

March 2025

FREE monthly community magazine for Kumeu
& surrounding townships

Kumeu Courier

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

www.fairfood.org.nz

Outgrowing Hunger



Greetings

Watch out - thieves about.

Cars are being targeted in this area, along with homes.

Many properties out here are not overlooked by neighbours, so thieves often enjoy relative freedom.

I have cameras, lights, an automatic gate, dogs, locked garage doors and other forms of security which deter most would-be thieves. Plus our property is overlooked by some neighbours and down a dead-end road which can trap thieves.

The Toyota Aqua is the most stolen car in New Zealand. In fact, Toyota is a popular brand with thieves, AMI listing the Aqua hybrid hatchback as the most stolen car in New Zealand for three years in a row (2022, 2023 and 2024).

That's followed by the Toyota Corolla and then the Nissan Tiida.

Also on the AMI list are the Mazda Demio, Atenza, and Axela, the Toyota Vitz, Mark X, and Hilux, and the Subaru Impreza and Legacy.

If you own one or more of these vehicles be especially wary - and they may not just be stolen when parked (at home, work, or wherever) as insurance companies are aware of car jackings in low speed areas too.

The Ford Ranger and Audi A4 are listed in some regions as the top stolen vehicles.

AMI's tips for vehicle security include using a lockable garage or parking down a driveway, parking in a well-lit area, parking so the vehicle faces uphill or the house, and using anti-theft systems such as a car alarm, immobiliser, fuel cut-out switch, steering wheel lock, handbrake lock, or car tracking system.

GPS tags can be put inside vehicles - helpful in assisting police to track offenders and/or the vehicle, it says. Don't get out of your car and leave the engine running or keys in it, even for a few seconds, says AMI.

"Always lock your car doors when driving your car and consider keeping the windows up, especially in low-speed areas."

AMI suggests people always lock their vehicle, particularly when parked and unattended, not leave valuables on display, and avoid leaving windows or the sunroof open when no-one is in the vehicle. I even take smart phones, wallets and cards out.

If you are unfortunate enough to have a vehicle disappear then many insurance companies may have a stolen vehicle claims guide available.

At previous addresses we've had sound systems taken and petrol syphoned, plus stuff taken from our garages. So it's not always the vehicle that is stolen.

Geoff, Editor



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People & Places

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Outgrowing Hunger

As the school year kicks off, fresh fruit and veggies are the perfect way to brighten lunchboxes and fuel busy days. If your backyard garden is bursting with courgettes, tomatoes, or peaches, why not share the love? Fair Food turns leftovers into lifelines for families who are missing out.

Your donated produce will be shared with local domestic violence shelters, social services, and food banks, making a real difference to families in need.

"To see fruit rotting on the ground when so many Kiwi families have empty cupboards is heartbreaking," says Fair Food General Manager Michelle Blau. "Fresh, healthy kai can make such a difference, especially for kids. Whether it's a bag of peaches, a box of tomatoes, or a big bunch of silverbeet, every donation helps."

Instead of letting your garden abundance go to waste, drop it off to Fair Food's Hub on Rosebank Road. Have a large lifestyle block? Contact us to arrange a collection or drop off closer to you. Our volunteers will utilise your homegrown goodness to prepare kai parcels or cook from scratch in our Conscious Kitchen.

Kiwis households throw away 157,398 tonnes of food every year, much of it still edible. If you spot fruit trees in your neighborhood that aren't being picked, offer to lend a hand. It's a great way to connect with neighbours and stop good food from going to waste.

If you've got fresh produce to spare, now is the perfect time to share it!

Email us at info@fairfood.org.nz or call 022 167 8963 and let's make this school term brighter, one lunchbox at a time.





Trade Tyres- Part of the Waimauku Automotive Group

Trade Tyres is a leading tyre supplier and automotive service provider based in New Zealand, dedicated to delivering high-quality tyres, exceptional customer service, and expert advice to both individual and commercial clients. With a strong reputation for reliability and affordability, Trade Tyres specializes in offering an extensive range of premium and budget-friendly tyres from top global brands, ensuring the perfect fit for every vehicle, and driving need.

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In addition to tyre sales, Trade Tyres offers a comprehensive suite of automotive services, including wheel alignment, tyre fitting, puncture repairs, and battery checks, all carried out by certified technicians using state-of-the-art equipment. With a focus on convenience, Trade Tyres provides nationwide delivery services, ensuring customers can access their products and services no matter where they are in New Zealand.

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Te Awaroa Museum



Since 1887, the beautiful Henley House in Kaukapakapa has stood proudly on its site - a sweeping corner before the village - witness to the many changes and encroaching subdivisions. Built for Maurice Henley, the three-storeyed house became the family home for three generations. Having arrived in New Zealand from England in 1862 with two of his brothers, Maurice settled in Kaukapakapa. An educated man, with an MA from Wesley College, he was able to speak four languages and had a large collection of books - the forerunner to the Kaukapakapa Library. After marrying Eliza Chaplin, the couple had four children, although sadly daughter Eliza died, aged 16. They went on to donate some of their land for a public hall, and also for the building of the Methodist Church, now known as 'All Saints', providing a significant part of the nucleus of the Kaukapakapa Village. Owned until 1974 by subsequent Henley generations, others were fortunate to call 'Henley House' home



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Battle of Te Ika-a-Ranganui

Here at Te Awaroa Museum in Helensville our staff are looking forward to commemorating the Battle of Te Ika-a-Ranganui. This watershed event occurred in 1825, and there will be a range of commemorative events across the Kaipara, including at the Museum, to mark 200 years since this battle took place near Kaiwaka.

The Battle of Te Ika-a-Ranganui was an important conflict for shaping the Kaipara, as approximately 500 heavily-armed Ngāpuhi defeated warriors from the confederation of Ngāti Whātua tribes. Although the battle was hard-fought, and hard won by Ngāpuhi, it has gone down as one of the fiercest battles of the Musket Wars. Ngāpuhi forces broke into smaller taua (war parties) and pursued surviving Ngāti Whātua far and wide, including into the South Kaipara.

It was after this that all but a handful of Ngāti Whātua men left Kaipara and withdrew to Waikato for some years. While all the land on the Kaipara river was uninhabited there is evidence that Paieka Te Hekeua of Oruawhoro visited this area at intervals and thus kept the claim of Ngāti Whātua possession alive.

including the Fletchers, the Fairbrothers and latterly the Harland family, who took possession in 1999. Significant improvements have been made over time whilst retaining the fundamental properties of what the late Yvonne Harland described aptly as a 'magical house.' It is a fully restored, kauri-built, monument to early Colonialism, with a Heritage New Zealand 'Historic Place Category 2' listing.

Fast forward from its creation 136 years ago to 29th January 2023, to the storm before Gabrielle, the storm that had no weather warnings. Hitting Kaukapakapa as a weather bomb, it flooded not only Henley House, but the Fire Station, the Hall and the Library, the last three had been moved above anticipated flood levels in 1998. Only 200mm of flood water went through the ground floor of Henley House and dealt to the carpet, but she had seen a lot of life and shrugged it off and simply dried out her kauri heart.

So many lives and property values changed in the aftermath of both this storm and cyclone Gabrielle. The ongoing impact will have ramifications for many years and sadly Henley House has succumbed to the new precautionary way in which we now live - trapped within a cycle of heritage value versus Council liability obligations. 'White stickered' yet still a liveable property and surveyed as Category 3 'Optional buyout', the reality is there is only one way forward for the owner. Faced with a Council record of potential flood damage and any future sale or insurance value being compromised, the only option is to walk away.

The Te Awaroa Museum, Helensville, is making enquiries with the Auckland Council, through the Local Board, towards relocating the heart of Kaukapakapa to the Museum grounds in Helensville. To lose such an important part of West Rodney's history is an irreversible outcome and whilst a huge ask of very limited resources, it seems a failure of duty to not make every effort. It will be the coup of the century to pull this off, but if 'you don't ask, you don't get'. Any thoughts, or significant lotto wins, please contact the Te Awaroa Museum - info@museum.teawaroa.nz (09)4207881, 98 Mill Rd. Helensville.



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The Eyelash Revolution

It started with a prostaglandin treatment for glaucoma. An unexpected side effect was longer, darker eyelashes and the cosmetics industry rushed to develop a cosmetic product. Before you spend \$149 for 2ml of RevitaLash (containing a prostaglandin analogue), be aware of the less fortunate side effects: darkening of eyelid skin, iris colour changes, iris cysts, redness and irritation, dryness and itching.

The good news? Serums without prostaglandin that enhance eyelash growth with peptides, biotin, plant extracts and oils have been developed. If your lashes are thinning or growing not so straight, these may help. I advise an eye examination first to assess the lids and lashes to address dry eye concerns, as eyelash changes are often linked to treatable disorders of the tiny glands around them.

To minimize eye health dangers, be aware of potentially harmful ingredients in lash serums: Parabens and Phthalates may trigger allergies and are endocrine disruptors - they can interfere with hormonal balance and pose long-term health problems with hormones and reproduction. Fragrances may cause irritation or allergy. Prostaglandin analogues as discussed have side effects. Common examples of prostaglandin analogues in lash serums are Bimatoprost, Isopropyl Cloprostenate and Ethylcloprostenolamide.

-By Molly Whittington, optometrist at For Eyes in the Kumeu Shopping Village, phone 09 412 8172

A Functional Approach to Skin Healing



At SWAN Skin Wellbeing and Nutrition, I take a holistic approach to skin health, addressing both external treatments and internal wellness. I specialise in helping individuals with skin concerns such as eczema, acne, rosacea, pigmentation, and skin inflammation, including teenagers dealing with hormonal breakouts and other skin challenges. My facial treatments, soothing massages, and personalised nutrition plans are designed to restore balance and clarity to your skin from the inside out using Osmosis Skincare and other trusted practitioner wellness brands to support the healing process.

As I prepare to open our new premises this March, don't miss out on the exciting specials—visit the website for details! Plus, I offer brow and lash services to complete your rejuvenating experience.

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Who is Kirstyn



My journey began with an interest in health and fitness. While living on the North Shore with two young kids, I launched KC Fit. An injury 7 years postpartum (due to inadequate knowledge on training females within the industry) led me to deep dive and become a dedicated women's health trainer. Specialising in women's health, pregnancy, postnatal, pelvic floor, and menopause, I passionately empower women to move confidently during exercise and daily life and educate health and fitness professionals on how to do the same for their female clients. I moved to Norwest in 2017 and relaunched KC Fit. It has now been over a decade, and I've witnessed countless breakthroughs, reinforcing my belief in understanding and adjusting exercise to each unique female body.

Balancing my career with family has been both challenging and rewarding. My three children are my greatest inspiration and joy. My eldest, born after years of IVF, taught me the value of perseverance and hope. My two adopted children have brought immense joy and a sense of completeness to our family. Each of their unique journeys has enriched our lives in unimaginable ways.

Married for 22 years, my husband has been my rock and greatest supporter. Together, we have navigated ups and downs, always emerging stronger. Our shared dedication to family and each other is the cornerstone of our enduring relationship.

Within the KC Fit community, I strive to create a supportive and empowering environment. Seeing mum's achieve their fitness goals is incredibly fulfilling, with an emphasis on the importance of mental and emotional well-being. To me, fitness is holistic, encompassing body, mind, and spirit.

I am grateful for the experiences and people who have shaped it. I continue to guide women towards a healthier, happier life while cherishing moments with my beloved family.

Kirstyn Campbell www.kcfit.co.nz

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Dog walk



For about nine years, Cathy McBride has been at the heart of a thriving dog-walking community in Waimauku. Twice a week, she leads a group of enthusiastic dog owners and

their four-legged companions on scenic walks through the fields, fostering friendships and wagging tails alike. Behind the scenes, Cathy's partner, Victor Brownhill, plays a vital role in keeping the pathways and trails in tip-top shape. From pruning overgrown bushes to mowing grass, he ensures the routes are tidy and welcoming. Recently, Victor took on a significant project: sprucing up the pond in the Recreation Reserve. Thanks to his hard work, the dogs now have a perfect spot to paddle, splash, and cool off on warm days. What started as a casual stroll with a few neighbours has blossomed into a vibrant gathering of over 40 people, ranging from young children to seniors, all united by their love for their canine companions. The walk is often the highlight of the week for both the dogs and their owners. Along the way, stops provide a chance to rest and recharge before continuing the adventure.

Each walk begins with cheerful chatter and occasionally an announcement. Once the introductions are over, the real fun begins—most dogs are unleashed, and the fields come alive with boundless energy. Whether racing across the grass, chasing one another, or investigating intriguing scents, dogs of all shapes and sizes—from Dachshunds to Great Danes—play harmoniously, spreading joy to everyone in attendance. Rain or shine, these walks last about an hour and are a testament to the dedication of the group. Regular meetups are on Wednesdays at 5:30 pm and Saturdays at 4:00 pm, starting from Glasgow Park, 67 Muriwai Road, Waimauku. This may include Christmas Day, because, as Cathy says, "The dogs don't know it's Christmas". WSo, if you're looking to get outdoors, meet new friends, and give your pup a day to remember, join Cathy, Victor, and their lively pack for a walk. It's not just a stroll through the park—it's a celebration of community, companionship, and, most importantly, dogs.

