

May 2025

FREE monthly community magazine for Kumeu
& surrounding townships

Kumeu

Courier

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

The Vintage shop



Greetings

Muriwai is a hot topic in this issue.

I attended the unveiling of sculptures there made by artists led by Jeff Thomson, largely from bits of “deconstructed” dwellings.

These are homes demolished after the Auckland Anniversary floods and Cyclone Gabrielle in early 2023, with some gaps left for those still to follow.

So if you’re tempted (like I was) to pinch some of the tapware and sinks off them – don’t.

They’re really not suited to recycling anyway.

Jeff’s from Helensville but the Muriwai gathering heard that with his artwork in many Muriwai homes he’s considered a local anyway.

I bumped into Jeff and others from Muriwai and elsewhere at Chris Smellie’s launch at Kumeu Arts of his 284-page book “Where have all the apples gone?”

Sir Bob Harvey, artist Dick Frizzell, Rodney Local Board members, some orchardists written about in the book, and others attended – more in this issue.

I didn’t see apples among the delicious finger food (walnuts on dried prunes were among my favourites) but I did recall many orchardists no longer with us.

Back to Muriwai – it’s been a busy surf lifesaving season out there. Again, more on that in this issue.

I asked what happened to the old Sand Dunz Café which I used to frequently and which closed mid-20224, and was told it may have an asbestos problem.

I often wondered why the building was no longer leased out by the Auckland Council – I guess the aftermath of the extreme weather events in 2023 didn’t help, and that’s been followed by the cost-of-living crisis and now US President Donald Trump’s tariff threats creating ups and downs.

One suggestion I’d heard was to tear down the building and put in car parks where food trucks might stay for the summer.

That hasn’t happened yet either. State Highway 16 congestion may not help the cause too, especially with all the works between Waimauku and Huapai.

Like many, I travel the back way to Muriwai to avoid delays – I used to go to Muriwai on my cycle using the back roads for training so I know the route well.

I once rode up Waitea Road and by the time I got to the top was looking for places to dismount (or fall off) – but I made it, just!



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Get in touch with Gabrielle today
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People & Places

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Off-duty lifeguard leads Muriwai Beach rescue

Muriwai Volunteer Lifeguard Service Search and Rescue (SAR) Squad Lead Glenn Gowthorpe was off duty when he helped with a rescue at Muriwai Beach on Sunday March 23, 2025.

With the assistance of a local surfer known only as “Neal”, Glenn brought four swimmers caught in a rip safely to shore.

Glenn had seen two family groups caught in a rip and calling for help.

The experienced off-duty surf lifeguard quickly grabbed a surfboard left on the beach and enlisted the help of a local dad who was giving his daughter a surf lesson nearby, says Surf Lifesaving New Zealand.

“As he reached the water, Glenn asked another beachgoer to call 111, before he paddled out on the borrowed board toward the swimmers.”

When he reached the group, he got one swimmer onto the surfboard, taking him to the local surfer who had paddled out to assist.

Glenn then warned other family members to return to shore immediately, preventing them from becoming additional patients in the powerful rip.

One-by-one, Glenn brought the three remaining swimmers to safety, then returned to retrieve the initial swimmer left with the local helper.

He guided both the swimmer and the volunteer helper back to shore, where members of the public assisted with carrying the patient up the beach.

Meanwhile, emergency services had arrived including the Muriwai Volunteer Fire Brigade (Fire and Emergency NZ) and the Muriwai First Response team from Hato Hone St John.

Paramedics and first responders treated the patients on the beach, with all four taken to hospital by ambulance, says SLSNZ.

Family members thanked Glenn on social media.

Glenn warns that swimmers need to take care at beaches like Muriwai.

“Muriwai is a beautiful spot, but it is important that people understand both their own abilities and the risks of swimming at our west coast beaches,” he says, adding that visitors should enjoy the beach from the safety of the sand if they have doubts.

Glenn was involved with another rescue a few days later on March 26 where a girl was retrieved by a surfer who brought her to shore where she was given oxygen and other medical assistance.

“She had swallowed a lot of water,” says Glenn, adding the girl was taken to hospital by ambulance but later recovered.

