grandkids are.

Many local restaurants are more to my taste – I think I've tried most of them over the years.

Sure, prices have gone up – but what hasn't. My rates, mortgage, insurance, shopping, and other costs have all risen (some have skyrocketed) yet we are supposedly all struggling in the current economic climate.

No wonder some of us are still working past retirement age.

Speaking of "struggle street", the rest of this year and early 2025 is looking grim for many.

We're just keeping up with the bills (including a few unexpected ones) not in any major debt and can afford some of life's little luxuries – like dining out occasionally.

A recent round of COVID in Auckland might make winter's introduction a little more miserable for some.

So there's light at the end of a very long, dark tunnel - and it's not a train (wreck) coming yet, although I don't know about the rest of the world (with bird flu, war, and more threatening).

As you can probably tell, I'm not fully cheery yet. Roll on summer and a year of fewer horrid outcomes.

Geoff Dobson, Editor



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# People & Places

## Kumeu Lifestyle Medicine Clinic opens

The Kumeu Village Medical Centre has expanded its services with the launch of the Kumeu Lifestyle Medicine Clinic.

It's a new dedicated arm of the business focused on providing comprehensive and integrative healthcare solutions.



The clinic is designed to serve both enrolled and non-enrolled patients, offering a variety of innovative services catering for overall well-being.

Here's a glimpse into the clinic's new offerings and how they can benefit you.

**Functional medicine consultations with a GP** - At the heart of this clinic is the functional medicine approach, which focuses on identifying and addressing the root causes of disease.

The clinic's experienced General Practitioner (GP) will conduct thorough consultations, taking into account your medical history, lifestyle, and genetic factors. This personalised approach allows the clinic to develop tailored treatment plans that not only manage symptoms but also promote long-term health and vitality.

**IV vitamin infusions** - Boost health and energy levels with the clinic's IV vitamin infusions. This therapy delivers essential vitamins and minerals directly into your bloodstream, ensuring maximum absorption and immediate benefits.

Whether you're looking to enhance your immune system, recover from illness, or improve your overall energy, the clinic's IV infusions are a quick and effective solution.

**Functional testing** - To provide the most accurate diagnoses and effective treatments, the clinic offers a range of functional tests.

These include advanced blood tests, hormone panels, and metabolic assessments that help uncover underlying imbalances

and dysfunctions.

By understanding your body's unique needs, the clinic can create a more precise and effective health plan.

**Nutrition consultations** - Good nutrition is the cornerstone of a healthy life.

The clinic's nutrition consultations aim to educate and empower you to make informed dietary choices.

Expert nutritionist Tamara will work with you to develop personalised eating plans that support your health goals, whether you're looking to manage a chronic condition, lose weight, or simply eat better.

**Mind/body therapies** - The clinic also recognises the profound connection between mental and physical health.

it offers a variety of mind/body therapies with the clinic's resident counsellor and nurse Cheryl including:

- **Counselling** - Cheryl provides a supportive space to explore your thoughts and feelings, helping you navigate life's challenges and improve your emotional well-being.

- **Neuro Emotional Technique (NET)** - This unique therapy addresses the physiological effects of stress and trauma by identifying and resolving emotional blockages. NET can help alleviate a range of physical and emotional symptoms, promoting a more balanced and healthy state of mind.

- **Havening** - This innovative therapy uses sensory techniques to create lasting changes in the brain, effectively reducing the emotional impact of traumatic memories and stress. Havening can be a powerful tool in achieving emotional freedom and resilience.

**Cardiacion Pulse Wave Analysis** with specialist nurse Deanne

The Cardiacion Pulse Wave Analysis machine is a cutting-edge technology that assesses cardiovascular health by measuring arterial stiffness and blood flow.

This non-invasive test provides critical insights into your heart health, enabling early detection and prevention of potential cardiovascular issues. Regular monitoring with the clinic's Pulse Wave Analysis can lead to proactive management and a healthier heart.

Join us on the path to better health

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# People & Places

The Kumeu Lifestyle Medicine Clinic is committed to providing high-quality, personalised healthcare that addresses all aspects of your well-being.

Whether you're dealing with a specific health issue or looking to improve your overall health, the clinic's diverse range of services is designed to support you every step of the way.

You are welcome to visit the clinic and discover how its holistic approach to health can make a difference in your life.

Call 09 412 8446 or visit [www.kumeumedical.co.nz](http://www.kumeumedical.co.nz) for more information or to book an appointment.

## Bird flu

Migrating birds returning this winter and spring may bring avian (bird) flu with them.

So says the Predator Free New Zealand Trust, adding it's a worry for native birds and suggesting people keep an eye out and report birds falling over or dying in large groups to Biosecurity on 0800 80 99 66.



The trust says predator-free awareness is growing in New Zealand since 2022 with nearly 40% of Kiwis aware of the mission.

"Plus, most Kiwis support legislation for more responsible cat ownership (57%) and reducing feral cat numbers on public conservation land (64%)."

Pest Free Kumeu-Huapai and Predator Free Waitakere/Swanson are helping spread the anti-pest message here, providing traps and advice, especially about rodent control.

They suggest stepping up trapping and baiting with winter's onset to keep rodents and other pests out of homes and away from food sources.

The trust recommends rat-proofing compost bins and can provide a guide for that.

The editor has nailed about four mice and three Norway rats through a recent trapping and poisoning programme.

He's also seen only one dead possum on surrounding roads after Feracon cleared the area of such pests.

Pest Free Kumeu-Huapai volunteers also maintain trap lines along the Kumeu River behind Kumeu township to give native birds their

best chance among the new plantings.

Visit [www.predatorfree.nz.org](http://www.predatorfree.nz.org) for more information.

## Emergency communications

North Shore Radio Club and Amateur Radio Emergency Communications group (AREC) recently hosted local MP's seeking first-hand knowledge of emergency communication preparedness for future Civil Defence emergencies.



The three Northern MPs - Cameron Brewer (Upper Harbour), Dan Bidois (Northcote), and Simon Watts (North Shore) - visited North Shore AREC at their Sunnynook base.

AREC is a volunteer organisation made up of people interested in radio communications, who volunteer their expertise, equipment, time, and money to provide radio communications support to Civil Defence and Emergency Management organisations, Police, Search and Rescue groups and community volunteer groups in emergencies. AREC is part of the NZ Association of Radio Transmitters (NZART) - the national organisation of amateur radio operators.

The North Shore AREC group maintains a communications base at the Auckland Emergency Management (AEM) building in Sunnynook and volunteers operate the Civil Defence radio network on behalf of AEM. In addition to the base station AREC has a communications vehicle which provides a mobile communications base for Search and Rescue and Civil Emergency incidents. The vehicle was purchased and equipped by AREC members throughout Auckland.

Andy Brill, Group Leader AREC North Shore outlined the team's experiences during the major weather events in 2023 when AREC activated the Sunnynook base to maintain 24-hour radio coverage of the Auckland region for the duration of the event.

The failure of power, phone, and internet services in several areas around Auckland highlighted our reliance on these forms of communication and the need for radio networks in the event of a failure of the normal infrastructure.

The MP's discussed the recommendations relating to communications and the use of volunteers in the various reports which have been published and expressed support for the often-unrecognised work AREC does in the background during emergencies.



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# People & Places

On the 12 June North Shore AREC took part in a National Emergency exercise conducted by the National Emergency Management Agency (NEMA) to evaluate NZs response to a major earthquake on the Alpine Fault in the South Island. AREC set up voice and data communications over radio networks to evaluate their ability to communicate nationwide without the use of normal fixed systems such as phone and internet. The communications van was used during the exercise and operated completely "off grid" using emergency power and VHF and HF radio systems. They established communications with other AREC groups all over the country.

On the day of the exercise Member of Parliament for Kaipara ki Mahurangi, Chris Penk was on hand to understand the role of the AREC and support his work.

AREC members were heartened by the MPs interest and their assurance that the importance of emergency communications and recognition of the value of volunteers during disasters is not lost on the Government.

North Shore Radio Club and AREC welcomes anyone with an interest in communications technology or emergency communications in general. The club runs regular weekend courses for people wishing to learn about radio and to gain their amateur radio licence. E-mail [info@nsrc.nz](mailto:info@nsrc.nz) or visit the club and AREC websites at [www.nsrc.nz](http://www.nsrc.nz) and [www.arec.nz](http://www.arec.nz).

## Consultation open on speed limit reversals

The National-led Coalition Government is reversing Labour's blanket speed limit reductions by July 1, 2025.

"Speed limits were slashed across the country under Labour, forcing Kiwis to slow down," says Transport Minister Simeon Brown.

"New Zealanders shouldn't be forced to drive at a snail's pace on roads that can safely accommodate higher speed limits."

Simeon says Kiwis rejected Labour's blanket speed limit reductions loud and clear, and National listened.

"That's why we are reversing these speed limit reductions on local streets, arterial roads, and state highways.



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"Keeping young New Zealanders safe as they attend school is important, which is why we are delivering on our election commitment to implement variable speed limits outside schools during pick up and drop off times.

"We're also enabling 110km/h speed limits on expressways from the day they open and consulting on 120km/h speed limits on Roads of National Significance, where it's safe to do so."

Public consultation is now open on the draft speed limit rule and Simeon encourages people to submit feedback through Setting of Speed Limits 2024 consultation - Te Manatū Waka Ministry of Transport - Citizen Space.

## Volunteers pitch in on World Ocean Day

Caption From left: Tanya Wilson, Heays Cooper, KMR Field Advisor Shona Oliver, Cash Cooper, Richard Wilson and CVNZ's Kiri Huddleston.



A team of volunteers from Auckland joined forces to plant more than 1100 native plants within hours on a Kaukapapa lifestyle block.

Representatives from Conservation Volunteers New Zealand (CVNZ) and Kaipara Moana Remediation (KMR) teamed up with landowners Richard and Tanya Wilson. By the end of winter they will have planted 3200 natives along the banks of Te Kuru Stream, which flows into the Kaukapakapa River.

Richard and Tanya's lifestyle block was hammered by flooding during Cyclone Gabrielle in 2023 and they have since been on a mission to remove willows from Te Kuru Stream to improve waterflow, while also planting appropriate natives on both sides of the stream to protect the banks from erosion and slow future floodwaters.

CVNZ Regional Manager Kiri Huddleston says it was an inspiring day and is she and her team of volunteers are looking forward to two more planting days (July 7 and July 27) when KMR and CVNZ



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# People & Places

will partner again to make a positive environmental impact to help restore the mauri of the Kaipara Moana.

"Our collaboration supports the KMR project - which is amazing - to get more volunteers on the ground at every planting day," says Kiri.

"We are stoked to be able to help and add our expertise to such a huge initiative as KMR. Our kaupapa as an organisation is about empowering people to be kaitiaki for nature and guardians of a healthy and sustainable environment and inspiring them to keep making a difference by managing and protecting our environment. This really aligns with KMR's kaupapa too," says Kiri.

KMR Pou Tātaki Justine Daw says the planting day took place on World Ocean Day to highlight the importance of taking action on the land to protect our seas, as well as clearly showing the positive impact the KMR programme is having on the health and mauri of the Kaipara Moana.

"I am so pleased to be partnering with Kiri and her team at CVNZ because this really adds momentum to the KMR movement. Not only does KMR's partnership with CVNZ bring together like-minded people together to get even more natives in the ground, it also brings communities together - young and old - to engage with nature and understand its importance. The land connects with the waterways, and these connect with the sea," says Justine.

"This is just the start of our collaboration with CVNZ and based on the success of this planting day, we look forward to working with even more Auckland volunteers at our upcoming collaboration planting days.

"Since our establishment, we have had over 1000 landowners and groups submit an Expression of Interest to KMR and through working closely with these people, the KMR team has supported the development of over 600 sediment reduction plans or projects, which is a great achievement."

Justine says KMR aims to protect and restore the mauri of the Kaipara Moana, with a long-term aspiration is to halve sediment flows into the harbour.



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"The projects KMR invests in focusing on restoring wetlands, fencing off rivers and streams, planting trees and regenerating forests on erosion-prone land. This brings wider benefits including thriving rural communities and enhanced connection to local waterways, greater protection for valued species, and resilience to extreme weather," she says.

In total, more than 1.7 million plants (largely native grasses and trees) have been planted or are contracted to go in the ground this winter.

More than 730km of fencing has been completed or contracted, which is nearly the distance from Cape Rēinga to Taupō.

Over 440 hectares of riparian margins, wetlands or hill country have been planted, or are under contract to be planted, and in total more than 127,000 hectares of land is now managed under KMR plans, says Justine.

Visit [www.kmr.org](http://www.kmr.org) or email [hono@kmr.org.nz](mailto:hono@kmr.org.nz) for more information.

## North West Country Inc

June sees the end of the financial year for the business association and we saw the year out with a blast thanks to the talented business advisor, Geoff Neal.



Geoff approached the business association to offer two of his business support workshops where he took our business owners through the 7 Steps to Rapid Profit Growth and Survive to Thrive. Using Geoff's 20 years in the industry and market successes, he could step business owners through the ways to understand business data and make good decisions.

July is packed with goodies too. We have our biennial comedy night, The Great Night Out at Markovina Vineyard Estate, Kumeu on 25th July. This event is open to the whole community so get your tickets now through our website. Enjoy a three course buffet dinner with local produce, and local beverages. Te Radar will be our MC for the night and hand out over \$15,000 in prizes including a weekend for up to 11 people at the luxurious Woodford Lodge.