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Strength Training: The Key to Longevity



When we think about living a long, healthy life, we often focus on diet, stress management, and cardiovascular fitness. While these are all essential, one of the most powerful tools for longevity is often overlooked—strength training.

As we age, we naturally lose muscle mass and bone density, a process known as sarcopenia. This decline can lead to weakness, loss of

mobility, and an increased risk of falls and fractures. However, strength training is the most effective way to counteract these effects. Regular resistance training helps maintain and build muscle mass, improves bone density, and keeps joints strong and stable.

Beyond the physical benefits, strength training plays a crucial role in metabolic health. It improves insulin sensitivity, helping to prevent type 2 diabetes, supports heart health, and boosts overall energy levels. Strength training is also a powerful tool for mental well-being, reducing stress and enhancing cognitive function. Studies have shown that resistance training can even lower the risk of neurodegenerative diseases like Alzheimer's by supporting brain function and reducing inflammation.

The best part? Strength training is beneficial at any age. Whether you're in your 30s and looking to future-proof your body, or in your 60s and aiming to maintain independence, it's never too late to start. A well-structured program focusing on progressive overload, proper movement patterns, and functional strength can help you move better, feel stronger, and live longer.

At PWR FIT Studios in Kumeu, we specialise in strength training for all fitness levels, helping our members build strength for life. If you're ready to invest in your health and longevity, come train with us and future-proof your body for years to come.

Renee Diment \ Director & Co-Founder of PWRFIT Studios

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The Hidden Benefits of Learning a New Skill

When we think about getting fit, we often consider jogging or joining a gym. While both are great options they don't suit everyone. If you don't enjoy the activity, staying committed long-term can be difficult. The key is to find something you genuinely like, making exercise feel less like a chore and more like an enjoyable part of your routine.

The Right Activity Boosts Confidence and Motivation

Just as we all have different tastes in food, we also have preferences when it comes to exercise. Some people love learning new skills, others enjoy endurance challenges, and many thrive outdoors. Finding an activity that excites you makes staying active much easier.

We also tend to enjoy activities we're naturally good at. Someone with great balance might love roller skating, while a person with quick reflexes might excel at racquet sports. Choosing an activity that suits your strengths increases the likelihood of making it a lasting habit.

Expanding Your Social Circle Through Exercise

Exercise isn't just about fitness—it can also introduce you to new social circles. Even solo sports often have strong communities, such as surf clubs or climbing groups. Making new connections through shared activities can significantly enhance your well-being.

Exercising Your Brain While Moving Your Body

Learning a new skill isn't just great for your body—it also challenges your brain. No matter your age, picking up a new sport can improve cognitive function and boost confidence.

If you're unsure where to start, a physiotherapist can recommend activities suited to your ability and help prevent injuries.

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Safer Communities



Fire Safety

Nuisance fires, often seen as small, uncontrolled fires in urban and suburban areas, can have significant negative impacts on local communities. These fires can range from backyard bonfires to illegal burning of waste. While they may not always cause widespread destruction, nuisance fires can still pose risks to health, safety, and the environment.

One of the main concerns with nuisance fires is the release of pollutants into the air. The burning of materials like plastic, rubber, or treated wood can produce toxic fumes that contribute to poor air quality and pose a health risk, especially for those with respiratory conditions. Additionally, the smoke

from these fires can drift into residential areas, disrupting daily life and causing discomfort.

Fire and Emergency set restrictions though out the year and impose restricted and prohibited fire seasons. Whilst this limits some of the burning to safer times of the year and requires the home owner to comply with certain safety requirements it doesn't always protect the community from the smoke as a result of the fire.

If you come across a fire that is a smoke nuisance, please do not call 111 for your local brigade to put out. Fire and Emergency NZ is not legislated to put smoke nuisances out.

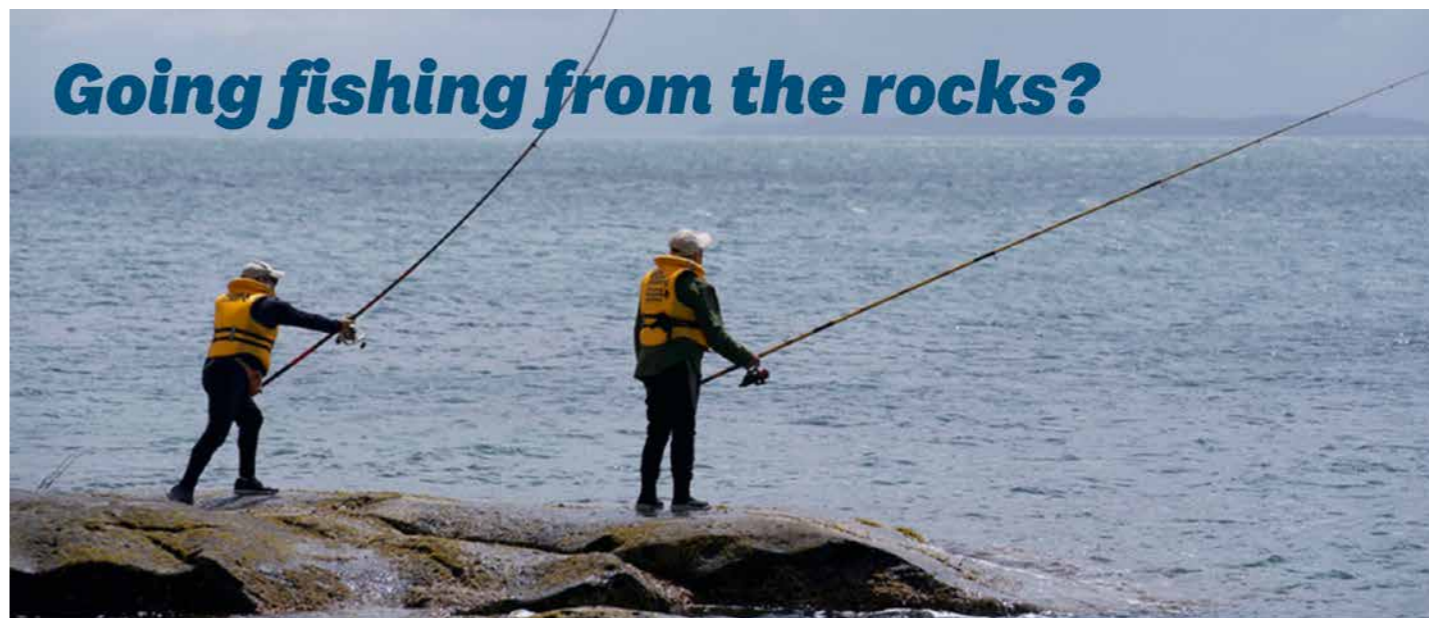
This is covered under the Auckland council Air Pollution bylaw and therefore is the councils responsibility to investigate and decide whether it needs to go out.

They will then request our assistance should it be deemed required.



Jamie Shaw
Deputy Chief Fire Officer
Waitakere Fire Brigade
Phone 09 810 9251

Going fishing from the rocks?



Know how to float

Only go fishing from rocks if you know how to float well. Always wear a lifejacket and take a flotation device, like a life ring or a bucket, with you. Lifejackets will increase your chance of survival if you fall in.

Find the safest place

Check conditions: tide, swell, weather, and local hazards. Always face the ocean and be alert for large waves which can knock you off the rocks.

If in doubt, stay out

If the weather or conditions look dangerous don't go fishing - wait for another day.

Take care of yourself and others

Always fish together. If something happens they can help. Wear light, warm clothing, a lifejacket and shoes with grip (not gumboots).

Know how to get help

Always take a mobile phone; in an emergency call 111 and ask for Police.

dpanz.org.nz



Winners in Sustainability Innovation!



It may not have been the Oscars but it sure as heck felt like it when HydroVac was named winner of the Excellence in Sustainability Innovation category at the prestigious 2024 CCNZ Hynds Construction Awards!

We don't normally enter awards but one of our team twisted our arm for this one, telling us what we've created with our custom-designed Materials Waste Recycling Plant needed to be shared with the industry. We designed this plant ourselves - it takes waste from our hydro-excavation jobs and turns them into other valuable byproducts to be re-used: rocks, fine metal, sand, mud, and water.



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We were in incredible company at the awards, with so many businesses we admire and work with. If you'd like to hear more about our "award-winning" sustainable materials recycling plant, let us know!

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Cat lovers we need your help!

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

Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programs and helps feed and care for many cats living in the community. Please visit our

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website for more information on volunteering and how to donate at www.thenzcatfoundation.org.nz. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

New books recently obtained by Auckland Libraries

Enchantra by Kaylie Smith

A spicy stand-alone romantasy. When Genevieve Grimm's mother dies, she's left with questions no one can answer-until she receives an invitation to Enchantra, a cursed palace in Italy, frozen in time and shrouded by forbidden fruit. But when the sinfully handsome and hostile Rowin Silver answers the door, he refuses to let her inside. And though Genevieve finds her own way in... she soon realises her mistake.

Greco by C G Cooper

A college football star struggles to pull himself free from his father's tangled past with a Chicago gangster. It's 1989, and college freshman Michael Greco is ready to leave his dreary small town--and the grief of his father's death--behind.

A Rebel in Gaza. A Daughter of Rafah Speaks by Asthma Alghoul and Sélim Nassib Born in Rafah, raised in Gaza, subjected both to Israeli bombs and to Islamist tyranny, and in the face of prison, death threats, abuse, misogyny, violence, and repression, Asmaa Alghoul has continued to speak her truth. She has continued to live and to love, to laugh and to protest. She continues to advocate for freedom, peace and justice.

Eloise the Flame Dragon by Maddy Mara

Three friends, Eloise, Ash and Maya, have just discovered that they share an amazing gift. They can transform into powerful Fire Dragons when they travel to the Magic Forest. Once there, Eloise learns that she is the mighty Flame Dragon who must lead Ash and Maya on an epic quest to a place in the forest called the Fire Realm, which only appears once every thousand years.

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Surf patrols step up for 2025



Muriwai and Bethells Beach (Te Henga) are among Auckland beaches with a mix of paid and volunteer lifeguards during summer.

Paid patrols are usually on deck from about 10am

to 7pm weekdays at Muriwai and 11am to 7pm at Bethells Beach, and volunteer lifeguards help at weekends, usually doing 9.30am-5pm at Muriwai and 11am-8pm at Bethells or finishing when beach crowds disperse.

From March, Bethells Beach is only patrolled at weekends (11am-4pm until about April 27) with Muriwai patrolled also at weekends from March 17 to about April 21, (10am-4pm), and both on public holidays like Easter.

Beachgoers should check www.safeswim.org.nz for more information. The website also provides water conditions.

A new clubhouse is planned for Bethells Beach, with President Dave Comp saying community consultation and consents are still needed.

Bethells Beach patrols are meanwhile using the existing clubhouse damaged in Cyclone Gabrielle in early 2023 and report a hole has reopened off the beach patrol tower, making it dangerous to swim there on an outgoing tide.

Dave says the new clubhouse will need resource consents for matters such as wastewater.

Muriwai Muppets competed in Wellington at the Central Region Surf Boat Championships during January 11 and 12 in both under 19 and under 23 age groups, winning gold in the former, says Muriwai Volunteer Lifeguard Service President Bryce Pearce.

The 2025 AON New Zealand Surf Life Saving Championships from March 6-9 represents the pinnacle event of the season with 1500 athletes expected to attend at Midway SLSC in Gisborne.

The NZSLSC includes those from 14-years-of age to experienced Masters, competing in canoes, surf boats, swimming, beach sprints, ski and board.

Meanwhile, a Youth Development Camp aimed at young lifeguards enthusiastic about the values associated

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with surf club life and designed to encourage personal development and leadership development rather than specific surf lifesaving skills will be held from April 12-15 at Motutapu Island.

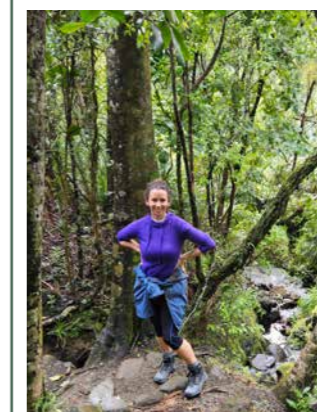
A “Surfers Rescue” website (www.surfingnz.co.nz/surfers-rescue-24-7/) has also been established by Dan Westerkamp who was surfing at Te Henga (Bethells Beach) about a year ago and helped a distressed surfer to shore. Dan says the surfer was out of sight of lifeguards and that as surfers are usually in the water from dawn until dusk nearly every day and have a flotation device (surfboard) they can quickly help.

Surfers rescue countless swimmers, fishers and fellow surfers, says Dan. Surfing New Zealand’s Ben Kennings says surfers are at many unpatrolled beaches or surf outside the flagged areas.