Glenn was nominated for SLSNZ New Zealand’s “Rescue of the Month” award for the earlier one.

He says surf conditions on Auckland’s west coast are particularly dangerous with many strong rips close to shore and people still enjoying warm beach conditions.

Glenn suggests people check out the SLSNZ website before venturing out.

Meanwhile, the official surf lifeguard season, which began Labour Weekend 2024, closed at Easter 2025 (Monday, April 21) with deaths including the 2024 drowning of two fishermen washed off rocks at nearby Bethells Beach (Te Henga) which included a helicopter search around Muriwai, and the early November 2024 drowning of a jet skier at Muriwai while lifeguards were off duty.



Village Market



The Village Market Helensville Showgrounds

Sunday 18th May 8.30am to 1pm

Come and spend a relaxing Sunday morning with us. There's coffee and food, local art and crafts, cosy winter knits, candles, gifts, people and pet health products, preserves, plants, fresh fruit and veg, homewares, flowers, pre-loved bargains and much more. Enjoy live music from duo Gillian and Mike while you browse the stalls. Plus we have free hair plaiting and a kids activity table.

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

For more information contact

sarah@riversidecrafts.co.nz

Matua Ngaru School new principal has big plans

Matua Ngaru School principal Stephen Grady aims to grow the Huapai School from about a 550 roll to around 900.

He expects many will be accommodated in a new 18-classroom block under construction he hopes to officially open early next year.

Stephen has been teaching for about 27 years and was Greenhithe School principal for some six-and-a-half-years and formerly North Shore Principals Association President.

Born in England, he has done stints in the United Kingdom and United States of America before moving to New Zealand in 2005.

A football fan, Stephen, 50, has only recently given up playing the sport and continues to support Everton Football Club in the UK and follows Auckland FC in the Australian A-League Men.

He also follows the New Zealand Warriors rugby league side (coasters with Warriors' insignia and "Up the Wahs" are in a reception room) and enjoys listening to music (he has a vinyl record collection).



the school operates.

A former Huapai Golf Club member from about 2005 to 2007, Stephen says the local community has been very supportive since he became Matua Ngaru School principal.

"I am passionate about creating an environment where every child is supported and challenged to reach their full potential," he says.

"I want every child at Matua Ngaru School to love coming to school."

Stephen is married to Tina and they have two teenage children.

Heel pain and how your podiatrist can help

Heel pain is a common issue that affects both children and adults. It is often caused by overuse, biomechanical problems, or wearing improper footwear.

In children, one of the most frequent causes is Sever's Disease. This condition typically occurs during growth spurts when the heel's growth plate becomes inflamed due to repetitive stress. Children involved in sports or high-impact activities are especially susceptible. Contributing factors include rapid growth, trauma to the heel, tight calf muscles, and unsupportive footwear.

Among adults, common causes of heel pain include:

Suffering Foot Pain?



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Stephen started his new job as Matua Ngaru School Principal in February this year.

He wants the school to become the centre of the local community, achieve excellence for all students and says the 48 staff are wonderful to work with.

The Redvale resident says a recent open day for parents attracted more than 200 visitors to see how



-Plantar fasciitis – inflammation of the plantar fascia, the tissue connecting the heel to the toes.

-Achilles tendinitis –inflammation of

the Achilles tendon, which connects the calf muscles to the heel.

-Heel spurs – bony growths that develop on the heel bone, often linked to long-standing plantar fasciitis.

What can you do at home?

-Reduce activity: Minimise physical exertion to allow healing.

-Ice therapy: Apply ice packs after activity to reduce swelling and pain.

-Supportive footwear: Wear well-fitting shoes that offer proper arch and heel support.

-Stretching: Gentle stretches for the calves and feet can ease tension.

How can a podiatrist help?

A podiatrist can assess the cause of heel pain and develop a personalised treatment plan. This may include:

-Custom orthotics: Shoe inserts to provide cushioning and reduce strain.

-Exercise programmes: Targeted stretching and strengthening routines.

-Taping or strapping: Techniques to support the foot during activity.

With early intervention and proper care, heel pain can be effectively managed, helping you or your child return to daily activities pain-free.

Contact Norwest Podiatry today for a professional evaluation and treatment plan tailored to your needs.