Anyone with a manufacturing or goods business should consider joining David Altena's research into improved productivity. In this National Business Review rated study, David has identified three steps to higher productivity in a collaborative market. David is looking for five businesses to case study his research further with and has offered this opportunity to North West Country business



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# People & Places

members. For more information and to register your interest email me on [manager@northwestcountry.co.nz](mailto:manager@northwestcountry.co.nz).

## Lions Book Fair

Lions are grateful for the books already donated for the fair at the Kumeu Community Centre, July 6 and 7, 9am-1.30pm.

Donated books may be left this week on the table outside the Lions room at the centre's foyer.

Each afternoon Lions are on hand for receiving and sorting the wide range of books donated.

Now is a good time to cull bookshelves and other book storage places and get them into the hands of new readers, Huapai-Kumeu Lions say.

All books are priced at \$2 with special prices for bundles of children's books.

For this fair Lions are partnering with Waimauku Scouts which will share in the profit.

The donation of used and unwanted spectacles will be also welcome.



After processing they are made available to vision-impaired people in the Pacific Islands.

## Taupaki School 125th

Hundreds of visitors turned up for Taupaki School's 125th celebrations, packing the school hall to hear Paris-bound Olympic swimmer Cameron Gray recall his student days and others speak about the anniversary.

Each class had a "decade of learning" theme, including Room 2 teacher Shannon Andrews demonstrating 1800s-style teaching with appropriately dressed pupils, 1950s and 1960s styles, a COVID-era class and another room demonstrating the future (including virtual reality headsets).



A pupil at the school from 1947 to 1950 Diana Annandale called in, as did many others - some saying parking was at a premium with cars parked down nearby Waitakere Road.

Quasiquicentennial committee and Taupaki Board of Trustees member Kim Cullum welcomed everyone as the hall filled to overflowing.

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# People & Places

"The stories of our past and present are essential to shaping our future," she says.

"This school has seen countless changes since its opening, adapting to the times and incorporating modern advancements to better serve our students. However, amid all this progress, some things remain steadfast: our core values and the strong sense of community that binds us together. These elements are the heart and soul of Taupaki, and they are what makes our school truly special."

Cameron talked about his time at Taupaki School where he was voted most likely to compete at the Olympics, especially after winning his swimming sports event by nearly a full lap.

He shared memories of school trips, friends, and included photos.

Taupaki School's website ([www.taupaki.school.nz/home](http://www.taupaki.school.nz/home)) has anniversary pictures.

The school's 125th anniversary featured in the Kumeu Courier May and June editions.

## Major upgrade for Parakai Reserve

By Guy Wishart, Rodney Local Board and Kumeu Community Action (KHRRRA)

Exciting things are happening at Parakai that will no doubt interest lots of people in the Northwest.



When I think of Parakai I think of the hot pools, the road to South Head and a good place to stock up on food and drinks before heading up the peninsula.

Many locals travel regularly to the thermal pools and it is now the only geothermally heated pool facility in the Auckland area, with Waiwera having closed down permanently.

A lot has been happening at Parakai over the last few years.

Kaipātiki is the new name for the Parakai Recreation Reserve and it is governed by Te Poari o Kaipātiki ki Kaipara. They have been working hard to upgrade the park area around the pools, including a new playground area, camping area upgrades, new tiny homes for overnight stays and a huge number of new plants have been added.

The planning for this work started more than five years ago with the physical work starting last year.

As you all know last year was, as Queen Elizabeth II was known to say, annus horribilis - a horrible year in many ways, especially in terms of high rainfall levels.

The soil at the reserve is only a metre in depth, with watery coastal slush below. The huge amount of rain last year made the going slow and arduous.

In spite of this the first stage of the revitalisation of the Kaipatiki Reserve is due to open in a few weeks - on Saturday July 13.

A dawn ceremony starts the day and local children and their families will be able to experience the newly installed play area, cabins and redesigned reserve in its entirety for the first time.

It will be a great day and the first milestone in a project that has only just begun.

After new plans have been finalised, the remaining parts of the reserve are going to be remodelled and replanted all the way to the Kaipara River.

New bridges and walkways, lookouts and sculptures will be added to the nature trail. This huge upgrade to the reserve will no doubt make Parakai even more attractive as a destination for day trips and overnight stays with its upgraded campground and cabins.

It is hoped that the pools will be upgraded in this process as well, and many would think this a missed opportunity if they were not done.

Just how this might happen will need to be decided in the next few years as the current lease is up for renewal.

The pools are looking a bit tired and elements of it need major renewal. No doubt Te Poari o Kaipātiki ki Kaipara will be doing everything in its power to give the reserve the new lease on life it so richly deserves.

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# Safer Communities



Fire extinguishers: Safeguarding lives and property

Fire extinguishers play a crucial role in safeguarding lives and property during emergencies.

Understanding the importance and difference in extinguishers and what to use and when is fundamental in ensuring the safety of your family and home.

Consideration for your extinguisher should include where to keep it.

- They should be visible and easily accessible.

- In or near the kitchen, (but not too close to the stove)

- In the garage

- Secured in your vehicle (Securing them is important to ensure these do not become a projectile in case of an accident.)

Most extinguishers come with a mounting bracket for ease of installation.

What type of extinguisher should I have?

Not all fires are the same so there are several types of fire extinguishers. The table below outlines our recommendation about which extinguishers are suitable for different fire types.

How to use an extinguisher?

Follow the 'PTASS' technique:

- Pull the safety pin or remove the clip.

- Test squirt the extinguisher to ensure it works.

- Aim the nozzle at the fire's base from a safe distance (usually 2-3 meters).

- Squeeze the handles.

- Sweep the extinguisher side to side while aiming at the fire's base.



Be familiar with the extinguisher and how to remove it from its location before you need to use it.

Fire extinguishers should only be used when it is safe to do so, e.g. the fire is no larger than a wastepaper basket or pot on a stove. Always have a safe path of escape if you are attempting to extinguish a fire and ensure Fire and Emergency has been called.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

## Float, Breathe, Signal, Survive.



Know what to do if you're in trouble in the water

**Float first**

**Breathe normally**

**Signal for help**

**Survive by swimming or floating**

# Community News

## Flip for fun & for health

Did you know....?

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

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

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

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

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



## Kumeu Clothing Swap and Shop for fashion and fun

Ladies, mark your calendars for an event that promises to refresh your wardrobe, uplift your spirits, and support a worthy cause! Our upcoming Kumeu Clothing Swap and Shop is not just another shopping spree; it's a celebration of sustainability, community empowerment, and the spirit of giving back.



10am-4pm, Sunday 22nd September 2024 at Kumeu Showgrounds.

Why you should attend;

1. Supporting young families in need: By participating in our Clothing Swap, you're not just scoring new outfits—you're making a difference

in our community. All proceeds from this event will go directly to Parent Aid North West, a wonderful organisation dedicated to supporting young families facing challenges. Your contribution will help provide practical in-home help, ensuring that every family gets the support they deserve. Check out [www.parentaidnorthwest.org.nz](http://www.parentaidnorthwest.org.nz) for more information.

2. Sustainable fashion, stylish savings: In today's world, sustainability is key, and our Clothing Swap is all about reducing waste and redefining fashion. Instead of buying new, swap your gently used clothing items for something fresh and exciting. It's a guilt-free way to update your wardrobe while reducing the creation of textile waste and minimising your carbon footprint. Plus, who doesn't love discovering hidden gems and unique pieces?

3. Be smart about your budget: In today's economy, every dollar counts. The Swap allows you to update your wardrobe affordably while supporting a great cause. Instead of spending on new clothes, save money by exchanging items you no longer wear for something new-to-you and exciting. It's a win-win situation that benefits both your closet and your wallet.

4. Girl power and community spirit: At our event, you'll experience the power of women coming together to uplift and empower each other. It's more than just swapping clothes; it's about building connections, sharing stories, and celebrating our collective strength. Whether you come alone or with friends, you'll be welcomed into a supportive and inclusive atmosphere where everyone's contribution matters.

How to participate - Participation is easy and fun:

- Clean out your wardrobe and bring your gently used women's clothing, shoes, and accessories to one of our drop-off days (19th, 20th and 21st September at the Kumeu Showgrounds).
- Pay your entry fee and grab your event wristband - which will have your number of donated items on it.
- Come along on the event day (22nd September) and swap 'til you drop at our one-day-only pop up shop.
- Use your wrist band to 'buy' your new-to-you items. If you want more than your quota, it's just \$5 per additional item on check out.

Spread the word - Don't keep this fabulous event to yourself—invite your friends, family, colleagues, and neighbours to join in the fun. The more, the merrier, and the greater the impact we can make together. Save the date, gather your items, and get ready to swap, shop, and support. We can't wait to see you there.

Check out our Facebook Group (Kumeu Clothing Swap & Shop) and Instagram (@kumeuclothingswapandshop) for more information and event updates.

If you would like to be part of our volunteer team, or are interested in sponsoring our event, please email Bex at [bex.holland@outlook.com](mailto:bex.holland@outlook.com).

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# Community News

com.

## Don't sit on your symptoms

Bowel cancer is the second highest cause of cancer death in New Zealand and is more common in those aged over 50, but it affects people of all ages, even young people. It is treatable and beatable if detected early enough.



Dr Cameron Schauer, Gastroenterologist at Waitemata Endoscopy explains why gut health is so important, things you can do improve it and symptoms that shouldn't be ignored that might mean you need a Colonoscopy.

Why is gut health important?

- The gut absorbs all of the nutrients in the foods that you eat and diffuses them out into the body
- Manages the waste and filters and eliminates toxins from the body
- It's crucial to your immune system

How to improve your gut health

- Natural prebiotics - fermentable foods that feed your own natural

bacteria, like brown rice, brown bread, grains, legumes and beans that optimise your gut health

- Foods with natural probiotics such as sauerkraut, kombucha, kimchi and yoghurts
- Managing a healthy weight and regular exercise has been shown to change your gut health

The gut is the engine of the body. When the gut is working well, the body is working well. Implementing these changes, you'll see changes to your physical and mental wellbeing.

Symptoms to look out for

- Change in bowel habit
- Bleeding from the bowel
- Know your family history

What is a Colonoscopy?

- It involves flushing and cleansing the bowel of all the stool so we can see what's inside the colon
- A day stay procedure which only takes about 30-40 minutes and you'll go home on the same day
- One of the massive benefits of a Colonoscopy is the ability to detect and remove polyps, the precursors to bowel cancer

To view Dr Schauer's full video and to learn more about gut health, please scan the QR code below or visit <https://waitemataendoscopy.co.nz/medical-conditions>.

# WE

have reduced wait times for Colonoscopy & Gastroscopy

With increased capacity, Waitemata Endoscopy is able to offer greater and timelier access to a group of experienced Gastroenterologists and Surgeons, dedicated to providing excellent patient care.

Appointments are available within **7 working days** for most standard Gastroscopy & Colonoscopy procedures by matching patients with the availability of our Specialists.\*

If you need an appointment, talk to your GP about a referral to the Waitemata Endoscopy Group, or you can self-refer at [www.waitemataendoscopy.co.nz/referrals](http://www.waitemataendoscopy.co.nz/referrals)



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a joint venture with Southern Cross Healthcare

Or call us on (09) 925 4449

WE West – 53 Lincoln Rd, Henderson  
WE North – 212 Wairau Rd, Wairau Valley



Scan the QR code to view our video on gut health

\*Terms and conditions apply  
Visit our website for further details

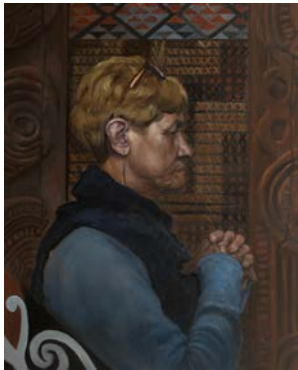
# Community News

## What's on at Kumeū Arts

This July we're celebrating with two wonderful exhibitions: In the Pod + Pip Galleries - a solo exhibition of paintings and drawings by Zarahn Tūwharetoa Southon. Zarahn's portraits of his whanau and friends explore the essence of his subjects through the traditional techniques of capturing light and emotion.

For Matariki at Kumeū Arts, we will be holding a member's exhibition in the Main Gallery exploring the fundamental elements of community, connection, creating, new beginnings, and remembering. For the duration of these exhibitions, drop in and create a pinch pot and we'll take a photo of your creation for our wall, before you take it home with you. All are welcome.

Upcoming exhibitions include 'Get Fired', the annual Ceramic show and 'Drawn In', our drawing show. Visit our website or social media for more details on this and our classes and workshops. [www.kumeuarts.org](http://www.kumeuarts.org)



## Gently Loved Markets

Gently Loved Markets is back in Hobsonville Point for Gently Loved Markets Just Kids! on Saturday 27th July from 10am until 1pm at The Sunderland Lounge - Te Rere. Free entry.

With stalls selling preloved baby to kids' 0 - 10 years clothes, toys, accessories, nursery items and more.

There will be a wide range of prices at the market so it's great for everyone's budget. Grab cash, a bite to eat from William the Baker (who is fundraising for rugby gear), a coffee from Luna's Traveling Cottage, your favourite fabric bag and come have a preloved treasure hunt with us. All stalls are within the hall so the event will go ahead no matter the weather.

This market day is fully booked for stall holders, to go on the waitlist or to be notified about upcoming market days contact Donna on [gentlylovedmarkets@gmail.com](mailto:gentlylovedmarkets@gmail.com)

Gently Loved Markets hold different of styles of market days - from everything preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds)



and a Flea Market. Keep an eye on their Facebook and Instagram for the market day announcements @gentlylovedmarketsnz.