“If someone gets into trouble we are often the first to respond.” Surfing New Zealand is asking surfers to formalise their position as first responders through its course Surf Rescue 24/7. The two-hour course teaches basic resuscitation and first aid, and how to bring in conscious or unconscious people on a surfboard.

It can be completed by surfers as young as 10. Email dan.westerkamp@surfingnz.co.nz for more details

Introducing Gabrielle



We are thrilled to officially welcome Gabrielle Fletcher to the team!

Gabrielle, also known as Gabs, joined us in October 2024, and we’re excited to formally introduce her now.

Above all, Gabs is a devoted mum and wife, with family being at the heart of everything she does. Watching her family grow brings her immense joy. Outside of her family life, she

enjoys the beach, being immersed in nature, exploring new places, kayaking, and has a strong passion for health and well-being.

With over a decade of experience as a self-employed home-based educator, Gabs has also been an owner of a home-based Childcare provider, developed her own “online business in a box,” and has many years of experience as an office manager.

We are fortunate to have Gabs involved in various aspects of our business, including Raine and Horne Real Estate, West Auckland Property Management, Kumeu Courier, and The Westerly magazines. She brings her heart and passion to everything she does and thrives on helping businesses grow through advertising, ultimately supporting their success in the community. Gabs loves empowering others and celebrating their achievements.

If you need assistance showcasing your business in the community, we highly recommend reaching out to Gabs.

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Will Randhir Karma from NZTA Stand Up



On 21 March 2023 Kumeu Courier asked Kaity Alexander and Randhir Karma from NZTA for a “please explain” regarding the NOR hearings process and the consultation with the community, the question and their response is below.

“Will you enter back into consultation with planning groups within the community to get the right solution for the future or do you acknowledge the hearing process is simply a formality to get your plan implemented”

While there is certainly no reason why ongoing discussions cannot continue with the community, now that the Notice of Requirement is lodged, a more formal consenting process is underway.

We do not consider the hearings process to be ‘simply a formality.’ Rather, the hearings process is a formal opportunity for public participation accessible to the public.

The hearing process is a very important part of the Resource Management Act 1991 process as it is a formal proceeding where the public is able to participate and have their views heard.

The North West projects will be publicly notified on 23 March 2023. This means that anyone who is interested can lodge a submission with Auckland Council (whether supporting, opposing or seeking changes to the projects). This is an important opportunity for the public to support or object to some or all of the projects of interest. A Friend of Submitter service is available for the public to use if they are not familiar with the Resource Management Act process. This service is free, and available to anyone who wants to be involved in the process.

Following receipt of submissions, a public hearing will be held and submitters are able to be heard if they wish. The hearing is a further opportunity for the public to present

concerns. Independent hearing commissioners will listen to all of the evidence and submissions given at the hearing and will then recommend to Auckland Transport and Waka Kotahi NZ Transport Agency whether it thinks the projects should be confirmed (with or without modification to the conditions) or be withdrawn.

Throughout the formal Resource Management Act process, Auckland Transport and Waka Kotahi NZ Transport Agency will continue to engage with the public and try to resolve issues raised if it is practicable to do so.

So, with this in mind, in January 2025 Healthy Waters released their Kumeu flood management report highlighting the following points:

- i) Healthy Waters & Food Resilience Department have thoroughly explored the infrastructure options for flood resilience for Kumeu Township
- ii) The options considered were; a) stream widening. b) diversion. c) detention dams
- iii) None of the above options would build flood resilience for Kumeu-Huapai.

In addition, the report goes on to state “the community, business and residents, have endured considerable financial and emotional stress with significant cost for repair, disruption to business, and anticipated reduction in property value. The cost of increased insurance premiums was also a key concern”.

In conclusion, it states, all properties, residential and business in low lying areas will be at greater risk of flooding in the future due to the impacts of Climate Change. Risk modelling highlighted 219 Residential Properties and 249 Commercial Properties would be significantly affected.

Therefore, a question for Mayor Wayne Brown, “why is the proposed Kumeu Town Center still in the middle of Kumeu’s flood zone”? And why is Randhir Karma from NZTA still wanting to put a rapid transit corridor through Kumeu and Huapai businesses to a Town Centre in Kumeu’s Flood Zone that will never be built. If NZTA were true to their word, you would expect this whole fiasco to be put on hold and a comprehensive Kumeu Town Centre Plan developed, and there is one already, thanks to Future Kumeu.

Thank goodness someone’s actually thinking.

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Gently Loved Markets



Gently Loved Markets Flea Market returns to Hobsonville Point for its first Flea Market of 2025 on Saturday 15th of March.

FleaMarket is an indoor garage sale filled with preloved treasures at significantly reduced prices. Explore stalls

selling preloved clothing, accessories, books, games, records, plants, home grown produce, homewares and more!

Gently Loved Markets Flea Market is on Saturday 15th March from 10am until 1pm at The Sunderland Lounge - Te Rere, Hobsonville Point. Free entry. Come have a preloved treasure hunt with us. Don't forget your fabric bag on the day!

Having a declutter around the house? Come sell with us! Contact Donna Buchanan on gentlylovedmarkets@gmail.com to book a stall.

Gently Loved Markets hold different of styles of market days - from curated preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds), Flea Market and Just Kids! Keep an eye on their Facebook and Instagram for the market day announcements @gentlylovedmarketsnz

Mortgage Market & OCR Update

The upcoming Official Cash Rate (OCR) review, scheduled for February 19, 2025, is anticipated to result in a 0.5% reduction, bringing the OCR down to 3.75% from its current 4.25%.

interest.co.nz

Current Market Overview

The New Zealand housing market has experienced significant fluctuations in recent years. After a peak in November 2021, house prices underwent a decline, followed by a stabilization phase. Recent data indicates a resurgence, with prices expected to increase by approximately 6% over the next year, driven by anticipated interest rate cuts.

reuters.com

Mortgage lending has also seen a notable uptick. As of late January 2025, there has been a strong rise in mortgage lending activities, reflecting growing confidence among borrowers and investors.

mnimarkets.com

Anticipated OCR Reduction

The RBNZ has been on a path of monetary easing, with a 0.5% cut in November 2024, setting the OCR at 4.25%. The upcoming February review is widely expected to implement another 0.5% reduction, aligning with the RBNZ’s strategy to move the OCR toward a neutral level, estimated between 2.5% and 3.5%.

reuters.com

Economic Considerations

The RBNZ’s decision to lower the OCR is influenced by several factors, including subdued inflation rates and a contracting economy. In the third quarter of 2024, the economy entered a recession, prompting the central bank to adopt a more accommodative monetary policy stance.

reuters.com

While the OCR cuts aim to stimulate economic activity, potential challenges such as rising unemployment and global economic uncertainties could impact the housing market’s trajectory. It’s essential for borrowers to remain cognizant of these factors when making long-term financial decisions.

Strategic Recommendations for Borrowers

Given the anticipated OCR reduction, borrowers should consider the following strategies:

1- Assess Fixed vs. Floating Rates: Evaluate the benefits of fixed versus floating mortgage rates. While floating rates may decrease in response to the OCR cut, fixed rates offer stability against potential future rate fluctuations.

2- Refinancing Opportunities: Explore refinancing existing mortgages to take advantage of lower rates, which could result in significant savings over the loan term.

3- Stay Informed: Keep abreast of RBNZ announcements and economic indicators to make informed decisions. Regular consultations with financial advisors can provide personalized insights tailored to individual circumstances.

In conclusion, the anticipated 0.5% reduction in the OCR reflects the RBNZ’s commitment to supporting economic growth and maintaining price stability. For mortgage borrowers in New Zealand, this presents an opportune moment to reassess financial strategies and capitalize on the evolving market conditions.

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Food & Beverage

Autumn Harvest Curry- With Kale Crisps & yogurt

serves 6- Ingredients

- 400g pumpkin
- 400g (about 3 medium) potatoes
- 2 medium carrots
- 2 medium onions
- 4 tablespoons olive oil
- 4 garlic cloves
- 4cm piece ginger
- 1 red chilli
- 2 teaspoons of each ground cumin, ground coriander, mustard seeds
- 1 teaspoon ground turmeric
- 2 teaspoons salt
- 3 cardamon pods
- 800g tinned tomatoes (2 tins)
- sea salt
- kale crisps and plain yogurt to serve

1-Peel the pumpkin, scoop out the seeds and discard. Cut the pumpkin into bite-sized pieces (about 2 cm) and place in a large bowl. Scrub the potatoes and carrots and cut into bite-sized pieces. Add to the bowl with the pumpkin.

2. Peel the onion and finely chop. Peel and finely slice the garlic and ginger. Heat the oil in a large deep-sided pan, over a medium heat. Add the onion and fry for 2-3 minutes or until it is just starting to brown. Add the garlic and ginger and continue frying. Reduce the heat if the onion is browning too quickly.

3. Finely slice the chilli (remove the seeds using a easpoon if you would like less heat) and add it to the onion mixture.

4. Measure all the spices into a small bowl then add to the onions and garlic and stir for 2 minutes. At this point the onion should be soft and cooked through.

Add the potatoes, carrots and pumpkin to the onion and fry for a couple of minutes.

5. Add the tomatoes, increase the heat and bring to the boil. Reduce the heat and simmer for 10 minutes. You may need to add a little water to cover the vegetables. Stir every couple of minutes to prevent sticking.

6. Season with salt to taste and ladle into bowls. Serve with flatbread or rice. Garnish with a dollop of yogurt and kale crisps.

Kale crisps-

- 6 kale leaves
- 2 tablespoons extra virgin olive oil
- salt

Kale crisps:

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. Remove the leaves from the thick stems of the kale then wash & dry them. Discard the stems to the compost.
3. Massage oil into the kale leaves, spread out on the baking tray and season with salt. Bake for 8-10 mins until crisp, watching carefully as they can burn easily.

Credit- Garden to Table



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Property News

How Ascend Financial Services can help

Instead of you having to regularly follow news and learn an industry, simply give Ascend Financial a call who have done all the work for you. We are always up to date with news, what banks are doing, what their policies are and how to best position you with debt management/structure.

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Brian D

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First Home Buying



By Tina White, Registered Legal Executive, ClearStone Legal

You've been saving hard and are finally ready to buy your first home. Where do you start?

When you find a home that you would like to make an offer on, the first step is to engage with a lawyer who can guide you through the process. Your lawyer will discuss which conditions are best to include in your offer,

the timing for those conditions and how best to deal with your deposit payment, if you are using your KiwiSaver funds.

Once your offer is accepted, your broker or banker will work with you to obtain finance approval. If your purchase is subject to a builder's report condition, you will arrange for an inspector to attend the property. You may need to order a LIM report from the local council, if one has not been supplied to you already.

Your lawyer will carry out a review of the agreement for sale and purchase, title documents and LIM report.

Your lawyer will help you work through fulfilling all the conditions in your agreement and work towards declaring the agreement unconditional. This effectively means that the property is sold to you. This is when the deposit is usually payable.

The next step is to meet with your lawyer to sign paperwork including mortgage documents. Your lawyer will explain the documents, the settlement process, and answer any queries you may have.

Closer to the settlement date, you are entitled to carry out a pre-settlement inspection at the property. This inspection is a time to check that the property is in the same condition as when you first entered into the agreement and that the chattels are in working order.

All that is left is to book your truck and wait to hear from your lawyer on the settlement day!

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Will your trust work when you need it? (A cautionary tale)

Trusts can be a great tool for managing assets that you want to pass down through generations of your family and keeping those assets safe from creditors. But like any 'tool', they can cause havoc if you don't know what you are doing.

A well-run trust will do what you want, when you need it. That generally means the trust assets are protected in the event of a separation, a business failure, or a death.

When did you last get your trust documents checked over? Do you manage trust money like it was another family bank account? Does the trust owe you money which could be available for the Official Assignee or creditors? Are your trustees all still actively involved and right for the job? Is there someone who will have the power to appoint future trustees, and can beneficiaries be added after you are gone?

If you're not sure, then go and see a lawyer who knows the mechanics of trusts (like Henderson Reeves Lawyers) and get things sorted.

If you need a horror story to get you motivated, a case in point is the very recent, soap opera-worthy Supreme Court case of Legler v Formannoj, which involved the infamous scenario of disentitled children suing the (younger) second wife.

After her husband died, Ms Formannoj removed her stepchildren as beneficiaries of a trust set up by their father and distributed all the assets to herself. Now we may not agree with what she did, but at the end of the day, Ms Formannoj was saved by the fact she did get legal advice at the right time about what she was doing with the trust.

If you have a trust, even if you aren't planning a dramatic takeover, take an hour to sit down with an expert. At Henderson Reeves we'll make it easy - you might even enjoy it.

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Rental Market Report

Trade Me Property Website spokesman says residential landlords may need to reduce their asking rents due to an oversupply of rental stock.

The number of properties advertised for rent on the Trademe website was up 36% in November compared to the same month last year, and up 4% compared to October. This figure has continued to climb through January 2025.