The Huapai-Kumeu Lions Vintage Shop

At the recent Kumeu Show our Vintage Shop ladies won 1st Prize for their display of Potted Mixed Flowers. Several months ago, Anna Harding planted four large pots with tiny seedlings that, with tender loving care from the team at the Vintage Shop, have grown into a truly magnificent display. Well done team you absolutely deserved the Purple Ribbon.

The Vintage Shop is housed in the Pomona Hall which started life in 1876 as the Kumeu Hall. It has been used as a school, a church and a community centre. When a larger building closer to the centre of town was opened in 1913. It was used less and less and fell into a state of disrepair. It was sold in 1965 and relocated to be used as an apple packing shed on Pomona Road. It was sold


again in 2005 then restored and relocated, in 2010, next to the Kumeu Community Centre. Initially it was used as a Hospice Op Shop but in 2012 the Hospice relocated to larger premises on the main road. Chrissy Beaton and the late Michelle Darragh, who had volunteered as staff for the Hospice shop, decided to try and keep the shop in the old hall going. They approached the Huapai-Kumeu Lions club to gain their support and assistance in running the business and returning the shop's profit to the community via their Lions Trust account. With new stock needing to be found Chrissy and her daughter frequently attended sales at the Green Bay Auctions and purchased box lots of china and other oddments which they took home sorted, cleaned and, in some cases, repaired with help from Chrissy's husband. They no longer buy stock and rely entirely on donations from our community.

This dear little shop is run completely by a team of dedicated volunteers, doing their little bit to make our community a better place for people in need. They are committed to reuse and recycle household items of good quality and their attention to tasteful display and selection of stock make this shop a worthwhile destination for anyone searching for a special gift or collectable.

The proceeds are run through the Huapai-Kumeu Lions Club Charitable Trust Account and donated back to our community. When you visit the shop check out the donation list telling where the profits have been spent

This treasure is another Huapai-Kumeu Lions' Club project and is open at 35 Access Road Wednesday to Saturday each week from 11.00 am to 3.00 pm. Drop in and have a browse... you will be glad you did so.

Image- front cover



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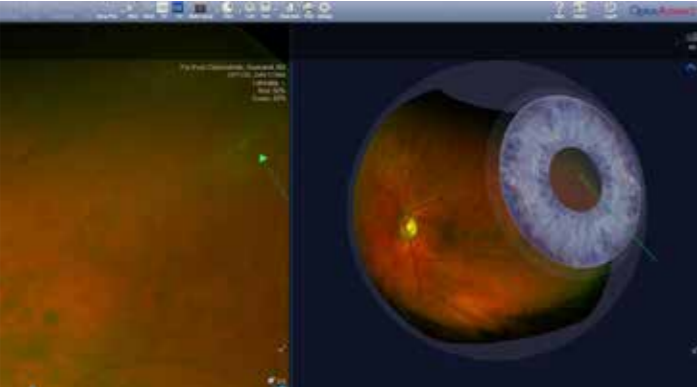


PET PATCH

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Are your eyes healthy?



We received lots of questions about last month’s article on finding eye health problems with our sophisticated equipment, so we will be sharing a few real-life examples of these over the next few issues of KC.

Our ultra-wide field retinal Optomap scanner can literally see around the iris to image the peripheral retina, and this is useful both to find new pathology and to monitor things we have found before.

These images are a flat and a 3D Optomap scan of the same eye. The arrows mark a retinal hole in the far periphery. Retinal holes are caused by movement of the vitreous gel inside the eye pulling on and tearing the retina. Here, fluid has just begun to leak under the retina which is likely to detach it. This patient was referred for laser treatment to form small, targeted scars around the hole, which stabilised the area and prevented retinal detachment.

Symptoms of a retinal hole:

Flashes of light in your vision, especially if they recur in the same position each time.

Vitreous floaters, which look like dots or wiggles moving across your vision.

Central holes may cause a loss of vision in the affected eye.

Peripheral retinal holes and tears may present with no visual symptoms at all, or a small blur or dark spot in your peripheral vision.