## Your will is a powerful tool

When Stephanie\* picked up her beloved new kitten from an animal rescue charity, it became one of her happiest memories.

Fast forward several years when she was writing her will, and this particular charity was top of mind for Stephanie. She was thinking about ways she could give back in her will, by including a charitable gift.

"This animal rescue charity does such amazing work and helps re-home hundreds of animals every year," Stephanie explained.

"I wanted to be able to give back to them after I'm gone, as a way to say thank you for my special pet and to enable them to keep doing their important work in the community."

Stephanie encourages others to leave a gift in their will to a charity that's important to them. "My gift isn't large, but every dollar can help make a difference".

Your will can be a powerful tool like Stephanie's. This Wills Week (15 to 21 July), Public Trust is encouraging Kiwis to create - or update - their will, and letting people know about the option to include charitable gifts in their will.

A will is a legal document that outlines your wishes for what you'd like to happen to your assets when you die. If you're one of the 50% of adult Kiwi over 18 without a will, now is a great time to create one so your wishes are clear to your loved ones.

Your will can not only help whānau and friends, but also a charity or cause you care about. More Kiwi are leaving a gift in a will, but it's not something that's widely known. It means there is a big opportunity to make a positive impact. A lot of people think you need to leave a large amount of money to make a gift in your will. In fact, any amount will make a difference to a cause close to your heart.

If a charity has touched your life, like Stephanie's has, or the life of someone close, leaving a gift in your will, after taking care of family and friends, could be the perfect way to say thank you. Start making your will today and help ensure the things that matter go to the people that matter.

Book an appointment with our Public Trust NorthWest Customer Centre team by phoning 0800 371 471. The location is 48 Maki Street, Massey North, Auckland 0614. You can also create your will online at [publictrust.co.nz](http://publictrust.co.nz) \*name changed due to privacy



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# Community News

## Meet Stacey Milne: Your trusted real estate expert in Kumeu

Stacey was born and raised in Kumeu/Riverhead, where she has spent time connecting and forming local relationships with the community and area, gaining local knowledge. With 10 years' experience behind the scene as a licensed PA, she has packed together her knowledge and experience and is now ready to sell your home or help you purchase your new home.



Stacey Milne is not just a real estate agent; she's a dedicated professional who has become an integral part of the Kumeu community's journey to finding their dream homes.

Stacey's journey in the world of real estate began with a deep appreciation for the beauty and potential of the Kumeu region. Her in-depth knowledge of the local market trends, neighborhoods, and hidden gems is unmatched. She combines this local expertise with a global perspective, ensuring her clients receive the best of both worlds when it comes to buying or selling property in Kumeu.

Stacey's approach to real estate is rooted in her belief that each

client's journey is unique. She takes the time to understand their goals, preferences, and aspirations, ensuring that every real estate transaction is a tailored experience. Her professionalism, attention to detail, and dedication to client satisfaction have resulted in numerous successful real estate transactions and satisfied homeowners.

Stacey understands that finding the perfect home is about more than just bricks and mortar; it's about finding the right place to build your life.

Whether you're a first-time buyer, a seasoned investor, or looking to sell your property in Kumeu, Stacey Milne is the trusted partner you need by your side. Her passion for real estate, local expertise, commitment to personalised service, and strong ties to the community make her the ideal choice for all your real estate needs in Kumeu. Discover the difference of working with Stacey Milne and embark on a real estate journey like no other.

Call Stacey today on 021 058 5692 or email [stacey.milne@mikepero.com](mailto:stacey.milne@mikepero.com), scan the QR code below.

## \$100 = Exposure for a month

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

# Thinking of **selling**?

## Try a fresh but experienced perspective.

I'm leveraging 10 years of behind the scene real estate experience to help you sell your home.



Get in the *know* with  
**Stacey Milne**

**Kumeu | Hobsonville** Licensed Salesperson



**021 058 5692**

[stacey.milne@mikepero.com](mailto:stacey.milne@mikepero.com)

REAL ESTATE

*Mike Pero*

# In Brief

## Kumeu Childcare

Kumeu childcare is inspired by Reggio Emilia philosophy where children are active participants in creating their own learning environment with teachers, as collaborators that facilitate this learning process. Our mission is to make learning fun, to help children find their passion and to make sure each child is safe and feels loved.

We adjust our experiences to suit your child's needs and interest.

We are enriched by the diverse culture, heritage, language and identity within our Kumeu community, together we create a positive atmosphere and environment which is deepened by open communication that feels like home.

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

Email [info@kumeuchildcare.co.nz](mailto:info@kumeuchildcare.co.nz), [manager@kumeuchildcare.co.nz](mailto:manager@kumeuchildcare.co.nz) or phone Alka 021 119 5148, or 021 0910 4333.



## The Village Market - Helensville Showgrounds

Sunday 21st July 8.30am to 1pm. This month we have live music from Jessica on the piano, free hair plaiting, kids' activity table and a great line up of stalls. Enjoy a coffee and something tasty from the market café while you explore the locally produced goods and meet the creators - everything from hand knits to a baby barn. There's plenty of fresh seasonal fruit and veg plus plants, preserves, flowers and more. If you're looking for a bargain check out the Lions books and our car boot area - something for everyone.



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

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scouts and St John youth. For more information contact [sarah@riversidecrafts.co.nz](mailto:sarah@riversidecrafts.co.nz).

## Choral Cocktail in Huapai

The Pōhutukawa Singers, are returning to sing their "Choral Cocktail" concert at St Chad's Anglican Church at 4.00pm on Sunday 7th July. The title reflects the huge diversity of music which they are going to sing - from Mozart and Madrigals to some 20th century Jazz classics, from composers such as Henry Mancini, the Gershwin brothers and Cole Porter, and a song from Elton John and Bernie Taupin. In addition, they will sing some folk songs and pieces in Māori, Samoan and Irish Gaelic.



The Choir welcome their new music director Esther Leefe for her first concert in charge.

In keeping with many of their recent concerts the choir are introducing new up and coming musicians, in this case the talented guitarist Blake Snainton. It will be an entertaining time for everyone.

Tickets are \$20 in advance, \$25 on the door and a gold coin donation for any children. Tickets include refreshments after the concert. Contact any choir member or Colin at [candcnewel@gmail.com](mailto:candcnewel@gmail.com) or Geoff on 021 170 6590 for further information or to buy advance tickets.

## Kumeu Library

It's school holiday time again in July, and our theme of Ngā Tamariki o Matariki celebrates Matariki and our natural environment. Kumeu Library has free, fun activities for school-aged children every day at 10.30am. On Monday and Saturday mornings of both weeks we'll have Family Storytimes, recommended for children aged 3 to 8 years. Join us on Tuesdays for a movie and popcorn. On Wednesday and Thursday mornings there will be craft activities for school-aged children, including creating 3D insects, making Tukatuku panels, and designing Matariki stars. And on Friday mornings, come and test your knowledge with our fun Kahoot! Quizzes! Full details of what is on each day will be on our Facebook page at the beginning of each week of the school holidays, or on the flyer that you can pick



Grant Castle



P (09) 412 8239

M 027 299 7054

106 Main Road, Kumeu

E [castlepanelbeating@orcon.net.nz](mailto:castlepanelbeating@orcon.net.nz)

# In Brief

up at Kumeu Library.

Kumeu Library's Craft Circle for adults is a relaxed crafting session on the first and third Wednesday of each month, and continues throughout the school holidays. Come and join us between 1.30 and 3.00pm on Wednesday 4 and Wednesday 17 July!

The New Zealand Garden Bird Survey runs from 29 June to 7 July - can you make a count of the birds in your garden/part/school/marae over one hour and add your results to the online survey? Bird ID and tally sheets are available at Kumeu Library to help you take part in this survey.

Do you want to have your say on the Whatipu to South Head (West Coast) Shoreline Adaptation Plans? Council staff will be available for a drop-in information session at Kumeu Library on Monday 22 July from 11am to 1pm - come along and have your say!

Auckland Libraries' new promotion, 100 reasons to have a library card, highlights the many great reasons to get a library card. If you have a library card you can: stream movies for free; access eBooks and eMagazines for free; and upskill with online courses for free! Your free library card unlocks countless resources and opportunities! You can sign up online through our website ([www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)) or in the library (you will need to show us photo ID to get your library card). Keep up to date with all Kumeu Library's news and events on our Facebook page ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)).

## Mother's Day at Craigweil House

Mother's Day is a time to celebrate and honour the remarkable women who have shaped our lives with their love and dedication. At Craigweil House Home and Hospital, this celebration takes on a special significance as we strive to create a day filled with joy, connection, and heartfelt appreciation for the mothers residing here.



No celebration is complete without a delectable feast. The kitchen staff at Craigweil House prepared a charming Mother's Day high tea party which offered a delightful array of teas, coffees, pastries, and finger sandwiches, creating a perfect setting for leisurely conversations and shared moments.

At Craigweil House Home and Hospital, Mother's Day was more than a celebration; it was a heartfelt expression of gratitude and

love. The smiles, laughter, and moments of connection shared that day reflected the deep respect and appreciation the staff, families, and community hold for these incredible women.

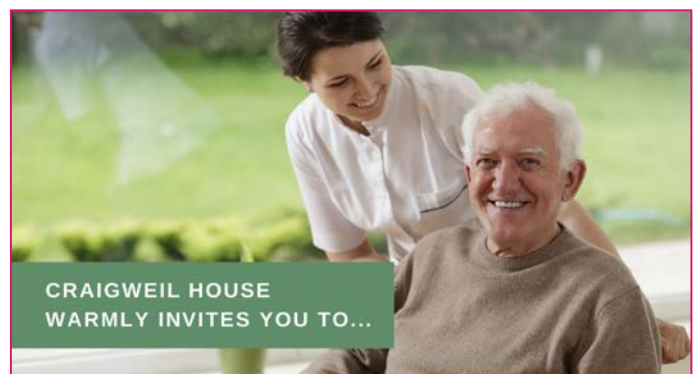
If you would like to inquire about Craigweil House for your loved one, please get in touch. We are a boutique rural facility with personalised compassionate support and care for rest home, hospital, and secure dementia levels of care - 09-420 8277

## Why volunteering is good for you

Volunteers play a crucial role in supporting Hospice West Auckland - we simply couldn't function without them. We currently have over 300 active volunteers contributing their skills and time in everything from retail to driving, companionship to crafting, fundraising to facilitating group sessions and so much more.

The good news is that volunteering not only helps the organisation, it also offers lots of personal benefits. Studies show that people who volunteer are happier than those who don't. It can boost self-esteem and confidence while providing a sense of achievement as you try out new skills and build new social connections. Volunteering makes you appreciate what you have, shifts your focus away from personal issues, and connects you with like-minded people working towards the same cause - all of which contribute to greater happiness. And if you feel like your life is just far too busy or stressful to fit in volunteer work, it might be worth reconsidering. Donating your time activates the caregiving system in our brain, allowing us to see the world with more balance, calmness and composure.

If you would like to learn more about volunteering at Hospice West Auckland, we'd love to hear from you! Please email [volunteerservices@hwa.org.nz](mailto:volunteerservices@hwa.org.nz) or visit our website [www.hwa.org.nz](http://www.hwa.org.nz)/volunteers.



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# Property

## Property market report

July is the month of change for the property market. It is a change because many rules and restrictions change to remove red tape and restriction. Let's take a peek:



1/ The Labour Governments Capital Gains Tax (Alias the 10 year brightline test) is being thrown in the fire and replaced with a more modest and relaxed 2 year speculation tax, which makes sense for those wanting to buy and profit from improvements or changes in a property on-sold under 24 months.

2/ The interest deductibility on rental property comes back into effect, allowing landlords to seek tax rebates on the interest paid on rental properties. Thus making it more affordable to own and operate in the rental space which may increase the number of rental properties available to the market. Based on demand and supply this may slow rent increases or at best give tenants more choice. It's fair to say that investors have been selling down portfolios rather than increasing them under the past government.

3/ The CCCFA is in for a shake down which covers a number of areas which make it easier for banks to comply with the "reasonable inquiries" section dealing with expenses and credit summary. Reform sees the act move from the Commerce Commission to the Financial Markets Authority indicating the willingness to make it simpler and easier to get money. In a statement from Chris Bishop, "Today's changes will still require lenders to act responsibly and ensure lending will not cause hardship, but lenders will not have to follow a prescriptive, one-size-fits-all process."

4/ New LVR rates for investors and home buyers comes into effect allowing home owners to borrow 6x annual income and investors 7x annual income. It may not be a game changer but at least property buyers understand the rules.

A look to the interest rates in play and you'll see ASB and Westpac have moved their 3 year mortgage rate to 6.39% and although the variable floating rate still sits at 8.64% it is a welcome sign that interest rates are coming down, albeit slower than most people wish.

So..... What all this means is this, if you've been sitting on your hands and waiting for change, the tide may certainly be turning, property numbers on market are reducing and spring is literally months away. It makes it the best time to go shopping, negotiate well, and pick up a home that is a starter and affordable, as interest rates come down it will be easier to spend that extra money on renovations, debt consolidation or some treats.