That puts rental listings on the website at their highest volume level since 2019.

The median advertised rent was \$630 a week in November, down \$5 compared to October.

In Auckland, the median advertised rent declined by -.0.7% in November but clearly marks the downward trend leading into December and January months when rental demand falls further.

As a result of an oversupply of Rental properties, landlords may need to reduce their price expectations to meet the current market or provide more value to the Tenant by way of garaging, clearing and cleaning services.

A good property management service will provide a comprehensive appraisal of historical rent, bond lodgements and current market rents as part of a detailed market rent appraisal. Here at West Auckland Property Management it is fast to generate and free of cost. In addition, the company has 25 years of service to landlords and tenants ensuring tenant selection, checks and references are vetted and a high quality tenant is selected.

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Much fuss about trusts

The Supreme Court has recently made an important decision that clarifies the law in situations where one separating spouse has control of a family trust.

Normally, property held by either spouse in a family trust is not considered when dividing relationship property. However, in 2016 the Supreme Court decided a case where one of the separating spouses had so much control over a trust that it was "tantamount to ownership." This meant that the value of the trust assets was counted as part of that spouse's share of the relationship property.

This new case clarifies what arrangements reach the threshold of "tantamount to ownership." The Supreme Court found in this case that the trustee spouse's inability to be a sole trustee, and his duties to use the trust property for "a proper purpose" meant that his control over the trust was not "tantamount to ownership." Therefore, the trust was not considered in the relationship property division.

It may be helpful to seek legal advice to ensure your trust arrangements are suitable.

If you are wanting more information on trusts or other legal issues, you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or on 09 412 6000.

Why it pays to have a Mortgage Adviser on your side

When it comes to home loans, not all banks view and assess an application in the same way.

They all have varying policies, pricing and services. Things like self-employed income, overseas or rental income and multi ownership structures may be treated differently, affecting the amount you can borrow.

Additionally, banks have tools to gauge the suitability of an applicant such as stress test rates and UMI (uncommitted monthly income) calculations which differ across all the lenders. The UMI is a calculation that the bank does to assess how much uncommitted income you will have left over at the end of the month - No two banks have the same calculation, a Mortgage Adviser can quickly test this before submitting your application.

With the recent interest rate reductions, banks are now able to offer higher loan amounts, this is assisting many buyers to make that next step. It can be quite tricky trying to navigate the options as there are so many available, so my job is to make sure that I find every dollar possible for my clients in this ever-changing market. This could be the difference between you securing the property you want or not.


So how do you know if you are getting the most out of your borrowing power?

You really need to be casting the net wide and looking at what every bank has to offer. This is where having a Mortgage Adviser on your side really counts.

The expert help of a Mortgage Adviser can make all the difference. From navigating the lending landscape, to getting your mortgage application shipshape, we are here to support you at every step of the way.

If you would like some advice around your particular situation, please don't hesitate to get in touch with me for an obligation free chat.

Stephen Massey - Loan Market, Call 021 711 444 or check out my website loanmar-ket.co.nz/stephen-massey



Loan Market

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

Would someone blow the whistle !



It seems we have been waiting a long time for the Government and the Reserve Bank to work out who is blowing the whistle and getting the Auckland Property Market underway.

Since December 2021 with the introduction of the CCCFA (responsible

Lending Act, alias the fish and chip wrapper act), the loan to value restrictions, the loan to income restrictions and the debt ratio restriction, we often lament that it is a sheer miracle that any mortgages pop out the end of the application pipeline.

Over the past year we have seen the rhetoric change with Government repealing much of the CCFA and peeling some of the over-burden, however being careful not to add fuel to the inflationary run-away. Like-wise the Reserve Bank has been late to the party but almost like a stray cat, late to feed, Adrian Orr is making sure that home buyers and businesses understand it is time to get ready for investment.

But the whistle blowers are the banks, who have been sitting on massive profits over the last three years and have made, and still make attaining a mortgage or getting business finance laboured, drawn out, painful and expensive. It is the banks that control the game, control the profits and access the risk. However in saying this, risk is a mute point, purchasing in a recession stimulates growth and allows for capital gain and yields profit for individuals and businesses, and in turn the risk is significantly reduced.

Over the last 12 months we have seen a continued sag in Auckland's property values, a buying community that is extremely timid, and is keen to look but reluctant to commit unless the lure of price reductions proves too great.

Like many others in the Auckland, North West Real Estate Community, we are ready, we are waiting for the game to start, for goodness sake, someone blow that damn whistle.

If you are seeking more value for your real estate experience and would like to understand the value that is delivered to you, please call

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Area Property Stats

PROPERTY-HUB.NZ

25

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

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
Helensville						
	Awaroa Road	\$810000	3	90	736	\$575000
	Cabeleigh Drive	\$880000	3	107	518	\$799000
	Forlong Rise	\$980000	4	188	647	\$1229500
	Garfield Road	\$1075000	3	115	1055	\$955000
	Garfield Road	\$860000	3	84	701	\$812000
	Makiri Street	\$600000	2	70	711	\$650000
	Riverboat Lane	\$970000	4	195	600	\$1040000
	Rongomai Street	\$750000	3	96	320	\$770000
	Rongomai Street	\$800000	3	94	373	\$792000
	Stewart Street	\$630000	92	1421		\$425000
	Urumaraki Avenue	\$1050000	4	185	500	\$1080000
Hobsonville						
	Buckley Avenue	\$765000	2	60	0	\$705000
	Te Rito Road	\$810000	2	78	0	\$702500
	Roa Avenue	\$1610000	5	243	336	\$1593000
	Pilot Drive	\$1375000	5	186	230	\$1320000
	Kanuka Road	\$1420000	3	159	336	\$1337000
	Nugget Avenue	\$975000	3	122	0	\$855000
	Touhou Road	\$850000	2	79	138	\$760000
	Nevill Road	\$725000	1	67	0	\$675000
	Settlers Avenue	\$1030000	4	140	113	\$950000
	Coast Garden Drive	\$1375000	4	177	247	\$1285000
	Carder Court	\$1130000	3	145	219	\$1000000
Huapai						
	Trigg Road	\$1400000	4	245	1707	\$1800000
	Parlane Drive	\$1375000	4	196	700	\$1260000
	Croatia Avenue	\$1225000	3	176	427	\$1220000
	Orchard Lane	\$1475000	4	254	755	\$1310000
Kumeu						
	Accolage Boulevard	\$1025000	3	128	300	\$960000
	Annandale Road	\$1825000	4	240	40500	\$1690000
	Babos Avenue	\$1075000	4	170	232	\$1060000
	Barrels Close	\$1375000	4	174	364	\$1175000
	Cara Avenue	\$635000	0	0	374	\$560000
	Lockyer Road	\$1225000	3	165	656	\$1175000
	Pomona Road	\$1055000	1	0	15300	\$1100000
	Riverhead Road	\$1150000	3	108	692	\$1060000
Massey						
	Carillon Place	\$950000	0	120	0	\$927000
	Katrina Place	\$1200000	3	81	625	\$900000
	Sari Place	\$980000	3	145	367	\$747000
	Granville Drive	\$1225000	3	89	610	\$828888
	Malmo Place	\$910000	5	140	411	\$920000
	Woodside Road	\$1200000	4	195	442	\$1105000
	Lowtherhurst Road	\$840000	3	130	0	\$900000
	Waimumu Road	\$1625000	4	429	0	\$898000
	Landsdale Place	\$1500000	3	120	890	\$920000
Parakai						
	Raabia Close	\$935000	4	165	664	\$1070000

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
	Mary Keane Lane	\$685000	3	100	451	\$720000
	Springs Road	\$745000	2	86	562	\$610000
	Parakai Avenue	\$880000	3	160	1014	\$650000
Riverhead						
	Walnut Road	\$1125000	3	152	451	\$1180000
	Kaipara Portage Road	\$1430000	3	104	1209	\$1050000
	Riverhead Point Drive	\$2000000	5	330	600	\$1930000
	Ada Lane	\$1260000	0	10000		\$1650000
Swanson						
	Scenic Drive North	\$1150000	3	130	5261	\$980000
	Coulter Road	\$1925000	5	220	42700	\$1800000
	Puketaha Road	\$1125000	4	239	809	\$1330000
	Monte Cristal Avenue	\$1350000	6	236	450	\$1380000
	Jacinta Grove	\$960000	3	130	488	\$900000
Waimauku						
	Waimauku Station Road	\$1575000	3	100	137	\$1560000
	School Road	\$1375000	4	110	38100	\$1390000
	Hinau Road	\$1150000	4	89	5319	\$950000
	The Rise	\$1850000	4	410	1508	\$1900000
West Harbour						
	Lagoon Way	\$1640000	4	288	641	\$1360000
	Hueglow Rise	\$860000	3	84	0	\$770000
	Hobie Court	\$1405000	4	230	787	\$1180000
	Deanna Drive	\$1525000	4	196	412	\$1270000
	Mansion Court	\$2470000	5	390	860	\$2100000
	Flaunty Place	\$890000	3	134	0	\$820000
Westgate						
	Manarini Road	\$800000	2	80	98	\$760000
	Rahopuru Road	\$760000	2	79	98	\$695000

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

Raine & Horne's commission rate:

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(Not 4% that others may charge)

1.95% on the balance

Plus \$490 admin fee.

All fees and commissions + GST

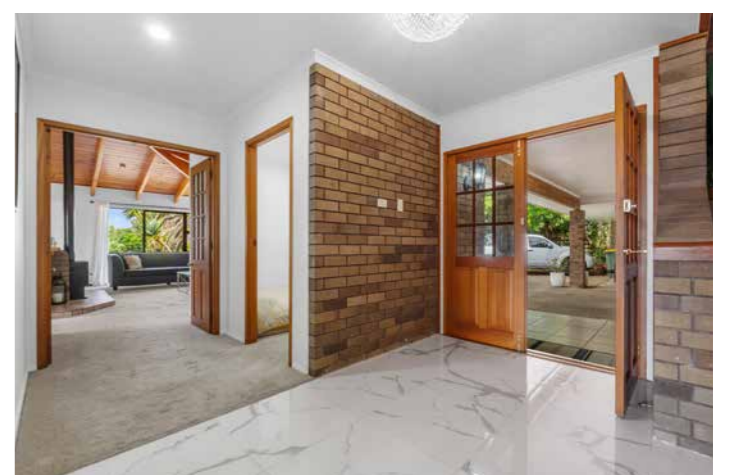
Raine & Horne Kumeu also provide statistical data FREE from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a FREE summary of a property and surrounding sales, at no cost and no questions asked. Graham McIntyre 027 632 0421 * Available for a limited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

Raine & Horne

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Graham McIntyre
Brand & Territory Owner
027 632 0421





Elevated Family Estate in Taupaki

14 Peters Lane, Taupaki

Perched atop almost 1 hectare of prime North facing land, with views through to Kumeu in the picturesque countryside village of Taupaki, this property offers the perfect blend of large shedding, large home and studio/ accommodation. With a generous building area of 490 sqm, this stunning property is designed for home, extended family, business, hobby, guests, and pets.