Book your eye examination appointment with Molly or Matthew at For Eyes in the Kumeu Shopping Village: phone 09 412 8172



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A Fresh Chapter for lovesoul Beauty & Spa Studio

Waimauku’s cherished lovesoul Beauty & Spa Studio is entering a beautiful new season under the ownership of Lisa, a long-time Kumeu local with a deep appreciation for wellness, beauty, and community. Once a loyal client herself, Lisa is proud to carry on the lovesoul legacy—bringing her personal passion for looking and feeling good into the heart of the business.

To mark this exciting transition, the spa has undergone a gentle refurbishment, thoughtfully designed to reflect the calm, holistic vibe lovesoul is known for. The result is a serene, welcoming space where every detail supports relaxation and renewal.

The spa’s talented team includes Emma, a long-standing therapist known for her warm care and expertise, and Erin, the newest addition, whose calm energy and skilled hands are already making a lasting impression.

At lovesoul, we take a holistic approach to skin and body care, combining skilled techniques with beautiful, plant-based products. Our Janesce botanical facials are a signature offering—therapeutic, nourishing, and designed to support healthy, glowing skin from within.

We’re also thrilled to introduce our Hot Stone Massage—a deeply restorative experience using smooth,



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heated basalt stones to melt away muscle tension and invite deep relaxation. It’s perfect for anyone needing to unwind and reset.

Whether you’re after a facial, massage, waxing, brow service, manicure or pedicure, our goal is to help you slow down, reconnect,

and feel truly cared for in a space designed with intention.

We look forward to welcoming you.

Book your moment of calm today.

lovesoul Beauty & Spa Studio

8 Waimauku Station Road, Waimauku

Phone: 09 411 5226 Email: hello@lovesoul.co.nz

Website: lovesoul.co.nz

Train to your cycle ladies! Studio



Did you know that a woman’s menstrual cycle spans approximately 40 years of her life? Understanding and aligning your exercise with the cycle, can optimize your performance, reduce discomfort, risk of injury and enhance your overall

well-being. Let’s look into this a little further.

The cycle is divided into 4 phases: Weeks 1-2 Follicular phase which begins with Menstruation, weeks 3-4 Luteal phase which begins with Ovulation.

While it’s important to understand that each woman’s experiences and needs are unique, I have some general advice to approach each faze and the common symptoms. Follicular phase: I call ‘beast mode’ once the heavy bleed passes (no pun intended). If there are negative symptoms with the bleed then be kind to



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yourself, light-moderate exercise can help to alleviate the pain.

Then, with higher energy levels, greater brain capacity, feeling stronger, faster, recovering quicker. You can challenge your training physically and mentally if you’re feeling ready for it with things you enjoy like: HIIT, SIT, Strength and Power Training. A good warm up and cool down is important.

Luteal phase: I call ‘tough’ often with lower energy, mood, motivation, strength. Week 4 being the hardest often with bloating, poor sleep, PMS, cravings. If you need chocolate, have it guilt free, you deserve it!

Lower the exercise intensity, at maintenance or lighter if needed. Work on your technique, consistency, and mobility. Socially, exercise is important with mood being heavily impacted.

Throughout your cycle, always prioritise rest, sleep, and good quality nutrition. Most women are undereating. Especially carbs and protein, aiming for as close to ‘how God made them’ is ideal.

The menstrual cycle can be impacted by living with ongoing high levels of stress, anxiety, and poor sleep. Heavy dieting or fasting, high levels of exercise, under-eating and over exercising (not enough fuel or rest to match the physical stress).

Track your cycle with an app: FitR Woman is my fav. Find yours! I have a Training for your Cycle Cheat sheet to further empower and support you. Contact me kcfitathome.com

Norwest Community Patrol gets new vehicle and more members



The Kumeu based community trust is part of a nationwide group of patrollers that assist police in identifying trouble spots in the community. Recently the local group aligned with the national body Community Patrols New

Zealand and patrols in adjacent suburbs. The Norwest group patrol an area from Riverhead to Muriwai looking for things that are not quite right and would be of interest, reporting observations to police, including stolen cars, vehicles of interest, and anti social use of roads. The group is not involved with day to day policing, just being the eyes and ears in the community and having a visible presence. A group of about 30 members volunteering around four hours a month in patrolling and training have welcomed 12 new patrollers to the group that will expand the group’s presence. The Norwest Community Patrol is funded by the community through donations, subscriptions & sponsorships to help with the running costs and are always on the lookout for more help. Call Neil 021 807 515, nor-west@cpnz.org.nz for information on membership or supporting the group.