Let's look at the sales:

Coatesville	\$2,952,000
Helensville	\$650,000 to \$1,450,000
Huapai	\$1,130,000 to \$1,230,000
Kumeu	\$1,010,000 to \$1,500,000
Muriwai	\$1,800,000
Parakai	\$695,000
Riverhead	\$1,200,000 to \$2,700,000
Swanson	\$750,000 to \$1,645,000
Taupaki	\$1,890,000
Waimauku	\$1,050,000 to \$1,276,000
Waitakere	\$1,200,000 to \$1,800,000
Whenuapai	\$750,000 to \$1,250,000

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

## Titles and land covenants

Most land agents will tell you to get legal advice before you sign an agreement. This is good advice because it gives you and your lawyer a chance to look at a title to see if there are things that limit your future use and enjoyment of the property that are validly on your title. Failing that, we always recommend that you only sign an agreement with a due diligence clause which allows you to withdraw from the agreement if you are not satisfied about the title (or some other matters relating to the property).

Title issues include that the land covenants are too vague for you to be sure that the vendor has complied with them. This is especially so where the style of building or materials used is something must be approved by the developer. It often cannot be known whether the developer ever approved these things or whether it can lead to expensive remedial work after you are committed to the purchase. Consequently, it is important for any purchaser to consider closely the nature of any covenants on a title.

If you are looking to buy or sell a property and are wanting more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

### Graham McIntyre

Franchise Owner Kumeu | Hobsonville

M 027 632 0421 P 09 412 9602

FP 0800 900 700

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)

327 Main Road, Kumeu  
2 Clark Road, Hobsonville



### Property • Disputes • Family • Wills

Taina Henderson 027 537 9222

Shelley Funnell 027 537 9221

Amie Wallwork 021 421 336



# Property

## Rural subdivision: potential profits?

Do you own rural land that feels underutilised? Perhaps you've heard about changes to land use regulations? Subdividing your rural property can be a great way to capitalise on these shifts and unlock options for you. Read on and discover if subdividing could be your way forward.



Why do people subdivide their rural property?

- Sell the subdivided land to fund another housing project.
- Help your children get on the property ladder.
- Build and sell new houses on the subdivided land.
- Help fund your retirement.
- Your section is too large for your needs.
- Your property has been re-zoned to include subdivision.

Is Subdivision an Option for Me?

Thomas Consultants Managing Director, Richard Thomas recommends talking to his planning team to understand what your options are. "We talk to landowners who don't fully understand their lands potential eg: expect 3 lots and we unlock 4 lots via Transferable Rural Titles. While others doubt feasibility", says Richard.

What's a Transferable Rural Subdivision (TRS)?

Let's say your rural property includes a nice chunk of native bush or wetland. The TRS allows you to create new titles and sell them off while still protecting the natural area. This plan allows you to create value, protect nature, allows buyers to purchase a rural site.

Seize the Day - There is talk of TRS rules changes, but if or when this happens is uncertain. Now's the time to consult with a rural subdivision expert so you can take advantage of the options available under the current plan.

"For over 20 years, our team of planners, ecologists, and specialists has helped West Aucklanders navigate land development, including subdivision. We understand your questions, and we have the expertise to answer them clearly. Plus, our strong connections with Transferable Title Rights experts give 'whole picture' results for our customers", says Richard.

Start your land conversation and talk to Thomas Consultants by calling 09 836 1804 or email [info@tcec.co.nz](mailto:info@tcec.co.nz). They'll arrive with their gumboots and your coffee in hand!

## Things you need to know before refinancing

Before considering a refinance, it's important to evaluate your current mortgage to determine whether it's still meeting your needs:

**Interest rate** - Check if you're still paying a competitive interest rate on your mortgage. The best place to start is by reaching out to your Mortgage Adviser who will have all the latest information when it comes to interest rates and what's currently happening in the market.

**Loan term** - Is the length of your mortgage term appropriate for your financial situation, or would you benefit from extending or shortening the term? You need to be careful here, as when you refinance you could be going into a longer loan term than what you are currently on, which means you may end up paying more interest in the long run.

**Repayment flexibility** - Does your current mortgage allow for extra repayments, lump sum payments, or other flexible repayment options that suit your financial goals? Not all banks are created equal when it comes to flexibility around repayments, so a quick chat with your Mortgage Adviser will help determine the best option for you.

**Costs Associated with Switching Lenders**

This one can catch you out if you haven't done your homework.

While refinancing can lead to significant savings, it's important to consider the associated costs, which may include:

**Break fees**

Breaking a fixed-rate mortgage early, can result in early repayment fees (AKA break fees), or penalties which the Lender may charge in order to compensate for lost interest revenue.

**Legal fees**

When you refinance your mortgage there will most likely be legal fees involved. You'll need to work with a lawyer to handle the necessary documentation and registration, but there are a couple of banks that can handle this in house for you which will save you money. Again, have a chat with your Mortgage Adviser to see which option is going to be right for you.

**Valuation fees**

Some lenders may require a current registered valuation of your property, which can cost anywhere in the range of \$500 to over \$1000 depending on your property and it's location.



Thomas Consultants  
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[www.thomasconsultants.co.nz](http://www.thomasconsultants.co.nz)  
 (09) 836 1804    [info@tcec.co.nz](mailto:info@tcec.co.nz)



# Property

## Repayment of incentives

If your original mortgage included incentives, such as a cash contribution, you may need to repay this if you refinance before the specified loyalty period ends. Even though you may get a cash contribution with your new lender, this will need to be factored into the calculations to make sure the move is worthwhile.

Working with a Mortgage Adviser to refinance your mortgage will open up the door to a wide range of loan products enabling you to secure the best terms for your needs. I can quickly do the calculations for you to make sure a refinance is the best thing to do. As part of this service, I communicate with the bank on your behalf to get a quote for any potential break fees plus handle the negotiations with lenders on your behalf.

For obligation fee support call Stephen Massey - Loan Market 021 711 444 or check out my website [loanmarket.co.nz/stephen-massey](http://loanmarket.co.nz/stephen-massey)

## A cautionary tale for property owners

Recently, I had a conversation with a property owner deeply concerned about the sale of a neighboring property for \$100,000 below market value. This sale has raised significant worries about how such a transaction could impact the sale of her own house. The situation sheds light on a crucial issue: the broader effects of selling properties below market value and the role of real estate agents in these outcomes. Another property owner I spoke with listed her property with the same real estate agent who had facilitated a low-price sale next door. This decision brought to the forefront a pressing question: do property owners realise that by choosing agents who habitually sell properties for less than their market value, they are encouraging a behaviour that can negatively impact their own investments?

### The Ripple Effect of Below-Market Sales

When a property is sold for significantly less than its market value, the repercussions extend beyond the immediate transaction. Here's how it unfolds:

- 1. Direct Impact on the Seller:** The most obvious impact is on the seller, who receives less than what their property is worth. This can be particularly devastating if the seller was relying on the expected market value for future plans, such as purchasing a new home, funding education, or investing.
- 2. Neighbourhood Value Depreciation:** The sale of one property at a low price sets a new benchmark for the neighborhood. Appraisers and potential buyers look at recent sales to determine the value of other properties in the area. Consequently, a low sale price can pull down the perceived value of surrounding homes, making it difficult

for other owners to sell their properties at fair market value.

**3. Extended Market Effects:** Like a stone causing ripples in a pond, a poor sale price can have a prolonged impact on the local real estate market. It creates a perception of declining property values, which can deter potential buyers and investors from considering the area, further depressing prices.

### The Role of Real Estate Agents

Real estate agents play a pivotal role in property transactions. Their expertise, negotiation skills, and market knowledge can significantly influence the sale price of a property. However, when agents consistently sell properties below market value, it raises questions about their motivations and practices.

- **Inadequate Market Knowledge:** An agent who lacks a deep understanding of the local market may misprice properties, leading to below-market sales.
- **Quick Sales Over Value:** Some agents might prioritise quick sales to earn their commission faster, rather than holding out for a better price that aligns with the property's true market value.
- **Incentive Structures:** Commission structures might incentivise agents to close deals quickly at lower prices, rather than working harder to achieve higher prices.

### What Property Owners Should Consider

Before listing your property, it is essential to thoroughly evaluate the real estate agent you choose to work with. Here are key considerations:

- 1. Track Record:** Examine the agent's history of sales. Do they consistently achieve prices at or above market value, or is there a pattern of under-market sales?
- 2. Sales Process:** Understand the agent's sales process. How do they determine the listing price? What strategies do they use to attract buyers and negotiate offers?
- 3. Market Knowledge:** Assess the agent's knowledge of the local market. A well-informed agent should provide a comprehensive market analysis and justify their pricing strategy based on comparable sales and current market conditions.
- 4. Agent Reputation:** Speak with past clients and read reviews. A reputable agent should have positive feedback and a strong professional reputation.

Selling a property below market value has far-reaching consequences, not only for the individual seller but also for the entire neighborhood. Property owners must be vigilant when selecting a real estate agent, ensuring they choose someone who prioritises achieving fair market value. By doing so, they protect their own investments and contribute to the overall health of the local real estate market.

Ultimately, rewarding agents who consistently sell properties below market value is detrimental. Instead, property owners should support agents who demonstrate a commitment to maximising

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# Property

property values. This proactive approach will help maintain and enhance property values, benefiting both individual owners and the broader community.

Concerned Resident

## Protect yourself from fraudulent rental listings

As the rental market becomes increasingly competitive, scammers have found new ways to exploit unsuspecting individuals. We want to ensure that you're fully aware of the potential risks and can identify and avoid rental scams.

Recently, there has been a surge in fraudulent activity on platforms such as Facebook Marketplace and group pages like "West Auckland Properties for Rent."

Scammers are replicating our genuine listings and advertising them on these sites, attempting to deceive potential renters. To safeguard yourself, it's crucial to know how to identify authentic Rent Shop listings. Genuine Rent Shop properties are only advertised on trusted platforms, specifically Trade Me and Realestate.co.nz. We do not use Facebook Marketplace or Facebook Messenger for communication regarding rental properties. If you see a listing on Facebook, it is likely a scam.

Always check the platform to ensure that the listing is on Trade Me or Realestate.co.nz. If it's on Facebook Marketplace or any Facebook group, it is not a genuine Rent Shop listing. The Rent Shop Hobsonville employees will never communicate with you via Facebook Messenger. Any such communication should be considered suspicious. Use the 'Apply Now' button to apply for a property on Trade Me and is a secure way to submit your application. Our application process is powered by a platform called "Renti." When you apply, you should see "renti.co" at the beginning of the web address. This ensures that you're on a secure and verified site. Be cautious of any other application processes or forms that do not follow this protocol. Before making any payments for bond or move-in costs, it is essential to confirm the details to avoid falling victim to scams.

Look up the property and the rental agency to ensure they are legitimate. Cross-reference the information on multiple trusted platforms. Whenever possible, view the property in person before making any payments. Scammers often use photos from real listings to deceive potential renters. Scammers will often create a sense of urgency to rush you into making a payment without proper



verification. Take your time to confirm all details. If you encounter a suspected scam, report it to the platform where you found the listing and to local authorities. This helps protect others from falling victim.

Your safety and security is our top priority. We want to ensure that you have all the necessary information to protect yourself from rental scams. Always use trusted platforms, verify communication channels, and confirm payment details before proceeding with any transactions. By staying vigilant and following these guidelines, you can help prevent scams and secure a legitimate rental property.

If you would like to work with a company that values our owners and tenants, please feel free to contact us: 021RENT4U mike.james@therentshop.co.nz.

## Mature Movers – Free Guide

With over 18 years of experience, knowledge and history, Graham McIntyre has created a step-by-step guide to the progress of selling when you are a mature seller wanting to fully understand the process and the decisions that accompany this change.

A range of handy links, proven suppliers and helpful checklists are all available for you today, without cost and without obligation. "I feel that mature sellers are wanting to read more, understand the process and gather information to gain confidence in the steps and the agent they wish to work with" says Graham. "

After 18 years in real estate and 22 years involved in Fire and Emergency responding to people in their golden years with trips, falls and breathing issues, I understand the need to slow down, take time, be gentle, and kind.

It gets the very best out of all of us". For your free step by step guide text 027 632 0421 or email graham.mcintyre@mikepero.com.

Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.



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# Area Property Stats

Every month Mike Pero Real Estate Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred. To receive the full summary simply email the word "full statistics" to kumeu@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COATESVILLE	2,750,000	2.15HA	300M2	2,952,000		1,525,000	600M2	326M2	1,645,000
HELENSVILLE	1,325,000	1098M2	153M2	1,350,000		960,000	518M2	130M2	888,000
	920,000	1.14HA	80M2	650,000		1,630,000	613M2	355M2	1,670,000
	1,150,000	8220M2	193M2	1,300,000		1,430,000	601M2	289M2	1,585,000
	690,000	0M2	88M2	700,000	TAUPAKI	1,600,000	1.48HA	148M2	1,890,000
	1,325,000	1.99HA	189M2	1,450,000	WAIMAUKU	1,325,000	3040M2	260M2	1,050,000
	780,000	679M2	101M2	840,000		1,275,000	1500M2	190M2	1,276,000
	2,775,000	1.04HA	415M2	785,000	WAITAKERE	1,325,000	4.13HA	180M2	1,259,000
HUAPAI	1,325,000	426M2	202M2	1,180,000		1,050,000	822M2	133M2	1,200,000
	1,275,000	466M2	187M2	1,230,000		1,700,000	4.1HA	178M2	1,800,000
	1,275,000	257M2	214M2	1,130,000	WESTGATE	700,000	63M2	65M2	690,000
KUMEU	1,600,000	779M2	263M2	1,500,000	WHENUAPAI	1,000,000	163M2	102M2	885,000
	1,150,000	1384M2	108M2	1,010,000		1,195,000	266M2	224M2	1,210,000
MURIWAI	1,850,000	3.31HA	208M2	1,810,000		725,000	79M2	72M2	717,000
PARAKAI	755,000	506M2	108M2	695,000		1,130,000	187M2	224M2	1,119,050
RIVERHEAD	2,075,000	1225M2	285M2	1,620,000		1,470,000	903M2	211M2	750,000
	2,750,000	3.65HA	170M2	2,700,000		1,400,000	313M2	262M2	1,250,000
	1,430,000	1293M2	107M2	1,200,000					
	1,325,000	547M2	169M2	1,300,000					
	4,450,000	3.34HA	471M2	4,040,000					
	1,600,000	800M2	239M2	1,730,000					
SWANSON	1,770,000	561M2	326M2	1,620,000					
	705,000	0M2	120M2	750,000					

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

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Mike Pero Real Estate 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.