Featuring:

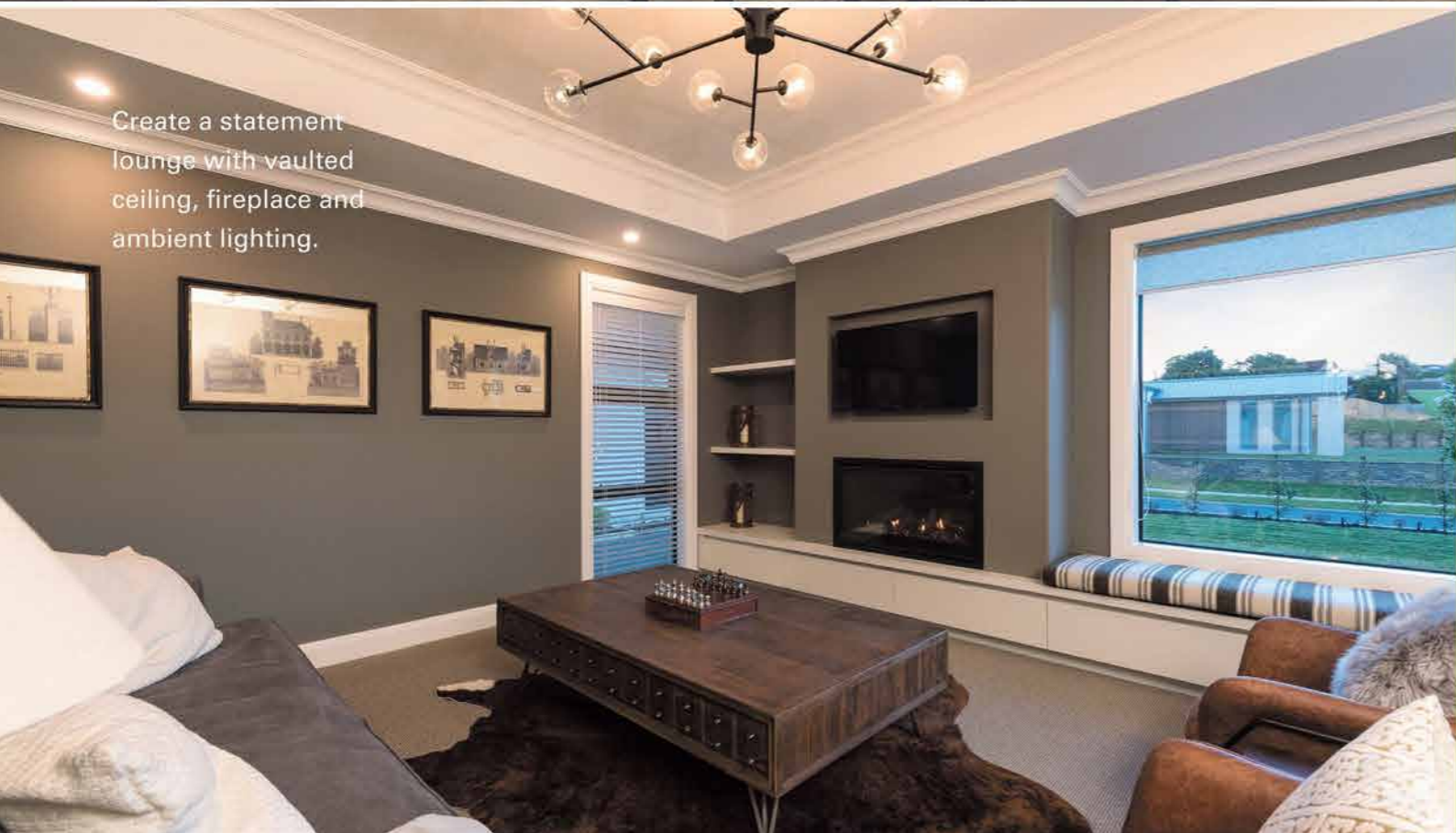
- 6 spacious bedrooms • 3 bathrooms • Large basement/ hobby area - Seamless indoor-outdoor flow • Large studio/accommodation • 10-car garaging (yes 10 car garaging) • Cattle loading ramp • Two paddocks • Almost 1 hectare of land (over 2 acres)

So much on offer here and yet so many choices as to how you use the land, the house, the studio/office/ accommodation, and where you park the cars and toys.

Located in the well sought-after Taupaki area, this home offers a peaceful lifestyle while still being conveniently

close to local amenities, Taupaki School and Harry James Reserve. Enjoy the best of rural life and yet close to the NorthWest Mall, Westgate, Kumeu and Henderson.

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



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

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G.J. Gardner. HOMES



319 Don Buck Road, Massey

3 Bed 1 Bath 2 Car

Best in the West - Brick and Tile

Stop the Press:

- Brick and Tile, (well maintained and presented)
- 4 rooms (3 bedrooms and a hobby room or 4th bedroom)
- Generous Living flowing to outside patio
- Entertainer Kitchen with Views to the Skytower
- Decking, home opens to the East
- Amazing 1123 sqm section
- Double tandem garage and workshop
- Motivation and enthusiasm

It's going to sell, a one of a kind, first time on market in over 25 years, an absolute gem, in the middle of everything an yet quiet, removed and remote when your on the deck or patio with the sun on your shoulder and the view as far as the eye can see. Come and join us, view this amazing home and property and see if you have what it takes to take the reins of this idyllic stately home. CV has no relevance, our Vendor instructions are to sell.

By Negotiation



Graham McIntyre
027 632 0421



421 Kiwitahi Road, Helensville

3.9 acres, views, title issued, \$790,000

Come discover the canvas for your new home at 421 Kiwitahi Road, Helensville. This stunning 1.5-hectare section offers an incredible opportunity to create a tranquil retreat in a picturesque setting, with views North to Kaipara Harbour.

Guide
\$790,000

Title issued.

1.5 hectares at your disposal, you'll have ample space for a luxurious home, expansive gardens, or even a small hobby farm. The possibilities are endless.

Enjoy the serene surroundings of extensive native plantings, delivering lush landscapes and scenic views through to the Kaipara Harbour and Shelly Beach. This section is perfect for those who appreciate nature and desire a peaceful, tranquil lifestyle.

Situated just a short drive from Waimauku and Helensville, you'll have easy access to local amenities, schools, and recreational activities, all while enjoying rural living.



Graham McIntyre
027 632 0421





29 Sunny Crescent, Huapai

4 Bed 2 Bath 2 Car

Hinuera stone on 1/2 acre - Beautiful setting

Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living. Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form. Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living. 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. Over 500 square meters of raised bed gardens, fruiting trees, delivers an orchard and market garden at your doorstep. A short stroll to shops, schools, park and transport links. So if you're a family looking for the good life - you've just found it.

Guide
By Negotiation



96 Pomona Road, Kumeu

4 Bed 1 Bath 4 Car

Beautiful, North Facing, Kumeu Lifestyle living

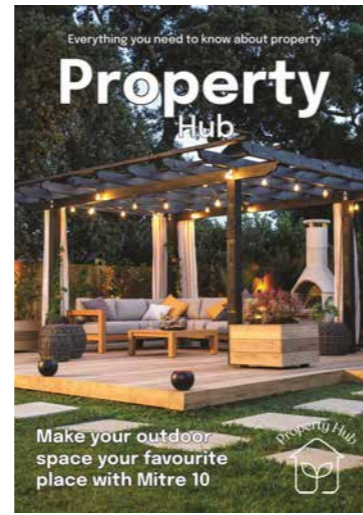
We are viewing most properties on a daily basis and are excited to get you through this home. Text me a time/day that suits you to view on 027 632 0421.

Guide
Negotiation

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

Cultivate your future in this North-facing opportunity—a sprawling 4-hectare canvas of colour and established plantings that promises a life of endless possibilities. Immerse yourself in the natural kaleidoscope that surrounds a charming four-bedroom traditional bungalow, basking in the warm embrace of full sunshine and showcasing extensive rural views of the valley below. Level to gently sloping, sunny and sheltered, the land offers many opportunities to develop or leave it as is to enjoy your rural idyll. Some potential income streams that only require your effort to exploit. Add to this your very own nature reserve, garaging for 3-4 vehicles and your imagination will take flight.

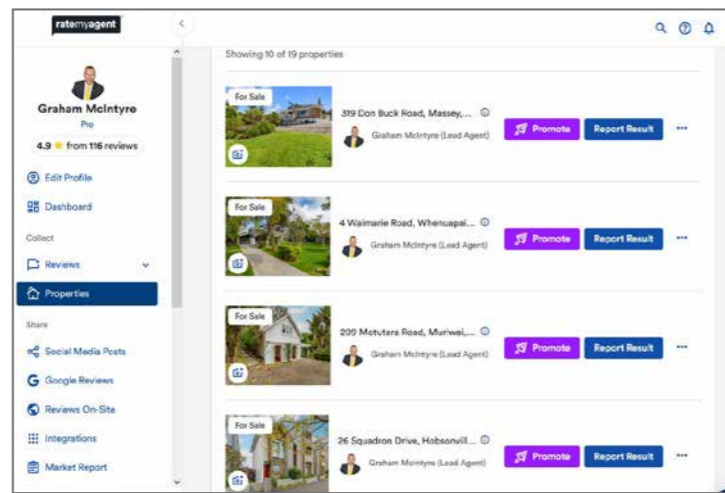
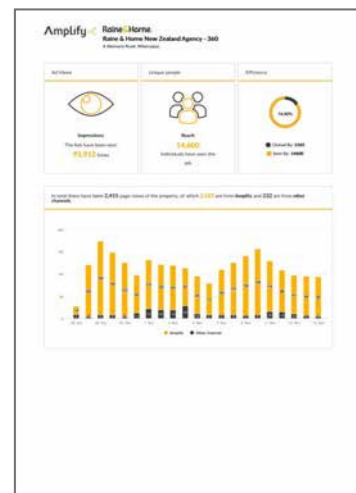
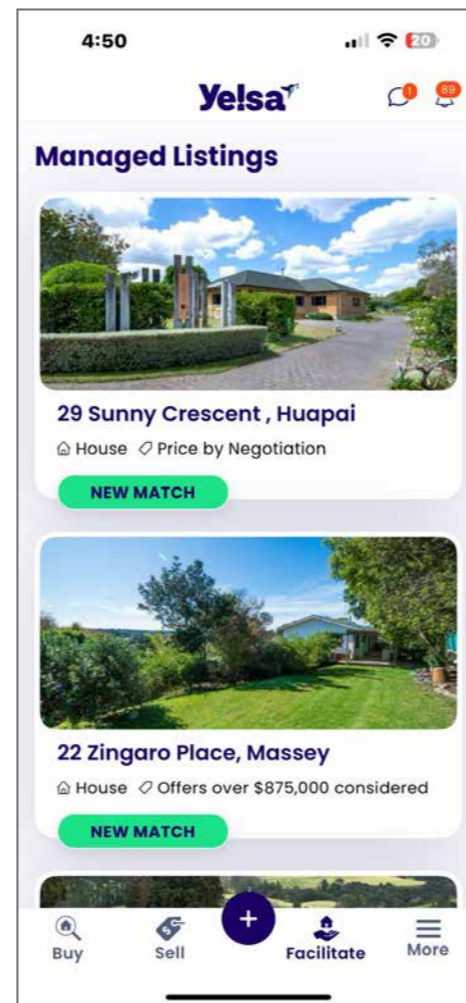




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31B Garelja Road, Henderson

3 Bed 2 Bath

Standalone, newly born, with parking - Hello Henderson

It's a standalone, offering modern living, newly born and fresh to market.

A three bedroom, two bathroom home, offering all the benefits and comfort of modern living mixed with neutral tones, and easy care flooring choices.

Excellent indoor-outdoor flow to decking and lawn area, fenced for pets and little people.

Upstairs enjoy the separation of space with bedrooms and bathrooms (one an ensuite) providing easy night-time sleep management if you have young ones.

A great investor option or first home buyer gaining a quality build and enjoy the equity gains as the market recovers.

Motivated Vendor seeks engagement with all \$700,000 plus buyers.

Guide
Negotiation



Graham McIntyre
027 632 0421



18 Peters Lane, Taupaki

Sun kissed, north facing house and land package

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

Renders and pricing for House and Land Packages provided by:
GJ Gardner indicative value \$3,479,000 approx. enquire for further information
Golden Homes indicative value \$3,798,000 approx. enquire for further information
Signature Homes indicative value \$3,326,500 approx. enquire for further information

Guide
Negotiation



Graham McIntyre
027 632 0421





199 Nixon Road, Taupaki

5 Bed 2 Bath

A home where memories are made - Taupaki

Elevated countryside living, with sleepout, barns, sheds, offices, studios and more within this leafy paradise. A nod to the past with this well presented, modernised lockwood home with accents of white to set off the blonde timber.

A large five bedroom, three bathroom home, with additional space for offices/ study/ sleepout/ games room. Central open plan living and dining opening to decking and pool area.

All the rooms and bathrooms are off the central corridor with easy access to boardwalk decking.

Centrally located on the land the house is in an elevated position, the barns and sheds share the driveway providing easy access and storage for a toys and tools, friends and family.

Set in a park-like glade, full of established trees and easy care flat lawn with a paddock for play, a tree for a treehouse and room to explore, to craft and create.

Life is too short for concrete and tarmac, discover a life with nature's best, so private and tranquil but so close to amenities, schools and convenience stores when you want them.

Guide
Negotiation



26 Squadron Drive, Hobsonville

2 Bed 2 Bath 1 Car

Garage, Park, Grass, Views Ooo La La - Hobsonville

A contemporary, sun filled and private 2 bedroom, 2 bathroom home over 2 levels offering an impressive list of extras, situated off a quiet lane way minutes away from Hobsonville shopping precinct.

A two level end duplex built by Universal homes, this is a lock up and leave that has been invested in with smart air circulation, drapes and finishing's.

Downstairs enjoys an open plan alfresco living environment with patio and grassed area.

Upstairs are two bedrooms (generous size), bathroom and ensuite.

Come view Mary's Gallery a mix of beautiful artwork and collectables within an easy living environment with garage and parking outside off the private laneway access.

Guide
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- ◆ Different design options available.
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Home & Garden

Yes, you should spread mulch on your garden in March



Like people many plants experience stress in what has been a delightfully hot summer. The summer winds doubled down the drying effect, and many gardens are looking a bit 'fried'.

Symptoms are particularly noticeable on unmulched gardens and with new plants that do not have their roots down in the soil. Some plants may lose vigour and colour, the tips of the leaves may brown off and eventually trees and shrubs will drop their leaves, while perennials and flowering annuals will turn crisp and die.