Gently Loved Markets



Get ready to score amazing deals and discover one-of-a-kind treasures because Gently Loved Markets is back at the Kumeū Community Centre on Sunday the 18th of May for your preloved treasure

hunt from 10am till 1pm.

30+ stalls with an array of preloved, modern, vintage, retro, and upcycled goodies for all ages. Whether you're a fashion enthusiast, a home decor aficionado, or just someone who loves a good bargain, there is something for everyone at Gently Loved Markets this treasure trove has got you covered.

Grab a friend and your favourite fabric bag for your preloved fix. All stalls are indoors, free onsite parking and with changing rooms at the venue so you can try before you buy. The event is mainly cash, some stall holders accept bank transfers. Gently Loved Markets hold different styles of market days - from everything preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds) and Just Kids! Keep an eye on their Facebook and Instagram for the market day announcements @ gentlylovedmarketsnz

To inquire about a stall contact Donna Buchanan on gentlylovedmarkets@gmail.com

Te Awaroa Museum

ELLEN BRADLY 'MOTHER OF THE DISTRICT'

Born in 1857 in Ireland, Ellen Connolley set sail for New Zealand at the age of sixteen aboard the 'Waitangi'. Along with her sister, she was what is now known as an 'assisted immigrant' and was entered in the ship's passenger list as a dairy maid. First working in Mangere, she soon moved on to Riverhead, taking part in the social life of the community and in that way met the Bradley family. Marriage to William Bradley followed in 1878, with the happy couple moving to Helensville and later to their farm at Te Pua. At that time Te Pua was a mass of tall ti-tree and raupō swamp land and William and Ellen worked hard to carve out their home.

A total of seven children, five boys and two girls, were born to Ellen and William. At this time William had established himself as a painter and paperhanger in the growing town of Helensville. Ellen was left to raise the family and run the property. In 1901, when William's brother died leaving his six children orphans, Ellen took the youngsters into her home, raising the total number of her children from seven to thirteen, the eldest being twenty-two, the youngest six. The task of taking on the extra six children was not easy for the 43 year old Ellen, especially as there was no Social Welfare or Child Support.



Ellen was called by both Māori and Pākehā the 'Mother of the District'. Her home was always open, and all residents were sure of a hearty welcome and a helping hand in times of trouble. Around 1917 Ellen and William sold their farm at Te Pua and retired to Helensville, where Ellen passed away at the age of sixty-six at her home in Puriri Street. The Bradley family continue to farm in the Helensville area.

(Taken from 'Pioneering Women of South Kaipara', available from the Te Awaroa Museum)

Kumeu Library

Days are getting shorter and cooler, and curling up in the warm with a good book is a great way to make the most of the changing weather. Come and check out the wide range of books, eBooks, magazines, eMagazines, audiobooks, eAudiobooks and DVDs at Kumeu Library and spend the longer nights reading - learning new crafts and skills, finding delicious new recipes or travelling in your armchair to different countries, worlds and the lives of people, both real and imaginary. And if the weather isn't great, don't forget that our eBooks, eAudiobooks and eMagazines are available to download for free - anywhere, anytime.

Kumeu Library is holding a special event for the community in May - please note that there is a change to the previously advertised date for this event. Falls are the most common cause of injury in older people - but there are ways to improve balance and movement as you get older so you can be physically active and live well. A Strength and Balance trainer from Harbour Sport is coming to Kumeu Library on Thursday 22 May at 11.00am to talk about Falls Prevention - find out why falls happen, simple ways to prevent them and how to safely get up after a fall, so you can keep on living your best life. Note the date on your calendar and join us for this session.

www.facebook.com/kumeulibrary



Safer Community

What heaters cause the most house fires

Over the last fifteen years Fire and Emergency has kept note of what heaters and heat sources have been over represented in house fires. It should be pointed out that any heat source may have risk subject to how the device is used and its age. That said, I thought you might like to understand what products to be very wary of. We highlight the worst performers over the last 20 year period so you may take action today that may limit your exposure and give you confidence heading into winter.