**Mike Pero** | REAL ESTATE

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Graham McIntyre  
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# updating your bathroom?

## Nouveau

Upright Fan Heater 2kW



SKU: 309019

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## Nouveau

Bianca Oval Mirror 500mm x 750mm  
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## Fabia

Heated Towel Rail with Built-in  
Timer W: 600mm, H: 1000mm,  
D: 110mm



SKU: 384633

**\$ 329**

## IXL

Tastic Ventflo Ducted Ceiling Exhaust  
Fan 60W and Light 250 320mm White



SKU: 383482

**\$ 209**

## Elementi

Elementi Calais Wall Hung Vanity  
750mm White



SKU: 286963

**\$ 696**

## Clearlite

Slim Cashmere Floor Standing  
Vanity 750mm  
Charred Elm



SKU: 378335

**\$ 1,530**

## Englefield

Emerald Rectangular Bath  
1670 x 760mm White



SKU: 177364

**\$ 304**

## Nouveau

Sarah Freestanding Bath 1660mm  
White



SKU: 319388

**\$ 1,399**

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Black Tray &  
Gunmetal  
Hinging Screen



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# Hot Property



## Affordable Living, Garage and Storage on 1350sqm

Waitakere Township is a rural village surrounded by farmland to the North and the Waitakere Foothills to the South, it is a genuine time capsule when we lived in close communities that supported the school, hall and RSA. Picture perfect this beautifully matched stately bungalow within a glade of calm, raised bed garden, play lawn and securely fully fenced offers so much to a discerning buyer.

A home you'll love, finding peace and solace with after work, and tinker in the workshop downstairs or cultivating fresh produce in the garden

Upstairs you'll be impressed with expansive views from the decking and alfresco through to open plan lounge and dining with galley kitchen through to laundry and central hallway to three bedrooms and refurbished bathroom. A much loved and enjoyed family sanctuary, which is now asking questions if it is your new place of peace and harmony.

Close to Waitakere Primary School, parks, walking tracks, transport links and convenience shopping.

# Hot Property



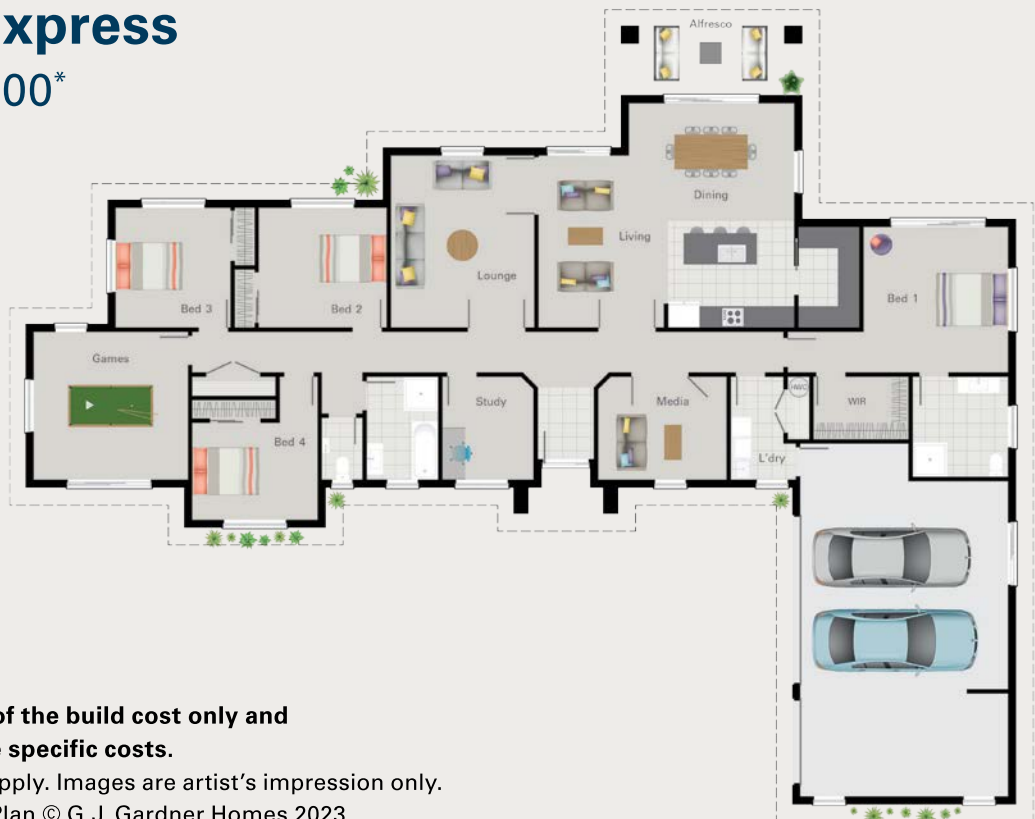
The CV on this property is \$950,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

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



## Atlantic Express

from \$649,900\*



**\*Price is an indication of the build cost only and excludes land and site specific costs.**  
Some conditions may apply. Images are artist's impression only.  
Atlantic Express Floor Plan © G.J. Gardner Homes 2023



 4  2  4  1  312.0m<sup>2</sup>



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## 20 Terra Nova Street, Glen Eden

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## 29 Sunny Crescent, Huapai

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Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living. Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form. Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living. 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. Smart and sustainable services with solar hot water, wet back, ventilation and heat transfer systems, uncompromised insulation, and significant loft storage space which could see further development.

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BRICK AND TILE ON 704SQM (APPROX.) - FAMILY OASIS

4 2 2 2

By Negotiation

## 130 Matua Road, Huapai

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Viewing by appointment

A beautifully appointed and finished Ashcroft Home, offering an easy living 237sqm (approx). floor-print and a generous 704sqm (approx). section-size. From entrance to entertainment area the home seamlessly caters for a family that respects space, quiet and independence, offering two separate bedroom wings, entertaining and a multi-room offering media/ office/ guest room options. Four rooms and two bathrooms, separate laundry and oversized double garage. A large entertainers kitchen/lounge/dining leading to outside decking and lawn with established fruit trees and easy care garden. So much to see, and plenty to impress. This Ashcroft Homes build does set a high standard and certainly a great home to make your own.



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OCEAN AND KAIPARA VIEWS, BUSH AND GRAZING

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By Negotiation

## 429 Kiwitahi Road, Helensville

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Viewing by appointment

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

[www.mikepero.com/RX3870348](http://www.mikepero.com/RX3870348)



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# Home & Garden

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Our community is important to us, so we are always looking for ways to get involved. Last year we provided Marina View School and Whenuapai School with wet weather gear for the awesome kids that patrol the pedestrian crossings.



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This year we wanted to jump back on board with our community schools, so have proudly provided Royal Road School and Taupaki School with new wet weather gear to stay warm and dry while doing the amazing job of helping get our families to and from school safely.

A massive thank you to those schools for letting us support you by being Safe & Seen on the roads. We are enormously proud to be able to support our community schools.

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

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

## Home generators

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



1. Power essential appliances: A generator ensures that your refrigerator, heating and cooling systems, lighting, and other critical appliances continue to function during a power outage.
2. Home security: A generator powers your home security system, remote gates, and garage doors, providing peace of mind and ensuring your home remains secure.
3. Work and school: With a generator, you can continue to work from home, charge your devices, and keep up with school deadlines, even during a power outage.
4. Electric vehicle charging: If you own an electric vehicle, a generator allows you to charge it up and stay mobile during an extended power outage.
5. Efficiency: Generators provide power quickly and easily after an outage, making them a reliable solution for emergency situations.
6. Food preservation: By powering your refrigerator and freezer, a generator prevents food spoilage, which is especially important in areas with frequent power outages.
7. Valuable investment: Although the initial purchase of a generator may seem costly, its long-term benefits can outweigh the cost,



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# Home & Garden

especially in areas with frequent power outages.

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

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

## Winter community garden

Welcome to the winter community garden. Call in to see what's growing, at 45 Oraha Road in Huapai.

It doesn't feel like winter - until it rains. But a couple of frosty mornings have seen the summer veges melt. So things like basil are done now, though some semi-perennial summer veges like chillies remain. Have a fossick and you'll find them.

The choko were popular - at the time of writing there were still some on the vine behind the water tank. We appreciated the suggestions from locals about the best way to cook this abundant veg - including as an addition to stews and spring rolls.

We've been harvesting kale, sorrel and silverbeet for juicing, and made with apple juice as well, it's quite flavoursome and healthy



tasting. Those leafy greens are still plentiful, so help yourself for steamed greens or additions to soup or stir fries.

We've been keeping the slugs at bay with a non-toxic (to us) solution of vegemite and water. Or otherwise we'd have no greens at all.

Thanks to Auckland Pea Straw for the bedding cover, and to TreeSafe in Waimauku for bark between our rows.

## Fruit Tree Pruning & Care Workshop

If you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this is a good time of year to do this. This very popular annual pruning & care workshop will give you all the basics to assist in your success.

David Bayly, our in-house tree care expert, will be once again running this very useful and timely workshop in his relaxed and interactive style.

Topics to be discussed will include: Tools required, Pros & cons of various trees, Site selection and preparation, Planting methodologies/ techniques, General tree care and Safety considerations.

This event is extremely popular so booking is essential as spaces are limited (see below for booking details).

Afterwards you will also be able to stroll around the beautiful Sculpture Gardens which has around 40 marvellous pieces created for our 2023 exhibition by local and international artists on display; as well as the extended nature trail (approximately 3.5km in total). \*



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# Home & Garden

We also have our cute little coffee shop on site, plus of course the Plant Centre for you to browse through.

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

\* The gardens and nature trail are unfortunately not suitable for wheelchairs or walking frames.

Sunday 28th July (9.30am to 11.30am), 1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets \$25 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

## Taking pride in a vanity

Some bathrooms have pedestal sinks. Some bathrooms have wall hung basins. And others showcase a basin with a wall-hung or full standing cabinet for storage underneath - and these are classically referred to as 'vanities'. A vanity unit thus provides a stylish, yet functional, space for all your grooming and personal care activities.



At Natural Timber Creations, we take pride in our customised vanity units, which are designed and made to your specifications and thus able to reflect your very personal taste and personality. Remember, we do more than just 'white'. Functionality and practicality, combined with flair, creativity and even luxury enable a vanity to complete the bathroom and allows it to be a pleasurable and pampering place to be in.

Features such as a granite, porcelain or even a beautiful timber top will add luxury to an otherwise functional piece of furniture. And the cabinet will, at Natural Timber Creations, be designed to maximise storage solutions to house all your grooming and personal care



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products, using of course, HPL plywood to the interior, helping to eliminate issues with damp bathroom areas. The cabinet exteriors, made from either solid timber or plywood, are finished in a clear or coloured lacquer, to suit your personal taste and to complement that beautiful top.

If you want a calming, nurturing and pleasurable addition to complete your bathroom sanctuary, then call us. Take a look at our website: [www.naturaltimbercreations.co.nz](http://www.naturaltimbercreations.co.nz) or contact Paul Marley on 021 111 9637.

## July Kitchen Garden

With wetter weather around it is harder to get out in the garden, a good time to do some planning with a cup of tea in hand. Frosts and snow will be about in some areas, when in doubt cover and protect all your hard work.



Continue to plant garlic and shallots, it's not too late. July is the perfect time to plant new seasons deciduous fruit trees and citrus and don't forget - protect tender plants from frost. Strawberries can also be planted from now through to October.

Protect all seedlings from slugs and snails, they love tender seedlings and the wet weather also leave the soil alone when it is wet, working with wet soil will compact the structure making it clump.

Dig in any green crops that are ready, roughly turn in the soil and leave to rot into the soil before cultivation takes place.

Sow seeds of broccoli, cabbage, broad beans, cauliflower, peas, lettuce, onions, radish, spinach, silverbeet, swede and turnips. In warmer districts sow carrots, parsnips, and beetroot. Protect from the cold, transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Broad beans can be planted directly into the soil, stagger sowing for a continuous harvest. If you have plants already underway pinch out the first flowers to improve cropping.

Plant seedlings: Cabbage, broccoli, cauliflower, lettuce, onions, silverbeet. Don't forget to keep them protected from the cold especially when they are young.

Sprouted potatoes can go in the ground in warm climates or prepare the ground for planting in the cooler regions.

Garlic and shallots can still be planted, give them plenty of that winter sun and plant strawberries in prepared beds. Feed with blood and bone as you plant.

Planting of new fruit trees can still be done - stake them well. All fruit tree pruning should be finished now.

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# Home & Garden

Feed all vegetables with a liquid general fertiliser.  
Mitre 10 MEGA Westgate & Henderson

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But Safe H2O's services don't stop there. We also offer top-of-the-line filtration systems designed to meet the needs of each client and further enhance water quality. Whether it's residential or commercial, we have the expertise and equipment to meet your needs.