Reviving the garden in March when the day and evening temperatures cool down, is a great investment, ensuring plant resilience before winter sets in. We recommend that gardeners apply mulch. After a deep water (or some decent rainfall), layer mulch around the plants. But do leave a small collar around the stems, to prevent stem rot. Adding a bit extra to revive plants

A long and hot growing season can leave the soil dry and cracked, with nutrients used up by the plants. As the season cools, trees, shrubs and perennial plants often show signs of growth and there are some things you can do to ensure both soil and plant health is restored.

Before the mulch goes down, layer up to 50mm of organic

compost on the soil. Interacting with your soil it will improve the soil biology. To feed plants place pelletised fertilisers, such as the Dave's range around the driplines, because this form of feeding will break down and gently deliver nutrients to the plant roots. Then apply the mulch layer. Cracked in lawns and gardens

Cracks close up when the soil is wet enough. Where there are cracks exposing plant roots, these should be covered in with compost, or mulch. And in walking areas such as lawns, if the cracks are creating a trip hazard, or little ones are in danger of losing favourite bits of Lego down them, then mulch or lawn soil can help.

Central Landscape Supplies Swanson, 598 Swanson Road 09 833 4093

Autumn Gardening with Mitre 10 MEGA Westgate & Henderson

As the vibrant hues of summer fade, autumn presents the perfect opportunity to refresh and prepare your garden for the cooler months ahead. Whether you're planting new perennials, refreshing your vegetable beds, or tidying up for winter, Mitre 10 MEGA Westgate & Henderson has everything you need to keep your garden thriving.

From robust seasonal plants to quality garden tools, we offer a wide selection to suit every green thumb, we've got everything you need to keep your garden thriving this season. Our range of power garden tools and hand tools makes pruning, trimming, and maintenance effortless, while our expert team is always ready with advice to help you achieve the best results.

And with our Healthy Plant Guarantee, you can plant with confidence. If any plant you purchase from us fails to thrive, simply return it within 12 months with proof of purchase, and we'll replace it—because we believe in the quality of what we sell.

Now is the time to plant winter greens, prepare soil with nutrient-rich compost, and ensure your outdoor space remains lush year-round. Visit Mitre 10 MEGA Westgate & Henderson today and let's grow something great together this autumn!

Happy gardening everyone!

MARK WALLER
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Please visit our website www.Greeniebins.co.nz for pricing details and suburbs we service

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Step into the future of self-sufficient living with our beautifully crafted (5.88M x 2.88M) tiny home.

The exterior of this tiny home is finished with stylish shadow clad, providing both durability and modern appeal.

Equipped with solar power, an air conditioning unit, insulation, and double-glazed windows for energy efficiency.

Inside, the home is beautifully finished with blonde plywood walls.

The open-plan design features a cavity slider with a separate bathroom. The carpeted bedroom is cozy and inviting, while the vinyl flooring in the bathroom is easy to clean and maintain.

This tiny home comes with an alarm system and tinted windows for added privacy and UV protection.

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Whenuapai Garden Club

Whenuapai Floral & Garden Circle began 2025 with our February Meeting at the Village Hall where I am pleased to report a new leader came forward to save the day. Dawn Burling will preside over the group in this our fortieth year. As we are the only known club to meet in the daytime in the Auckland area, members often travel considerable distances to join in with planned activities. Welfare of members and forthcoming trips were discussed. Blooms were admired, birthdays acknowledged, raffles drawn and some presentations made. Committee members brought some yummy homemade food to share for afternoon tea at the conclusion of the formalities.

If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 8335592. Meetings are held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips usually on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket.

Until next time, **Happy Gardening from Mary Anne Clark**

Autumn Garden Prep: Essential Tips for New Zealand Gardens

Preparing your garden for autumn in New Zealand helps it thrive in cooler months and sets up spring growth. Begin by clearing dead or diseased plants to prevent pests and trimming perennials to tidy the garden. Compost fallen leaves and add mulch around plants to conserve moisture, suppress weeds, and enrich the soil. Enrich the soil with compost, and test its pH, adding lime if necessary. Plant cold-hardy vegetables like kale, spinach, and broccoli for a winter harvest. Prune overgrown or damaged branches, but avoid excessive pruning. Protect tender plants with frost cloths or cloches. Clean and sharpen your tools to ensure they're ready for spring. Lastly, plan for spring by planting bulbs like daffodils and tulips, which benefit from a cold period before sprouting. These autumn tasks will prepare your garden for winter and set the stage for successful spring growth.

Paul Miller
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Waimauku Garden Club



Once a month the Waimauku Garden Club meets for a trip to gardens and places of interest, usually travelling by bus and sometimes by carpool. Our members tend to be retired and still active, enjoying a day visit with others of

like mind. We are not all gardeners but enjoy gardens and exploring places we may not have been before. Our committee fully organises the trips, including morning tea and lunch and members simply pay a sum to cover buses, entry fees and meals and then turn up on the day and enjoy a trip with no hassles but lots of interesting conversation. Some trips we have made in the past year include Ayrli's Garden in Whitford, Ardmore Airport and the NZ Warbirds, the Buddhist Temple and Gardens in East Auckland, the Albertlander Museum in Wellsford and the Honey Centre in Warkworth, enjoyed a movie in the middle of winter, visited gardens in Waiuku and the Auckland Domain Wintergardens. This year visits planned include Sculptureum in Matakana, local gardens in Waitakere, and central Auckland gardens. New members are always welcome, simply contact one of our committee listed below or email.

Moira at mcpwgc23@gmail.com. Ann 0210357406.

Kumeu Community Garden

Thank you to everyone who supported us this year! Our dedicated gardeners spent many Friday and Saturday mornings weeding and planting, knowing that weeding is a never-ending task.

We were grateful to Quality Water for topping up our tank in December, keeping the garden thriving. The Kumeu Garden Club's \$500 donation helped with plants and seeds, while the Kumeu-Huapai Lions' \$500 supported gardening and paid for our public liability insurance. Wyatt Landscaping and Auckland Pea Straw enriched our soil with carbon and roughage. New World Kumeu provided supplies for a visit from 70+ Matua Ngaru School children. South Kaipara Good Food and Gardens for Health offered plant donations and moral support.

It truly takes a village to raise a garden!

We are looking for more support in 2025. We need waterers, weeders and planters to keep the garden going. So if you can help, please lend us your green thumbs. Reach out on our Facebook page or email admin@kumeucommunitygarden.com.

Thanks very much!



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editorial@kumeucourier.co.nz

Touch of the Tropics



Embark on a jungle-inspired Adventure at Touch of the Tropics Garden Centre where every turn takes you deeper into a world of high-quality plants and stunning landscaped themes.

We are nestled at 62 Trig Rd, Whenuapai, Auckland and open 7 days a week.

Our family-owned garden centre is an immersive experience, thoughtfully crafted to inspire you to create the garden of your dreams.

Our plants are laid out in zones to help you pick plants that complement your style.

Our name does not reflect the amazing range of plants we stock, yes we do sell a wonderful selection of tropical/sub-tropical species but we also stock enough plant varieties to complete any garden project.

Natives, plants for shade, formal styles, hedging, shade creation and houseplants.

Our edibles section brim with flourishing fruit trees, including citrus, and pip & stone varieties.

At the heart of Touch of the Tropics is Jules Moore, an award-winning horticulturist and landscape designer whose expertise has shaped breathtaking gardens

across New Zealand and beyond. In 2024, she won Gold at the Singapore Garden Festival for 'Portals to Paradise', a fantasy garden that blended exotic planting with artistic storytelling, transporting visitors into a dreamlike escape.

Her dedication to quality and design is reflected in every plant we offer. We offer design and build services with a dedicated crew to complete your hard and soft landscaping.

Our plant placement service is a popular option. We talk through your garden ideas and budget, come up with a plan and then deliver the plants to your home. We lay it out and you plant it up. A cost is applied for this service

We are also suppliers of Straight curve steel garden edging, retaining & planters. The product is on display in the garden centre.

We look forward to seeing you soon.



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Young Learners

Swing Baby Swing

As the warm summer weather arrives, your little ones will have more opportunities to enjoy the great outdoors, and one of their favourite activities will likely be swinging. Whether it's on a traditional playground swing or a cozy chair swing at home, swinging offers more than just fun—it plays a significant role in your child's physical, emotional, and cognitive development.

A Sensory Experience Like No Other

Swinging is exhilarating. The thrill of soaring through the air, feeling weightless for a moment at the top of the swing, and the wind rushing past as they pick up speed can create excitement. However, what's truly remarkable is that swinging also provides relaxation. The rhythmic motion of swinging sends soothing signals to the brain, which is why babies often fall asleep easily while being rocked.

But the benefits go beyond just feeling good. Swinging is a great way to help your child develop sensory integration, the process by which the brain organizes and interprets information from the senses. This foundation is essential for complex learning, including speech and language development.

Promoting Brain Development

Research shows that the act of swinging activates various parts of the brain, stimulating neural pathways that help with learning vital skills such as balance, muscle control, rhythm, and spatial awareness. This is especially important for young children as they develop fine and gross motor skills. Swinging can even help a baby with something as foundational as focusing—since the child is constantly adjusting their gaze as they move back and forth, this helps develop the ability to change focus depth, a skill that begins around six months of age and continues to mature during the second year of life.

Emotional Regulation and Focus

Swinging also has benefits for emotional health. If your child is struggling with emotional regulation, anxiety, or focus, swinging may offer a simple yet effective solution. The back-and-forth motion stimulates the cerebral cortex, the part of the brain responsible for attention and focus. It can help calm your child, providing a natural remedy for short attention spans, irritability, and restlessness.

A Simple, Fun, and Free Activity

The best part? Swinging is easy, fun, and has no negative side effects. It doesn't require any special equipment or preparation, just a swing and a little push. Start gently by pushing from the front, where your child can see your face, and as they grow, allow them to explore different positions—swinging on their stomach, sitting, or even standing. You can let them swing high or low, fast or slow, and even twist and turn. There's no right or wrong way to swing—just let them enjoy the motion!

So this summer, let your child embrace the simple joy of swinging. Not only will they have a blast, but they'll also be reaping the many benefits that contribute to their growth, well-being, and happiness.



Why Outdoor Play is Essential for Children Under Five



The outdoors is vital for children under five, offering essential benefits for their physical, emotional, and cognitive development. At this age, children are rapidly growing, and outdoor

play allows them to engage in activities that strengthen their muscles, improve coordination, and boost overall health. Running, climbing, or playing with natural materials like sand and water enhances their motor skills, balance, and spatial awareness.

Outdoor time also encourages creativity and problem-solving. The open space of nature provides endless opportunities for imaginative play, whether pretending to be animals or building structures from sticks and stones. These activities help foster critical thinking and social skills, as children learn to negotiate with peers and navigate their environment.

Moreover, exposure to natural light supports the production of vitamin D, essential for strong bones and a healthy immune system. Nature's calming effect also helps reduce stress, promoting emotional well-being.

In addition, the outdoor environment exposes children to sensory experiences, like the sound of birds or the feel of grass underfoot, which stimulate brain development.

In short, outdoor play for children under five is a cornerstone of healthy growth. It nurtures their bodies, minds, and emotions, setting a foundation for lifelong well-being and a love of nature.



NOTICE OF INTENTION TO TAKE LAND FOR CEMETERY PURPOSES – 1080 STATE HIGHWAY 16, REWETI

1. Take notice that the Auckland Council proposes to take under the provisions of section 23 of the Public Works Act 1981 the land described in the Schedule to this notice (Land).
2. The Land is required for cemetery purposes.

REASONS FOR TAKING LAND

3. The reasons why Auckland Council considers it essential to take the Land are as follows:

(a) Waikumete Cemetery at 4128A Great North Road, Glen Eden is nearing its full capacity. Auckland Council has a statutory duty under the Burial and Cremation Act 1964 to establish and maintain a suitable cemetery where provision is not otherwise made for burial of bodies in the district.

(b) The Land has been identified and assessed as the most suitable site in the search area in the northwest of Auckland based on an options analysis undertaken by the Auckland Council.

YOUR RIGHT TO OBJECT

4. The owner of the Land and those persons with a registered interest in it have been served with notice of Auckland Council's intention to take the land and have been advised of their right to object

5. Any other person having the right to object may send a written objection to the Registrar, Environment Court, Specialist Courts and Tribunals Centre, Level 2, 41 Federal Street, Auckland 1010. Postal Address: PO Box 7147, Wellesley Street, Auckland 1141, within twenty (20) working days after the date of publication of this notice.

6. If any objection is made in accordance with this notice, a public hearing will be held. The objector will have a right to appear and be heard personally unless the objector otherwise requires. Each objector will be informed of the time and place of the hearing.