Trust the dedicated Safe H2O team to revitalise your tank and transform your water quality. Contact us today to schedule your tank clean and enjoy the peace of mind that comes with safe water. 0800 723 3420 safeh2o.co.nz.

## Avoid paying the hike in water rates

No better time than right now to start thinking about money saving ideas with small water storage for summer - these smaller tanks are ideal for topping up the pool, watering the garden, washing the car or the boat.

Tanks range in size from 300 litres to 31,000 litres with a variety of colours - see us today for your perfect water storage options to suit your needs.

Rates will be going up, avoid paying water rates with FREE rainwater.

Give us a call today for a free quote for water tank supply and installs. KPL 09 412 9108 - 156 Main Road Kumeu. The Big Blue Building KPL, a well-established plumbing business, owned and operated for 50 years servicing Auckland North to South, East to West. Pop in and

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Searching for new home inspiration? Why not visit Signature Homes latest Huapai Showhome to experience the difference.

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# Home & Garden

see one of our friendly team members at our showroom based in the heart of Kumeu for all your plumbing, drainage, roofing, water pumps, water filtration, woodfires and pool & spa needs.

## STIHL SHOP Westgate – Cut Above the West

The team at STIHL SHOP Westgate know all too well that running a small business can have its challenges, so recently they launched the "STIHL SHOP Westgate 'Cut Above the West' Competition" as their way to recognise and reward local West Auckland garden maintenance companies who are stand-outs in the industry.

The competition was run as a Facebook-based campaign, with nominations received over a two-month period. All nominees and finalists were invited to attend the 'Cut Above the West Awards Night' held in-store at STIHL SHOP Westgate on 5 June. The Awards night doubled as a meet and greet, networking event attended by an enthusiastic group of garden maintenance companies from across West Auckland. Prior to the awards announcement, the guests were treated to a BBQ and refreshments, as well as live demonstrations from STIHL NZ of their latest and greatest new equipment.

The STIHL SHOP Westgate team loved the opportunity to have such a great bunch of operators in-store and enjoyed being part of the networking. Since the event a few companies have even collaborated on some large projects, which has made the evening even more worthwhile for its organisers.



The star of the evening was the recipient of the inaugural "STIHL SHOP Westgate Cut Above the West Award" – TSD Lawnmowing, a family-run business who received a significant number of nominations from customers West Auckland-wide, who were all impressed by their service and reliability. TSD Lawnmowing's prize pack included a selection of treats, STIHL merchandise, kids merchandise, safety gear, a STIHL chainsaw, in-store credit and, of course, the Cut Above the West trophy.

Special mention was also made to the competition runners-up, Bubble Broz, Garden Visions NZ, Cobra Lawnmowing and Ladies Who Lawn, who also received a significant number of nominations and praise from their happy customers.

The team at STIHL SHOP Westgate were really grateful for the support received for their awards concept and look forward to repeating the event next year, hopefully on a larger scale to bring even more recognition and rewards to their commercial customers.

STIHL SHOP Westgate is open Mon-Fr 8.30-5, Sat 9-3, Sun 10 - 3.

## West Auckland Landscaping & Palms

West Auckland Landscaping & Palms is a locally run business based at 68 Trig Road, Whenuapai. We cater to your specific needs, and can work to your budget whether small or large - accommodation is our creed. We have our own nursery of plants which is stocked with a diverse assortment of palms, bromeliads, succulents, ground cover plants and pots, and we can also source plants



for your garden from our various other nursery contacts. If you are in two minds of the type of look and layout for your garden, we provide a free consultation with no obligation.

Current trends revolve around a low maintenance requirement fulfilling the needs of busy families who cherish limited time together. Services also include ready lawn, planting, raised bed gardens, mulching, fertilising, weed control and garden waste removal.

West Auckland Landscaping and Palms can also assist with pre-sale and post-purchase makeovers - a fresh layer of mulch does wonders for any garden. Visit our website [www.westaucklandpalms.co.nz](http://www.westaucklandpalms.co.nz) or phone Alistair on 021 040 4010 to discuss your garden.

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# Pets

## Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.

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



## Senior dogs: Providing optimal support

As our furry companions age, they may require extra love and care to ensure their golden years are comfortable and fulfilling. Here are some tips on how you can best support senior dogs:

Firstly, prioritise regular veterinary check-ups to monitor their health closely. Catching any potential issues early can significantly improve their quality of life.

Adjust their diet to meet their changing nutritional needs. Senior dogs often require diets with fewer calories and more joint-supporting nutrients. Adding in supplements can also be a great addition to your senior's diet.

**SENIOR SUPPLEMENTS  
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Provide a comfortable living environment, with soft bedding and easy access to food, water, and outdoor areas. Gentle exercise tailored to their abilities can help maintain muscle tone and joint flexibility.

Be mindful of their mental well-being; spend quality time with them, engage in activities they enjoy, and offer plenty of affection.

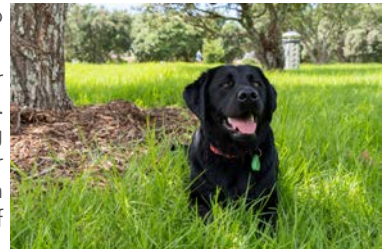
Finally, be patient and understanding. Senior dogs may need more time and assistance with daily activities. Your love and support can make all the difference in their twilight years.

Email: [accounts@petpatch.co.nz](mailto:accounts@petpatch.co.nz), Website: [www.petpatch.co.nz](http://www.petpatch.co.nz), Socials: [Pet\\_Patch\\_nz](https://www.facebook.com/Pet_Patch_nz)

## Don't drag the chain with your dog registration

Are you a dog owner? Want to save money?

Then act now and register your dog before 1 August 2024. Auckland Council is reminding dog owners to show love for their dog by registering them early and taking advantage of the early-bird fee.



You can renew online using your dog reference number. You will receive a reminder email or text from us with your details around mid-June. New blue dog tags will be sent out by post within 10 working days of payment.

Use our online portal on myAUCKLAND to renew your registrations and update yours or your dog(s) information. With myAUCKLAND you can: update your personal details, update your dog's details, change your dog's ownership, view your dog's registration fees and status, renew your dog's registration.

For more information search "MyAUCKLAND" at [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz)

Registering your dog is an important part of being a responsible dog owner. It provides safety for your dog and helps us reunite lost dogs with their owners should your dog stray or be lost.

With this year's dog registration, for every dog registered, \$1 will go towards a targeted de-sexing programme to reduce unwanted litters of puppies across Tāmaki Makaurau.

Dog owners must also microchip their dogs within two months of registration. Ultimately, all of Auckland's 130,000 dogs should be microchipped.

To register your dog visit [aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz).

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# Kiddywinkles Childcare Huapai & community support The Salvation Army with generous Toy Donations



Wendy from the Salvation Army with a huge number of toys kindly donated by our local and incredibly generous community.

For years, Kiddywinkles has been donating toys to The Salvation Army at Christmas. This year, with many families struggling through the cost-of-living crisis life, Kiddywinkles reached out to The Salvation Army to see if they could make the winter months a little more enjoyable for many children who will miss out when toys are not high on the priority list.

Keen to add some relief through these times, Allen Court, owner of The Kiddywinkles Group, contacted The Salvation Army and spoke about our Toy Drive. "The pleasure of giving is made more special when you know you are making a difference to a young child," says Allen. "Bringing the Huapai and Kumeu communities together for this cause demonstrated the kind heartedness of so many.

"At Kiddywinkles, we are motivated by a desire to prepare children for their educational journey and to give them the very best start in life. It is so gratifying watching a little one start in the baby room and progress year by year until they 'graduate' to Primary School. Throughout their journey with us, along with key social skills, they learn the importance of helping others.



Allen Court, owner of Kiddywinkles presents Kendra Annabell, whose name was drawn from the many kind contributors, a great LEGO set.

"We teach our children about what is important in life and the act of giving to others is something we encourage and something that will stay with them for a lifetime. It was heart-warming to see little ones handing over some of their precious toys on the day of our toy drive, so other children could now enjoy them."

The Salvation Army in NZ support families in need and in fact assist more than 150,000 people each year. They provide budgeting advice, food and clothing assistance, life skills and other support.

Ian Wells, Auxillary Captain and Corps Officer of The Salvation Army summarises his experience with the latest Toy Drive initiative Kiddywinkles ran in conjunction with The Salvation Army.

"At the Westgate Salvation Army Mission Centre in Auckland, we continue to be grateful for Kiddywinkles reaching out to us to be the recipients of their culture of generosity. When Allen Court contacted us with an idea to run a mid-year toy drive from their Huapai centre, we were excited to participate."

Kiddywinkles Childcare continues to be a large donator of toys to The Salvation Army.



## Transitioning to School Programme

Kiddywinkles is a fun filled home away from home environment where we treat all our children as if they were our own.

You will feel the warm atmosphere the moment you walk through our doors and you will know that this is the place your child needs to be. What is even better is when they turn 5, they can move just across the road to the Huapai District School.

Left: Allen Court with Huapai District School Principal John Petrie and New Entrant Liaison, Jo Redman.

## JULY OFFER

Is your child happy at daycare? Are you thinking about daycare for your child?

**One week FREE to experience the Kiddywinkles' way**

Bookings essential. Spaces are subject to availability (T&C's apply).  
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Book now to experience the Kiddywinkles' way



# Food & Beverage

## High Tea at Soljans Estate Winery

Warm up the winter months with High Tea at Soljans Estate Winery, available every Friday in July and August.

For \$49 enjoy a pot of your favourite tea, complemented by a specially crafted menu made entirely in-house.

For \$59 elevate your experience with a glass of our méthode traditionnelle.

Spaces are available from 10am to 2pm & bookings are essential.

For more information or to secure your spot visit [www.soljans.co.nz](http://www.soljans.co.nz)

For tables of 8 or more, give us a call on 09 412 5858.



## Taste of the Farm - Saturday 27th of July

Join us at the school for our next Taste of the Farm class, perfect for those who want a full taste of what we do here on the farm... in half the time. With a recipe packed demo, led by Mike and an in depth tour of our beautiful kitchen gardens with Adrienne - you'll get to grips with the farms favourite recipes and vegetables of the season. Really getting a feel for how we do things out here and how you can bring a little bit of our farm lifestyle to your home.

And the best bit is, you get to sit back, take it all in... and enjoy!

Our next Taste of the Farm class still has spaces available - so come along and join us for an inspiring morning out.

[www.goodfromscratch.co.nz/taste/](http://www.goodfromscratch.co.nz/taste/)



## What's on at The Riverhead

There's plenty going on at The Riverhead in July.

Our famous Sunday Roast Night has returned, every Sunday from 5pm - check our social media pages for the weekly roast offer. You might also like to enjoy it with a glass of mulled wine.

If you're doing Dry July we have a fantastic range of non-alcoholic options and mocktails available.

Quiz Night is every Wednesday from 7pm in the Portage Bar, entry is free so just gather your team (big or small) and book your table.

We'll also be screening the All Blacks games live in the Portage Bar throughout July, August and September.

See you soon.



## Want to try honey in its natural form?

Don Buck Honey has available comb honey from the Hawke's Bay. This has been harvested from hives placed on agricultural land - this is largely from nectar out of clover and squash (like pumpkin) flowers. The honey is a dark color and has a rich treacle-like flavor to it. Honey has some crystals in it but it is mainly runny.

Comb honey real novelty for many people - this is the natural form of honey, just as the bees make it. Honeybees build



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# Food & Beverage

comb cells out of wax to store honey in, covering it over with more wax once the honey is ready. The wax is safe to eat but it does get stuck in your teeth - so many people spit that out. \$15 each. Usual discounts apply as per potted honey. Special discount of 4x comb honeys for \$50. These weigh between 300-340g each.

Order online or get in touch with me. Pickups are from Massey, or orders can be couriered to you. [www.DonBuckHoney.co.nz](http://www.DonBuckHoney.co.nz) || [DonBuckHoney@gmail.com](mailto:DonBuckHoney@gmail.com)

## Allely Estate

Photo Credit - Geoff Salisbury Photography

Red carpet, drum roll ...

Nearly a year ago, the enchanting grounds of Allely Estate served as the backdrop for captivating film "Give Me Babies", part of the TVNZ Motherhood Anthology, and it was an amazing night seeing it all come to life on the big screen when it premiered in May. This is shot right here in Kumeu.

Cloaked in secrecy and wrapped from the public eye, filming took place in the marquee and production set themselves up in the Villa with actors practising their acting form amongst the lush gardens - Allely Estate provided the perfect setting for this cinematic masterpiece.

As the story unfolded at the premiere, Allely Estate were filled with pride knowing that our venue and our team from Kumeu & surrounds played a part in bringing this vision to fruition.

Stay tuned for exclusive behind-the-scenes glimpses and highlights from the premiere as we celebrate this milestone moment. Get ready to be swept away by the magic of 'Give Me Babies'.

Now available on TVNZ demand.

Allely Estate continues to bring different opportunities to the community. From the Muriwai Fundraiser, Augustine Wonderland and the NorthWest Country Business Awards, along with weddings, birthdays, special occasions and more.

We caught up with them to see what they were up to with winter approaching and they said 'boring' wasn't in their vocabulary. In fact, they have an amazing line up of events over winter filled with delicious dining and captivating variety shows.

Their villa doors will open over the winter season for unforgettable dining evenings Thursday to Saturday filled with warmth, laughter, and some with entertainment.

This winter they have put together an array of events to make some of our wintry nights' worth getting dressed up for:-



• 5 July 2024 - Fawly Towers Adaptation by Stage 51: A Hilariously Chaotic Evening at Allely Estate

• 20 July 2024 - That 70's Show - with adapter singers: Cher, Austin & the ABBA GALS

• 17 August 2024 - Back to the 80's Show - with adapter singers: Neil, Austin and Tina Turner - rollin'

[Private functions are still available and as a business you can own anyone of the above events if you meet the number required]

Grab your staff, friends, family, and colleagues for a fun night. Afterpay is also available.

Visit the link below for more details and book your seat for magical nights to remember.

Link: [www.allelyestate.co.nz/winter-dining-at-allely-estate/](http://www.allelyestate.co.nz/winter-dining-at-allely-estate/)

## Foodtogether

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

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

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

See what is available on our Facebook page (Foodtogether Pop-Up Massey) order and pay online at [foodtogether.co.nz](http://foodtogether.co.nz) before midday on Tuesday, then collect from our volunteers between 3 and 6 on Friday afternoon. If ordering isn't suitable, you can choose your own produce, though produce runs out quickly, so please do not leave it too late to pop in. Orders are made up first. If an order is not picked up by 6pm we donate to the community.





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# Health & Beauty

## Ask Dr Heather

What is the best skincare regime?

Anon, Whenuapai.

Skincare is complex. There is a lot of noise in the market with zero regulation. Most of us start (and often continue) a very basic regime inspired by supermarket shelves, television adverts and people we know. I myself have been victim of using all the no-no things including face cloths, soap and the dreaded St Ives Apricot Scrub.



A good regime consists of a few basics. Firstly, a pH balanced cleanser should be used to gently cleanse the skin without compromising the naturally acidic skin barrier. It doesn't really matter what product you use if the pH is balanced, however be wary of marketing ploys such as foam (foam does not equal better cleaning) and addition of ingredients such as hyaluronic acid as they are washed away during the cleansing process.

After cleansing, application of an antioxidant serum is a great idea. Vitamin C is a fantastic option for daytime as it is great for environmental protection, minimising pigmentation and encouraging collagen production. A good alternative for day (or nighttime) is Vitamin B, which helps minimise wrinkles, improve skin tone and also acts to enhance collagen production.

Another great serum for nighttime is the famous Vitamin A, AKA, retinol. The hero ingredient to any skincare regime, this powerful micro-nutrient speeds up skin cell turnover, minimises pigmentation, reduces acne, stimulates collagen production and diminishes wrinkles. Care must be taken when starting retinol however as it can cause skin irritation, so staggering its use initially and slowly building to nightly application is recommended. Many products on the market claim to contain retinol, however shop around as some instead contain very weak retinoid esters (retinyl palmitate, retinyl acetate and retinyl linoleate), that take many years of consistent use to have effect.

On top of serums, one should then apply a quality moisturiser that suits your skin type. Dry skin needs thicker moisturisers, whereas oily skin prefers oil-free concoctions. Choose something that smells and feels good and be sure to also apply it on the neck and backs of the hands as these areas are often neglected and eventually become telltale signs of a person's true age (you'll start noticing those celebrity close-ups now).

Finally, during the day don't forget SPF! Super important to minimise ageing as the harsh ultraviolet rays from the sun (on cloudy and clear days) will undo all the good work you do with your skincare regime.

Just be sure to pick a product that you like that doesn't make you look and feel like a greaseball.

Everyone can benefit from a good skincare regime; the key is to understand the basics and resist marketing tactics by big brands. A good rule of thumb is if it's advertised in mainstream media, it probably isn't worth your time (and money) as quality products don't need big advertisements to demonstrate their worth.

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

## PINC Cancer Rehab at NorthWest Physio Plus

Cancer rehabilitation is a crucial step in the recovery journey, and NorthWest Physio Plus in Kumeu offers the exceptional PINC programme to support this vital process. Led by the experienced physio



Sonia Mitchell, this programme provides tailored care to help women with cancer regain their strength and improve their quality of life.

PINC Programme: Designed specifically for women diagnosed with any type of cancer, the PINC programme offers a comprehensive range of services. From physical rehabilitation and exercise therapy to manual therapy and lymphoedema management, each aspect is tailored to address the unique challenges faced by women undergoing cancer treatment. The programme also includes fatigue management strategies and educational support, ensuring a holistic approach to recovery.

Sonia Mitchell ensures that each patient receives individualised care in a supportive and understanding environment. The goal is not just to rehabilitate but to empower women, helping them reclaim their lives during and after cancer treatment.

Benefits of the PINC Programme: Personalised Rehabilitation: Tailored to individual needs and specific cancer types. Supportive Environment: Professional guidance in a compassionate community setting. Comprehensive Care: Addressing physical, emotional, and educational aspects of recovery. Choosing NorthWest Physio Plus for your cancer rehabilitation means entrusting your recovery to a dedicated team committed to enhancing your quality of life. Contact them today to learn how Sonia Mitchell and the PINC programme can help you or a loved one on the path to recovery.

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# Health & Beauty

## Pregnancy & your Pelvis: Free Webinar

Dr. Aimee Strickett, Chiropractor & owner of Live Chiropractic has bottled her wealth of knowledge and passion for women going through pregnancy into a webinar packed full of information and practical tips to support the pelvis and spine through pregnancy.

This content has been recorded from the amazing "pregnancy & your pelvis" event that was held at Live Chiropractic in April. The recording has now been made freely available and Dr. Aimee would love to share this content with all those on their pregnancy journey as well as health providers such as midwives. If you or someone you know is pregnant and you would like the link to this recording please send an email to [reception@livechiropractic.co.nz](mailto:reception@livechiropractic.co.nz).

Live Chiropractic is a family focused practice based in Huapai providing Chiropractic care from newborns to the elderly and everyone in between! To find out more or to book appointments online checkout their website [www.livechiropractic.co.nz](http://www.livechiropractic.co.nz).



## Dry eye July

A report by Molly Whittington from For Eyes Optometrists in the Kumeu Shopping Village.

Do you have dry eyes? Winter's indoor heating and outdoor wind can wreak havoc and many people with dry eyes find discomfort worsens over the winter months. Sometimes their eyes get so dry it triggers watering, causing the eyes to stream outdoors.

Dry eyes are caused by a tear-film imbalance. The tear film has a base mucous layer, a middle liquid layer, and a surface oil layer to prevent evaporation.

One of the most common causes of dry eye syndrome is a poor-quality oil layer. The Meibomian glands, which are located along the eyelid margins, produce this oil. You can improve the oil production by applying heat to the eyelids, followed by a gentle massage of the closed eyelids, especially along the lash-line. A microwaveable heat



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mask is available from For Eyes, or you can use hot water and a face cloth. Apply the heat for at least 5 minutes, to really soften the oil in the glands, prior to massaging. Another trick: blinking more often (and more firmly) helps express more oil onto the tear film surface.

Artificial tears do not cure the condition but can provide immediate relief and are available without a prescription. If you need to use eye drops more than three times a day, you should use preservative-free drops. I recommend NovaTears Plus or Hyloforte 2%.

I do dry eye assessments and can refer you to a specialist clinic if need be. Phone 09 412 8172 or use [www.for-eyes-optometrists-nz.au1.cliniko.com/bookings](http://www.for-eyes-optometrists-nz.au1.cliniko.com/bookings).

## Caci Signature Peel treatment

Caci is excited to introduce to our treatment menu our very own signature peel.

Our signature peel is an advanced skin peel that targets the deepest level of bio stimulation without injecting or needling.

Exclusive to Caci, our signature peel is the ultimate combination of a chemical resurfacing peel and a cool, soothing Sonophoresis Skin infusion or LED Light Therapy treatment.

The peel is packed with natural protein growth factors for skin barrier repair, CoEnzyme Q10 to revitalise tired skin, Chloroacetic Acid for an immediate lifting effect, Mandalic and Kojic Acids for age management, acne control and pigmentation reduction. Caci's signature peel ticks all the boxes and is formulated for all skin tones.

A Deep level of bio stimulation kick starts your skin to produce new cells and fibres resulting in a collagen boost for stronger and healthier skin.

Our signature peel is powerful and customised to each customer - with fast acting results. You may notice changes straight away, however, we recommend a series of at least four peels every four weeks followed by ongoing monthly skin treatments for best results.

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# Health & Beauty

Results will vary but include: Increased skin firmness, A tightening and lifting effect, Improved skin tone and texture, Reduction in congestion and blemishes, Reduced fine lines and wrinkles, Improvement in the appearance of scarring.

Book a free consultation with Caci Kumeu to discuss how the Caci Signature Peel and our other skin treatments can help you to achieve skin confidence. Bookings are available via our website [www.caci.co.nz](http://www.caci.co.nz) or contact us in clinic 09 412 2579 or [kumeu@caci.co.nz](mailto:kumeu@caci.co.nz).

## Oestrogen Patches

NZ has a shortage of oestrogen patches. You may have seen this headline and the conversations that have gone on...you may be one of the women affected or you may have wondered what all the fuss is about.

Whilst for some menopause is a natural transition with few symptoms this is not the case for all. For some menopause comes early (sometimes in the thirties) as a result of medical or even surgical reasons. For some menopause brings symptoms so severe it impacts not just health but relationships and work and can ruin lives.

Menopause Hormone Therapy is a highly effective treatment for a lot of women. The form that has the best safety record is through patches and gels (known as transdermal) unlike the tablet form. Some research has also shown that transdermal oestrogen may reduce the risk of several chronic diseases known to affect post-menopausal women.

In NZ, only one brand of patches is fully funded. Many other countries



have other forms of oestrogen in gels and creams. For some reason, they are not funded in NZ. Having these gels funded would mean women who NEED oestrogen have another option during the patch shortage. It also offers an alternative for some women who cannot absorb oestrogen from the patches and who have an allergy to the patches.

This shortage is cruel and creates a huge amount of anxiety in women who are already vulnerable. Last year Pharmac agreed to start the process of funding however the last time Pharmac started the process of funding progesterone - it took 10 years. A petition urging Pharmac to expedite the funding process has been created with currently over 13,000 signatures. The goal is 15,000.

Please sign: [www.change.org/p/fund-more-options-for-the-safest-form-of-estrogen](http://www.change.org/p/fund-more-options-for-the-safest-form-of-estrogen)

In the meantime, please contact me if you would like help and ideas on how you can manage this shortage by looking at more holistic forms of support then please reach out [admin@sarah-brenchley.com](mailto:admin@sarah-brenchley.com). Changing diet and lifestyle, managing stress, reducing chemicals in your environment and looking at nutrients and herbs may help to get you through.

## Where is your pain actually coming from?

Have you ever visited a physiotherapist for pain in one area, only to have them focus on a completely different spot? It can be a puzzling experience, made even more bewildering when the treatment works. But why does this happen? Shouldn't pain be addressed where it's felt?



When pain is sensed in a location different from its source, it's termed "referred pain" and it's more common than you might think. The exact mechanisms behind referred pain are complex, and there's still much we don't understand about how pain is processed.

Typically, pain arises when damage occurs, sending electrical signals to the brain. The brain interprets these signals, associating them with specific body parts and types of pain. However, when the brain perceives pain in a different area than the actual source, referred pain occurs.

Some instances of referred pain are straightforward, such as when nerve damage causes pain to radiate along its path. However, there

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# Health & Beauty

are more mysterious cases, like phantom limb pain experienced by amputees.

Muscular trigger points are another cause of referred pain, where tight muscle bands lead to pain patterns throughout the body. Additionally, various tissues, including spinal discs and internal organs, can generate pain felt in unexpected places, sometimes mimicking unrelated conditions.

Understanding referred pain is crucial for managing symptoms. If you're experiencing puzzling pain patterns, consulting with a physiotherapist can provide clarity and guidance. Remember, this newsletter is not a substitute for professional medical advice.

Contact our Hobsonville or Riverhead clinic to schedule an appointment. Let us help you achieve better balance and prevent ankle sprains. Call us at 09 416 4455 (Hobsonville) or 027 313 6036 (Riverhead), or book online now. Let us help you find freedom in your movement!

## Winter skin, digestion & stress

Winter brings its own set of challenges, affecting our skin, digestion, and stress levels. Harsh weather conditions can lead to dryness, eczema flare-ups, and chapped skin. Indoor heating further dehydrates the skin, causing redness, irritation, and cracked lips. At SWAN Skin Wellbeing and Nutrition, I understand that healthy skin starts from within, and addressing these issues requires more than just topical treatments.

The skin's immune system plays a crucial role in protecting against winter conditions. A well-functioning skin barrier is essential for preventing infections and irritation. Proper hydration and nourishment from within can strengthen the skin's defenses, ensuring it remains resilient against the harsh winter environment.

Winter also impacts our digestive health. The tendency to indulge in comfort foods can cause bloating, constipation, and indigestion, while decreased physical activity and hydration levels exacerbate these problems. A balanced diet rich in fibre, healthy fats, hydration, and digestion-friendly spices is essential to maintaining a healthy digestive system during the colder months. Gut health is paramount for a strong immune system, helping to fend off bacteria and winter illnesses such as common colds and stomach bugs.

The shorter days and lack of sunlight can contribute to increased stress and the winter blues. Seasonal Affective Disorder (SAD), low energy, and irritability are common during this time. Managing stress through mindfulness, exercise, and social connections is crucial for mental well-being.

At SWAN Skin Wellbeing & Nutrition, I offer a unique approach to tackling these winter woes. As a Functional Skincare Practitioner and Nutritionist, I understand the intricate connection between your skin and internal health. This dual expertise allows me to provide

personalised care that addresses both the external and internal factors affecting your well-being.