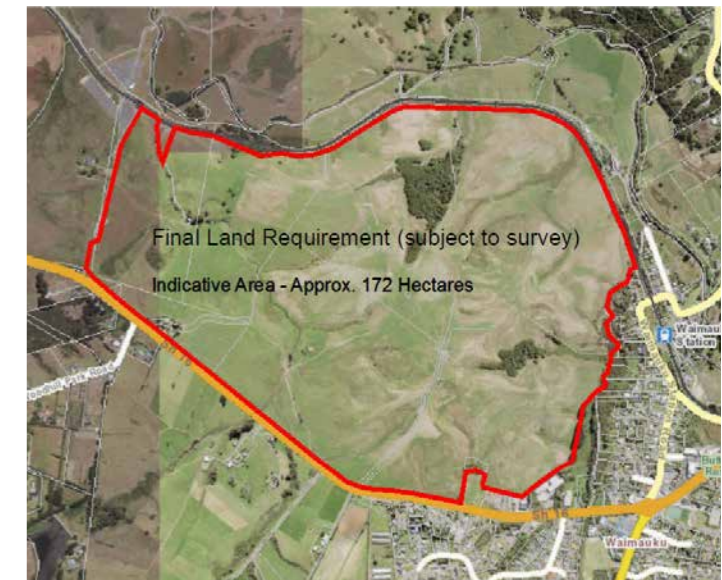
7. Any person requiring further information in respect of this notice (including the proposed terms and conditions of the lease) should contact Auckland Council's negotiating agent, Frances Ting, Principal Property Advisor, Level 12, 135 Albert Street, Auckland Central, Postal Address: Private Bag 92300, Auckland 1142. Telephone: (64) 21 955 657.

SCHEDULE ONE

172ha (subject to survey) being part of Pukeatua D Block, Lot 2-4 Deposited Plan 29773, Lot 2 Deposited Plan 200143 and Lot 1-17 Deposited Plan 202906 (part Record of Title NA128D/213) (North Auckland Registry)) shown indicatively outlined in red on the Geomap Plan attached at Schedule Two.

The land is located at 1080 State Highway 16, Reweti.

SCHEDULE TWO



Dated this 9th day of December 2024

SIGNATURE:

Philip Richard Wilson
 Chief Executive
 Auckland Council



Aged care

Valentine's Day at Craigweil House



Love was definitely in the air at Craigweil House this Valentine's Day! Residents came together for a special morning tea, filled with laughter, great conversations, and plenty of warm-hearted moments.

The lounge was decked out in festive colours, creating the perfect atmosphere for the celebration. Residents shared stories of past Valentine's Days—some romantic, some hilarious, and all treasured. There was even a little dancing, proving that joy and love come in many forms!

It was a beautiful reminder that Valentine's Day isn't just about romance—it's about friendship, kindness, and celebrating the people who make life special.

If you're ever in the area, come visit Craigweil House and share in the fun! We love welcoming friendly faces and making new memories together. PH 09 420 8277



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Aged Care

Kumeu Village Rest Home: 10 Years of Exceptional Care & Community

At Kumeu Village Resthome, we pride ourselves on offering a warm, community-focused environment where every resident feels valued and supported. Our home is designed to provide not just care but also companionship, ensuring that each person can live a fulfilling and meaningful life.

This year marks our 10-year anniversary, and we couldn't be more excited! Over the past decade, we have built a reputation for exceptional care, and we are thrilled to celebrate this milestone with our residents, families, and the wider community. Watch this space—exciting things are coming, including a special Open Day!

We provide luxury resthome, hospital, respite, and specialist dementia care. While we take pride in our high-quality hospital-level support, it's our approach to dementia care that truly sets us apart. We offer personalised, compassionate support for those living with dementia, creating an environment where they can thrive with dignity and purpose.

Our dedicated team follows a Residents First approach, prioritising combating loneliness, helplessness, and boredom. We understand the unique challenges of dementia care, and we tailor our programmes to ensure residents' well-being and comfort. Beautiful outdoor spaces, cosy interiors, and engaging activities make every day meaningful.

At Kumeu Village Resthome, we believe that families are an essential part of the care journey, and we encourage you to be involved every step of the way. Whether it's

our specialist dementia care or hospital-level support, we remain committed to providing a safe, nurturing, and vibrant environment for your loved one.

Join us in celebrating 10 years of exceptional care!

- For more information or to arrange a tour

- www.kumeuvillage.co.nz

- 09 412 9112 - info@kumeuvillage.co.nz





KUMEU VILLAGE

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09 412 9112

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Health & Beauty

Ask Dr Heather

There's lots of talk about "new year, new you", so it has me thinking about what my options are for looking good, but I have no idea where to start. Any suggestions?

- Anon, Whenuapai

Welcoming the new year can feel intimidating as it sets expectations for what we *should* achieve. Looking good helps us feel good and thankfully there are multiple options down the cosmetic track if you feel you need a bit of a tweak.

The cosmetic treatment options range from dermal filler (injected hyaluronic acid gel that replaces volume and structure) to botulinum toxin (colloquially known as Botox®, a neurotoxin that relaxes muscles to stop skin creasing). Skin treatments and skincare are also important, as one can never truly glow if their skin is dull.

Skin treatments include microneedling (tiny needles penetrate the skin to stimulate collagen), chemical peels (controlled peeling of skin cells generating radiant, less pigmented new skin) and injectable skin treatments (injectable hyaluronic acid such as Profhilo® or mineral cocktail such as NCTF® with or without Art Filler®).

Navigating what's on offer can feel just as overwhelming as entering the new year. Its best to consult an injector to discuss what will work best for you, as many treatments target multiple areas and provide bang for your buck. A thorough, initial consultation is a great time to chat whilst also ensuring you feel comfortable. Our faces and bodies are precious, so only put them in the hands of someone you can trust. And remember, if your injector looks weird, you probably will too!



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



ALLOR

COSMETIC MEDICINE

Dr Heather Anderson
0222626762
enquiries@allor.co.nz

72 Waimarie Rd
Whenuapai
www.allor.co.nz

Health & Beauty

Savour Summer: A guide to heartburn-free indulgence!

As we enjoy the warm summer season, the last thing anyone wants is the discomfort of heartburn putting a damper on the fun. Acid reflux or heartburn often causes a burning sensation in the chest or throat and is a common condition for many people.

Consider these practical tips to manage heartburn during the summer break:

- 1- Portion Control: Keep an eye on serving sizes, opting for meals that leave you satisfied without feeling overly full.
- 2- Hydration (with Water): Stay well-hydrated with water to aid digestion. Cut back on alcohol and caffeine, as they are known to worsen heartburn symptoms.
- 3- Sleep Strategies: Try sleeping with an extra pillow or elevating your bed head slightly for a more comfortable night's sleep, reducing the chances of night-time reflux.
- 4- Stay Active: Regular exercise isn't just about burning off extra holiday calories; it's also great for overall digestive wellness.

If lifestyle changes alone aren't bringing relief, consult your GP about medications, which are often effective. However, if you experience persistent reflux symptoms or any other issues like:

- Difficulty swallowing
- Anaemia
- Pain
- Vomiting
- Chronic cough
- Unexplained weight loss

It's crucial not to ignore this. These symptoms can signal more serious health issues, and in such cases, a Gastroscopy is recommended. A Gastroscopy is a minimally invasive procedure that involves placing a thin tube with a light and camera into the stomach for a comprehensive examination. It helps identify reflux damage and rules out other serious conditions.

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

Make your digestive health a priority this summer with Waitemata endoscopy.

Mr Jason Robertson (MBChB, MMedSc, FRACS, AANZGOSA)

Surgeon & Endoscopist, Waitemata Endoscopy

To learn more, see www.waitemataendoscopy.co.nz



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

www.waitemataendoscopy.co.nz/referrals

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Mr Jason Robertson
Upper GI, Bariatric, Laparoscopic,
General Surgeon & Endoscopist

URGENT APPOINTMENTS AVAILABLE

Men's haircare at Zash Hair



If there's one thing that unites humanity, it's that we all want great hair.

But sometimes, achieving great results can be a struggle.

Fortunately guys, attaining great hair doesn't take a lot of effort or time when you know what you're doing. So, here's a few tried-and-true tips that actually work to help you achieve and maintain great hair.

*Keep your hair clean. Wash it as often as you wash your

body since it is a part of that too!

*Always use good shampoo. Cheap shampoo is as good as hand soap so ask your stylist for advice on which product is best for you and stay away from the 2 in 1 product's.

*Always use conditioner. We all want to save time in the shower, but conditioning will replenish the moisture and is a must each day.

*Hydration is the key for textured hair. So, if it's curly or coarse it needs more hydration. Hence why it's so important to use conditioner each time.

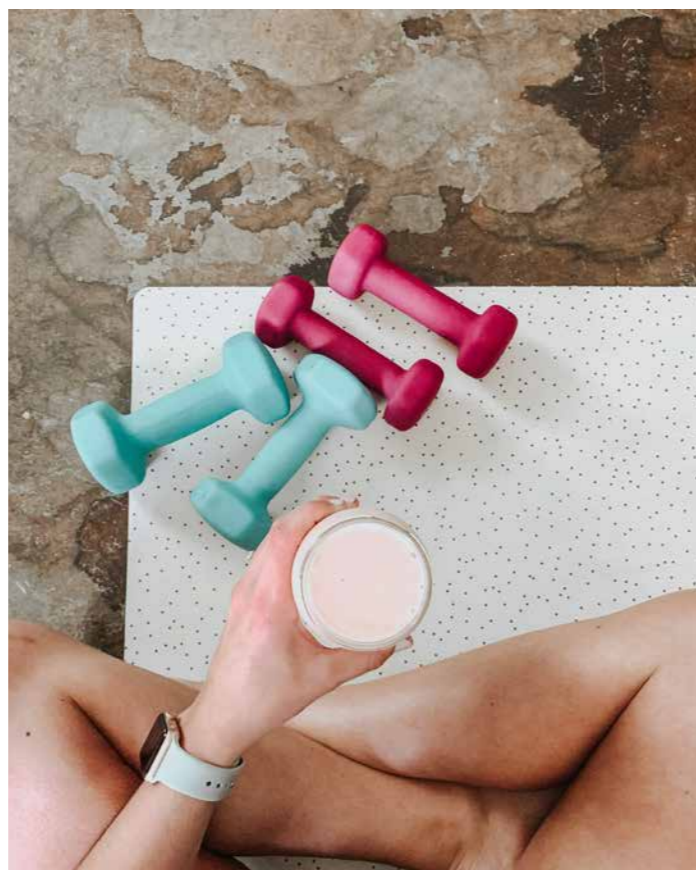
*Use sunscreen even on your scalp. We all know the importance of wearing sunscreen when outside, our scalp needs it too.

*Get a haircut every 4-6 weeks. Always re-book your next appointment prior to leaving the salon.

*Use good hair products. Ask your stylist to recommend a product that is designed to help you achieve the look you are after.

Men's haircare is just as important to us at Zash Hair so book your next appointment with us today. Enjoy the shampoo and conditioning service, scalp massage, cut and style. All with a great coffee too!

Call or message us today on 021814663



Area Columnists

Navigating the transition from work to retirement



Last month, we discussed the crucial questions of whether you'll have enough money to retire and how to make it last. This month, we continue that conversation by focusing on the shift from a structured work life to a more flexible retirement lifestyle. At RIVAL Wealth, we understand that this phase requires careful planning and thoughtful consideration.

Here are some key aspects to focus on as you prepare for this transition.

Retirement planning is not linear as the phases of retirement can change over time. Think about how you want to spend your days and what your desired lifestyle looks like. This will help you estimate your future expenses more accurately.

Consider how you will maintain your health and wellness. Planning for healthcare costs could be a balance of existing health insurance and self-funding.

Create a detailed budget that includes all your expected expenses. Regularly review and adjust your budget to stay on track. Identify all your income sources, such as pensions, savings, investments and any part-time work.

Ensure you have a diversified income plan to provide

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Daryl Buckingham
Financial Adviser
021 422 001
daryl@rivalwealth.co.nz

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stability and reduce risk. RIVAL Wealth are experts in helping you navigate your retirement planning. We're here to support you every step of the way. For personalised advice and more information contact your local Financial Adviser - Daryl Buckingham, phone 021 422 001 email daryl@rivalwealth.co.nz

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Daryl Buckingham - Financial Adviser

Phone 021 422 001 email daryl@rivalwealth.co.nz

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Bore Take Consent Service: Ensuring Continued Groundwater Access for Our Community

Water is essential for any community, and at Williamson Water & Land Advisory (WWLA), we're committed to ensuring residents and businesses have secure and sustainable access to this vital resource. Recently, we've seen an increase in bore consent renewals as bores in

WILLIAMSON
WATER & LAND ADVISORY

Bore Consent Renewal Specialists

Jon Williamson | 021 654 422 | jon.williamson@wwla.kiwi
www.wwla.kiwi

aquifer management zones are often on common expiry dates. Consequently, our team has been hard at work assisting clients in navigating this important process.

Our dedicated team handles these projects with precision and care, ensuring that every application meets the necessary requirements for approval, hence each project demonstrates our commitment to providing a high-quality service and support for our clients. This ensures they can continue to access and use bore water efficiently and legally, which is crucial for winery production, dairy shed washdown, and irrigation of orchards and market gardens. We carry out the necessary technical assessments to obtain resource consent, aiming for a consent duration of 35 years. This is the maximum permissible under the Resource Management Act (RMA), provided the aquifer resource is not considered to be under pressure or close to allocation limits, and the applicant has a significant investment in the site that relies on a long-term secure water supply.