By coming to SWAN, you benefit from a holistic treatment plan that includes tailored skincare routines, nutrition advice, and stress management techniques. My approach ensures that your skin remains healthy and radiant, your digestive system functions smoothly, and your stress levels are effectively managed.

Choose SWAN for a comprehensive solution to your winter health concerns, and experience the difference that a fully integrated approach can make. Winter Wellness Special Offer : 15% Off All Consultations

SWAN Skin Wellbeing and Nutrition : [www.swanskinandnutrition.com](http://www.swanskinandnutrition.com) | 49 Main Road, Kumeu | 0274473013 | [swan.skinandnutrition@gmail.com](mailto:swan.skinandnutrition@gmail.com).

## Why do I feel so bad?

Many of us feel 'bad' due to events such as the loss of a parent, friend, animal or relationship. We see things on the news, very real events, and we feel bad. This is normal and a part of life.

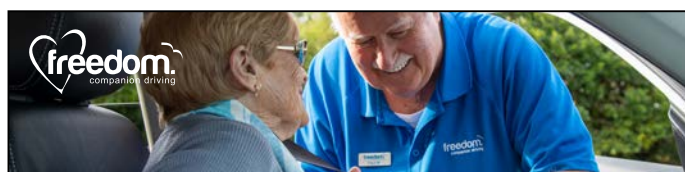
Others feel bad most of the time. They have underlying feelings of anxiety, sadness, guilt, embarrassment, awkwardness, shame and other uncomfortable feelings. They don't understand they may be creating these feelings due to their thoughts.

The way we feel is down to the words we say to ourselves and the images we create in our minds. If you think you are fat and ugly and no one likes you then you will feel down about yourself, believe you are not good enough, and will feel anxious around people as you expect they think you are fat and ugly too.

Change the thoughts and pictures to I am likeable no matter how I look, people like me, I am more than my looks and my body, I deserve love.

When responding to words & pictures, the more vivid the picture the more powerful the response. Picture yourself surrounded by people who like and love you. Make your words really positive and the pictures you create really empowering.

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



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# Area Columnists

## Grief- you can work through it

Some people in our lives touch our hearts from the moment we first met them. Other times, it could be someone who has been in our lives from the day we were born or they may be a well-known person such as a member of the Royal Family, a celebrity, or another famous person.



Recently I had a friend call me to let me know that her father had died; as sad as it is, what made it harder, was that it happened so quickly. Even when we know or are expecting a loved one or a friend is going to die, it still does not make it easy and often comes with a mixed bag of emotions along with the unknown.

Can we really prepare ourselves for when someone is passing? Not really as we do not know how we are going to feel or react to that loss. One thing for certain is that we will be introduced to the emotion, Grief.

What is grief? Best way to describe it is with an example: When we lose someone such as a family member, friend or even a pet, the sadness and loss we feel is called grief. According the Mayo Clinic, "Grief is the natural reaction to loss. It is both a personal and universal experience."

When someone we love or know passes, how should we feel? Is there a correct way to feel? There is no right answer to this question, everyone feels loss in a different manner. It may also depend upon your belief system. Most will feel a sense of loss, sadness, sorrow, a deep pain or even a sense of relief. Whatever you feel, is completely normal and is right for you.

Some things you can do to help you with grief:

1. Surround yourself with family and friends who can support you.
2. Allow your feelings to come out, if you need to cry, then cry
3. Don't be hard on yourself. Be kind to yourself
4. Keep a journal/diary to record your feelings and thoughts
5. Try to keep to a regular routine: meal times, exercising etc
6. If you need to seek help, do so, speak to your family doctor or another professional
7. Speak to others who have been through similar grief, know you are not alone

Astramana™ Healing Services is available to help you through your grief period. We can teach you various healing techniques to

help you with the grieving process, we also can help you through hypnosis. Astramana™ Healing Services founder Jason Mackenzie is an internationally trained healer and hypnotist, a clairvoyant, tarot reader. Jason has taught healing classes internationally.

Visit our website: [www.astramana.com](http://www.astramana.com) or email us at [astramana@gmail.com](mailto:astramana@gmail.com) or call us on 021 0277 0836 with any questions or to book yourself an appointment.

## 15 Edward Street, Riverhead

A surprise package has been unveiled with the reveal of a stunning renovation to a Riverhead home that has sat vacant as a half-finished project for the past four years. The shell of a property with only one wall surrounded by framing has been masterfully restored by a TV renovation champ in what has been his biggest project yet.



Winner of home renovation show, Our First Home, Jono Frankle, has revealed the stunning restoration of Edward Villa at 15 Edward Street, Riverhead.

The home was vacant and remained an eyesore for many years after a change of circumstances from the previous owners it remained empty and striped out. Frankle said, "there was just one wall remaining, otherwise it was literally just framing and a pool. The building paper is the only thing protecting it from the elements" he added.

The home offers four bedrooms, spacious living, designer kitchen with butler's pantry. Custom-designed joinery and the quality fittings speak to the meticulous craftsmanship.

Edward Villa showcases classic architectural style with modern sophistication.

New Zealand Sotheby's International Realty Managing Director Gavin Lloyd said "The 360-degree deck seamlessly blends indoor/outdoor living. Family and friends will delight in the private oasis with inground pool and beautiful landscaped sun-soaked entertainment areas. Distinguished by the single level high set structure with wrap-around verandah this architectural style is widely admired and offers great street appeal".

This is refined luxury and a lifestyle to be envied. A quiet location blessed with scenic beauty, with just six other homes in the cul-de sac there's very little traffic.

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**AUCTION:** 1:00p.m. Saturday 27th July 2024  
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**VIEW:** [nzsothebysrealty.com/NZE11719](https://nzsothebysrealty.com/NZE11719)

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4 🚗 2 🚗 2 🚗

Land Area: 693 sq m (more or less)

Floor Area: 267 sq m (approx.)



# Area Columnists

Gavin Lloyd said "Riverhead is simply a wonderful place to live, offering a peaceful semi-rural environment. Riverhead's neighboring suburb of Coatesville has some of New Zealand's most expensive homes, yet Riverhead offers an affordable real estate address."

For a private viewing contact Gavin Lloyd on 0277 227 377.

## Sharing and caring

How do our volunteers at Citizens Advice Bureau Helensville make a difference?

For every single client it depends on what they need within the scope of what can be delivered.

Clients ask for help to resolve a problem or work through an issue they may get stuck on. They may not be able to find a way forward and need reassurance they're on the right track.



"There are many things which can be thrown at us but we take time to get it right, often starting as a listening ear before unpacking the issue, researching and evaluating options," says manager Rani Timoti.

A robust learning and development programme is the mainstay of volunteers who navigate categories like relationships, tenancy and employment to out-of-the-blue questions such as how to get a stain out of wallpaper after crushing a cockroach?

Volunteers come from all walks of life and often wear more than the CAB hat in South Kaipara and Norwest. including a school board, community patrol and walking group.

"Our backgrounds and interests cover all sorts of lived experiences ranging from journalism, business and finance to ocean swimming, boogie boarding and golf/disc golf. From grandparents to an Auckland University law student, aligning with CAB also helps our own friends and family," says Rani.

Last month, our volunteers enjoyed a lunch at the local iMaxx Indian Restaurant and Bar acknowledging their contribution to the South Kaipara community. The national volunteer week theme Weaving the People Together - Whiria te Tangata- was an apt reminder of how volunteers connect with clients and local community groups and organisations.

"Through your collective mahi, you help to weave together people and communities, strengthening the fabric of society at a time when this is sorely needed. Your work is important and truly valued," says

Neil Lancaster, national president and Kerry Dalton, CEO, praising more than 2000 volunteers nationwide.

At our Helensville branch, it has become a hub for our Community Support Network Group's monthly meetings and a range of other gatherings and events including hosting a Hospice West Auckland workshop, the Ready Steady Quit group and Otakanini Topu meetings.

Come and talk to our friendly volunteers from Monday to Friday, 10am to 1pm or Saturday, 10am to noon. On Tuesdays we have our budget clinic and everyday there is a JP available onsite or nearby.

## Sayers says it

By Rodney Councillor Greg Sayers

How are the new parking fee charges in the Auckland Central Business District (CBD) going to affect people driving from Rodney?

Auckland Transport recently announced car drivers will be stung with new 24-hour parking charges covering overnight, at weekends and on public holidays.

These new parking charges are for on-street parking in roads near the Viaduct Harbour.

The reason is so Auckland Transport (AT) can produce more income and thus soften the impact on the need for higher rate increases to support its own operational costs.

As from July 1 parkers will face new charges for Sunday and public holiday parking, which had previously been free.

For example, for streets close to the Viaduct Basin the fee for weekend and public holiday parking will be \$3.50 an hour for the first two hours and \$6 for every additional hour.

From 1 October parkers will also face new charges for overnight parking, which also had previously been free.

The overnight charge will be \$2-\$3 per hour, depending on the exact inner-city street.

Possibly some good news for Rodney's residents is that the changes do not apply to the Fanshawe Street downtown carpark. These costs will remain at \$5 an hour with a maximum charge of \$24 to park until 6am. On weekends, the charge is a flat \$7 per day. That carpark operates from 6am until midnight and is closed on public holidays.

The council sold this carpark building to private developers requiring them to provide 200 short-term carparks, however, future parking rates could change under the new ownership.

AT had to backtrack over the rollout of its controversial changes



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# Area Columnists

delaying the implementation of the new overnight charges until October 1 and apologised to Mayor Wayne Brown over inadequate communication to stakeholders.

AT defended itself saying it's been told to take a "more commercial approach" to managing public assets to reduce the burden on ratepayers.

One of AT's points was with more and more people living in apartment buildings with no parking facilities their residents are instead choosing to use the roadside parking to store their cars for free.

This in turn had a knock-on effect of reducing the number of street spaces available for people travelling from out of town, such as those driving from Rodney.

AT also argued that even if an apartment building had gained consent to build without providing car parks, that still didn't mean ratepayers should be providing them free car parks on publicly funded roads.

In fact, it is ironic that Auckland Council's theory is if you build apartments, or houses, without providing off-street parking then people will use public transport, cycle or walk instead of needing a car.

"It's the way you make people feel that defines service"



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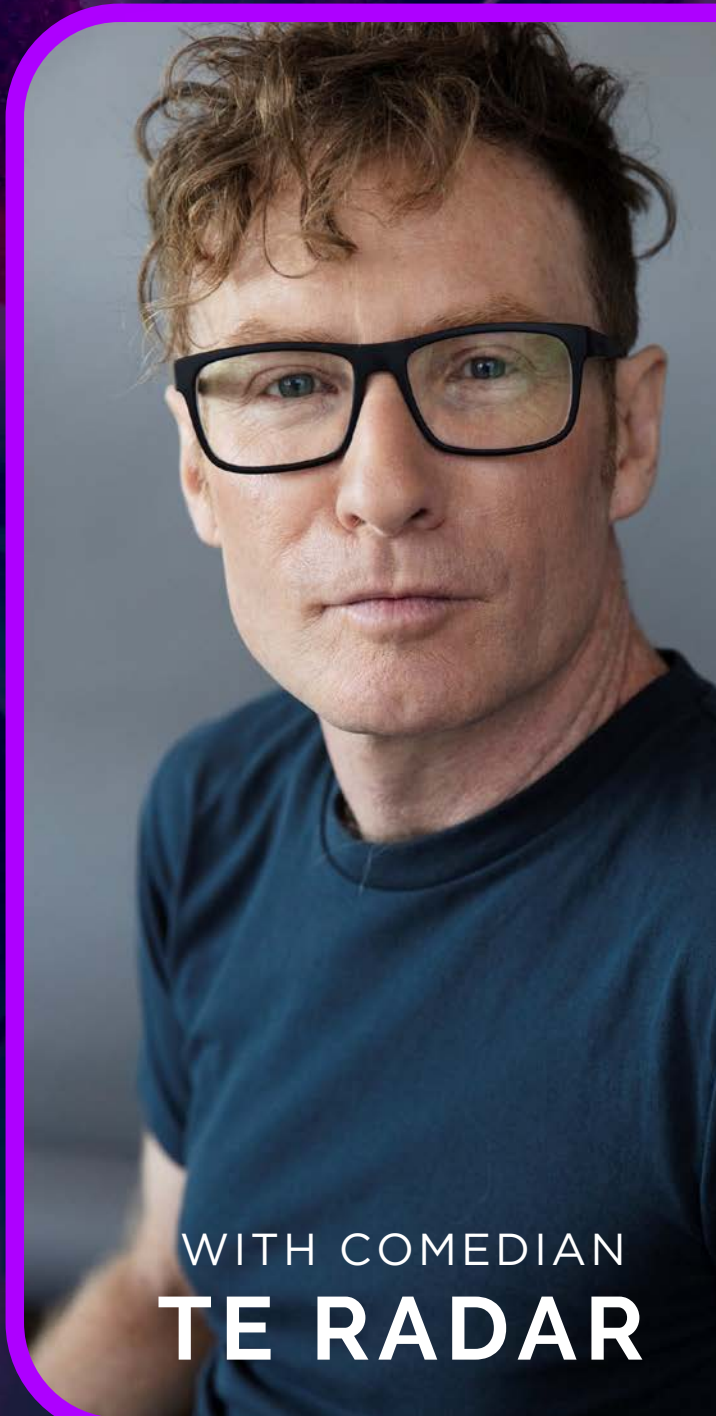
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