Jon Williamson, a Waimauku resident for over 25 years is well-familiar with the local aquifers, and spent over 20 years with global multidisciplinary consultancies in Auckland and Sydney before establishing WWLA in Waimauku/Kumeu in 2015. The company has steadily grown and he now leads a team of approximately 25 permanent staff members.

Why Choose Us?

Expertise: Our team is well-versed in the intricate details of bore take consent applications, ensuring a smooth and hassle-free process. **Local Knowledge:** Being part of the Kumeu community, we understand the unique challenges and requirements of our local area.

Comprehensive Service: From initial consultation to final submission, we handle every step of the application process, providing our clients with peace of mind.

Securing bore water access shouldn't be a hassle. At WWLA, we're here to simplify the bore consent renewal process for our clients. For more information or to discuss your bore consent needs, feel free to look us up at wwla.kiwi.

The Village Market Helensville Showgrounds

Sunday 16 March 8.30am to 1pm Live music from Ralph, free hair plaiting and a tempting selection of stalls. All your favourites will be there - local crafts & art, skin & health care, pet health care, jewellery, candles, soaps, preserves, hand knits & spinning. Plus indoor & outdoor plants, locally grown fruit and vegetables, flower bouquets, eggs and much more. Enjoy delicious treats from the market café, fresh coffee, doughnuts, icecream and the Lions sausage sizzle. No dogs please with the exception of assistance dogs. Gold coin donation for parking - proceeds to the Helensville/Kaukapakapa scouts and St John youth. sarah@riversidecrafts.co.nz

Laser Plumbing



As March rolls in, we bid farewell to the warmer summer weather and welcome the crisp, cooler days of autumn.

With the change in seasons, now is the perfect time to ensure your property is prepared for the months ahead.

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

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

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

We also offer full plumbing solutions for new builds as well as renovations.

Roofing - We find and fix roof leaks! Here at Laser Whenuapai, we specialise in all your long run/iron roofing needs... from roof repairs to complete roof replacements, gutter cleans, repairing and replacing

gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will get you sorted.

We are also excited to share that we offer a Supergold card discount! Just let us know you have a supergold card when you book in your plumbing job, and we will give you 20% off your first hour of plumbing maintenance labour.

Contact us today for all your service needs on 09-417-0110 or whenuapai@laserplumbing.co.nz

We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website www.whenuapai.laserplumbing.co.nz

It's Time to Service Those Generators! - with Stihl shop Kumeu

Many local homeowners rely on backup generators to keep their homes running during the increasingly common power outages in our area. To ensure your generator operates efficiently when you need it most, it's crucial to have it regularly serviced. Regular maintenance not only extends the lifespan of your generator but also increases its reliability.

The cost of a generator service can vary depending on make, model and size, but an average domestic sized model will cost from \$165 for a general service, which covers an oil change, spark plugs, air & fuel filter clean/replacement, voltage checking and cleaning.

We're keen to ensure our locals are ready and prepared for winter, so for the month of March we're offering Kumeu Courier readers 10% OFF ALL GENERATOR SERVICE/REPAIR WORK. Haven't got a generator yet? Now is the time to make the investment. We've got a great range of Honda, Lawnmaster and GT generators instore, and for the month of March we will discount those for Kumeu Courier readers too - GET 10% OFF ALL NEW GENERATOR PURCHASES INSTORE!

Head in and see our team for expert advice on your generator and outdoor power equipment needs!

STIHL SHOP Kumeu is open Mon-Fr 8.30-5.30 and Sat 9-4

Try Country Dancing - the folk dance of Scotland!



All welcome. No need to bring a partner, but the more, the merrier. Social dancing in groups - all dances taught. Fabulous Celtic music.

Waitemata Club starts Tuesday 4th March - every Tuesday for the year.

Kelston Community Centre - renamed Te Pae o Kura.

Cnr Great North & Awaroa Roads, Kelston. 7.45pm - 10.00pm (Beginners 6.45pm - 7.45pm)

Call Esther 09 838 7263 or 021 1060466

Now is the time to come and have a go!!

Kumeu Library

For locals, March is Kumeu Show month! Kumeu Library will be at the Kumeu Show on Saturday 8 March – take a few minutes out of the busy-ness of the show and chill with us! We'll have a shady space to relax a bit and play some games with the family.

Are you an experienced Mah Jong player? Do you want to play regularly with a group? Kumeu Library is host to a group of players on Mondays between 1.00pm and 2.30pm during school terms, and they are hoping more players who know how to play the game will join them. There is a possibility of people who haven't played before joining the group later in the year, and we are happy to take contact details ready for this. Kumeu Library is wanting to start a regular get-together for teens – we're in the early stages of planning this, and if you think this would be of interest to your family please contact us at the library either in person, via Facebook Messenger or by email at kumeu.library@aucklandcouncil.govt.nz.

Coming up in April at Kumeu Library is an Estate Planning Talk by Wendy Hampton, a retired lawyer with over 30 years experience and author of the book "The Estate Planner". This information session about Wills, Estates and Trusts will take place on Thursday 3 April at 10.30am – come and find out what you didn't know you need to know when planning for your future. To keep up with all Kumeu Library's news and events, follow us on Facebook (www.facebook.com/kumeulibrary).

St Chads

A trio of rich mezzo-soprano voices will bring a concert of fine vocal music to Saint Chad's Anglican Church on Sunday March 16th at 2.30 pm.

The Three Mezzos Vocal Trio has been performing in and around Auckland for over 25 years, with concerts in churches, halls, historic houses and museums. Their programmes range widely from sacred repertoire through folksongs to arrangements of popular songs and musical theatre items. At the Saint Chad's concert they will premiere a piece written for them last year by Auckland composer David Hamilton.

Music-lovers are invited to enjoy an afternoon of wonderful music-making, and benefit a charity at the same time. Tickets will be \$25 including light refreshments afterwards. All profits after expenses will be donated to Parkinson's New Zealand to help in the work they do supporting the many people living Parkinson's in Aotearoa New Zealand

For more info contact:

Colin Newel peopleswarden@saintchadshuapai.com or 02102499925

SeniorNet

Next month is our annual open day where we show what our club is all about. Last year we had 31 new members join so this year we are hoping for the same number of new members joining us. The club are for seniors who are looking to know about technology whether a total beginner you will find a friendly club where you will be made welcome. We meet on the first Wednesday of the month at 10am at St Chads Church, Matua road, Huapai.

Kumeu Show 102nd event shapes up

The Kumeu Show on March 8 and 9 will be huge.

So says Kumeu Agricultural and Horticultural Society Show Manager Lizelle Westman, adding more than 20,000 visitors to the Kumeu Showgrounds are expected over the two days.

A new event – a tree climbing competition – is provided with assistance from Shaun Hardman from arborists Hardfell Ltd.

Sheep dog trials, woodchopping, shearing, a giant pumpkin contest, food trucks, a market area, trade sites, indoor events and more are sure to be popular attractions.

There are also School Calf Club, pet lambs and goats, equestrian and poultry competitions, Mahons

Amusements carnival rides, an FMX display, tractor parade at 2pm on both days, dog agility displays and giveaways.

Clydesdale and pony rides are on, and entertainment features The Rumpus Machine.

While the main shearing competition is on Saturday March 8, a blade demonstration will be provided on Sunday, March 9.

Highland Dancing is back this year – but not a police demonstration which included police dogs and the Eagle helicopter last time.

About 300 trade displays are expected, plus there's a special area set aside in the showground's shed for caregivers needing to attend to young ones.

Lizelle says buying tickets online will avoid queues and are cheaper, with tickets selling online for \$15 and for \$20 at the gate on the day (under 14s are free).

Plenty of free parking is offered and traffic management will be in place, while sunscreen is available at the Kumeu Show Information Tower.

Gates open 8.30am-5pm Saturday March 8 and 8.30am-4pm Sunday March 9.

Visit www.kumeushowgrounds.com for more information.

By Chris Penk, MP for Kaipara ki Mahurangi

It's that time of year again! In the next few weeks, I'll be attending A&P shows in Helensville, Kumeu and Warkworth, which are all within the large area that I represent, known as the "Kaipara ki Mahurangi" electorate.

Take the upcoming Kumeu Show, for example, a cherished institution that plays a pivotal role in this community here in northwest Auckland.

As a century-old annual event, the Show is not just a fun-filled day out for families (including visitors from across Auckland), it's a true reflection of the values that make this region so special.

For decades, the Kumeu Show has showcased the very best of our agricultural and rural heritage. To this day, it provides an opportunity for local farmers, producers, and

artisans to display their hard work and craftsmanship, while also connecting with the wider community. In a rapidly urbanising area, events like the Kumeu Show help remind us of the rich history that has shaped this region.

Importantly, as NZ slowly gets back on track economically, there will be many small businesses looking to trade well for a couple of days, at all these A&P Shows, following a slow summer in more than a few cases.

The Shows offer fun for all the family, whether exciting entertainment, delicious local food, or a chance to shop at the stalls featuring some of the best homegrown products in the country.

It's also the perfect place to reconnect with friends and neighbours while supporting local businesses.

On that note, please consider sharing content on your social media channels about the Shows to encourage others to attend as well!

As we look to the future, it's essential that we continue to nurture and protect events like the Kumeu Show. They are vital not only for preserving our cultural heritage but also for ensuring that northwest Auckland remains a vibrant, connected, and thriving community.

See you there!

Chris Penk MP for Kaipara ki Mahurangi

Where have all the apples gone' – April exhibition and book launch

By Guy Wishart of Huapai-Kumeu Lions

Huapai Kumeu Lions supported former apple orchardist Chris Smellie's huge effort in funding and producing a history of apple growing in the area, written over the past few years.

This is not just a book about apple growing in the Huapai area, it's the story of the struggles to make ends meet, tales of love and loss, success and heartbreak, innovation and creativity, determination and division, adaptability and community perseverance.

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Chris Penk
MP for Kaipara ki Mahurangi

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





When Chris and his artist wife Sue moved to Auckland, he wanted to grow grapes and did so for a while. They eventually bought eight hectares (20 acres) at Station Rd, Huapai, in 1966 and began their family and journey together growing apples after family members suggested the change in crop.

There were many challenges, but as you read their story it seems to me to be the stuff of a compelling novel. Great love, great loss, many challenges, with innovation and adaptability allowed them to move forward and build their lives in a small country town on the edge of a rapidly growing city. In the 1950s-1990s Kumeu and Huapai were rural service towns for farmers, orchardists and beach goers. There was little in the way of town planning, rather a sprawling line of shops and service centres and the iconic Huapai Tavern. Chris was spurred into recording the apple growing history of the Huapai area as he watched orchard after orchard cease production, and row after row of trees removed to make way for intensive housing in the 1990s and 2000s.

Family histories were being lost year on year as orcharding elders passed away and their children carried their own version of the stories their parents had told them. Some photos and oral history had already been lost.

The book pictures the end of an era for apple growing in the Northwest of Auckland and the beginning for production south of the Bombay Hills. Baby Boomers and Generation X's still have vivid memories of picking their own fruit as families and buying from roadside shops and stalls as they returned from Muriwai Beach, their mullets bleached in the sun, zinc covered noses, tropical blend sunburn, wearing stubbies in one size too small. Happy memories!



Frankie travels to Aotearoa and Popplestone & Spells

My aim was for the books to be absorbing, educational and interactive, bringing the reader into the essence of the story from the very first page by asking their views and thoughts. Both of my books encourage the reader to contribute their thoughts, solutions and learning into a journal at the end of the novel so they can reflect and learn. It is the children's interpretation of the chapters that is the backbone of the adventure. I have thoroughly enjoyed writing these books, a brand new direction in my retirement career path, having previously been a Senior Registered Nurse for 42 years. Quite to my surprise I completed a further 2 novels in the same genre and they too have been accepted for publication in June / July of this year. I had a book launch late 2024 and some local school children attended as well, they were amazing and their interaction was compelling. I can only hope that children will find that my books promote a fresh approach to fictional adventure and fantasy. **Colin Stonelake**

Kumeu Arts

We have two exciting exhibitions this March, including Fa'amoemoe - Hope by Joy Le Mamea. This significant body of work explores the delicate process of letting go as a pathway to healing, drawing inspiration from Siapo (traditional Samoan bark cloth) and the transformative art practice of "taking it to the wall" to unpack the complexities of grief. Additionally, The Force of Women, a ceramics exhibition opening on International Women's Day, explores the unwavering spirit and determination of women throughout history. The pieces by Margie Phillips and Madelaine Abey-Koch are personal tributes to the lives of women from all societies, reflecting their own experiences. Our Galleries are always free to visit and everyone is welcome. Our regular weekly courses include; painting, ceramics, botanical art, life drawing, French classes, music tuition, the Kumeu Children's Art Club, and two free courses for teenagers. We also offer one-off workshops such as tipple and dabble.

Visit www.kumeuarts.org for more info



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