Solid wood fires represent 22% of house fires from a heat source

A favorite with lifestyle and rural households, the humble wood and pellet burner has been in decline over recent years as the public have found heat pumps to be more convenient, safer and in some cases cheaper to operate. Solid fuel burners have direct risks when pallet-ogres jam or hot coals or sparks spill from the fire box. The secondary element is fire flues that can suffer decay over time, attract nesting birds or over-carbon making flue-fires a possibility. Insurance companies require fire-flues to be cleaned and inspected each year to mitigate these issues.



Electric Blankets represent 18% of house fires from a heat source

As technology has evolved and the public have observed getting electricblanketsregularly checked the number of electric blanket related fires has declined but is still over-represented in the statistics. The age of the blanket, how it is stored over summer and if it is left on with weight bearing in patches may all be factors. If you have older electric blankets it pays to get them checked and if in doubt throw it out



Fixed Wall Mounted Heaters represent 16% of all house fires from a heat source

Very popular in small spaces, normally bathrooms, the units became popular around 2000 and have been burning houses thereafter. The units typically have a small fan that blows air through a heater coil allowing for generous warm air circulation in a confined area. Built to a budget and historically without many safety considerations that become a store for dust and if left on for extended periods tend to overheat to the point of combustion. A number of the

worst offending units were recalled from the market but it continues to amaze me how many old wall mounted fan heaters are still in use in an aging condition and full of dust.



Portable gas heaters represent 12% of all house fires from a heat source

Also popular through the early 2000 period the portable gas heater on wheels offers a direct heat source that seems cost effective and direct. However it becomes subject to being pushed too close to items that then combust, sometimes people move it too close and their clothing starts smoking as they forget they are heating the space not themselves. The worst culprit is washing on clothes horses draped with clothes. If you are subject to this practice please observe a meter away from the heater, as you possibly will not see your belongings turn to gas vapor and ignite in time. The second thing about these heat sources is that they emit carbon monoxide as a by-product of combustion. If you do not have a vented room it can make you sick or worse it may prove fatal. .



Portable electric bar heater represent 9% of all house fires from a heat source

Although fires have been in steady decline due to new safety features and the use of ultra red technology these portable bar heaters made a steady contribution to fires until the last several years. This may in part have been due to the extensive introduction of wall mounted heat pumps however once again the issue is not necessarily the units themselves it is when they get too close to clothes drying or furniture within a bedroom or living environment. If you plan to use these heaters make sure they have safety features and keep them a meter away from furniture and clothing.



I hope this overview has provided some insights. If you need any advice or suggestions feel free to drop me an email or a call directly: graham.mcintyre@fireandemergency.nz or 0276320421.

Graham McIntyre,
Chief Fire Officer -
Waitakere Fire Brigade

Community News

Feedback from the community

At HydroVac, we take pride in the work we do, but it's always extra special when the community notices and takes the time to acknowledge our team's efforts.

Recently, one of our hardworking crews tackled a cleanup project at the settlement pond by the motorway in Mt Roskill. Their mission? To restore the area, improve drainage, and remove built-up waste and debris.

The team:

- Drained the pond and cleared out sludge and rubbish
- Removed overgrown vegetation and soil, replacing it with red scoria for better drainage
- Cleared surrounding flax areas of rubbish to enhance the local environment

Their dedication didn't go unnoticed. We were thrilled when a member of the public reached out to us, expressing their appreciation for the crew's efforts and professionalism:

"These people have done a great job. I had a brief chat to them about the work they were doing and said how much I, and others, appreciated their efforts. They are terrific examples of hardworking individuals who take pride in their work. They are a credit to your company."

This kind of recognition means the world to us. Our teams work hard every day, doing their best to do a good job, and knowing their work ethic is noticed and makes a difference in the community is incredibly rewarding.

A huge thank you to Mike D and our HydroVac pond crew for their work here - you truly embody the HydroVac standard of excellence.

Images Below show before & after.



Kumeu Arts



In our Pod Gallery, we're proud to showcase works by all eleven winners of last year's Kumeu Arts Awards—including three talented youth artists and the People's Choice recipient. Expect a vibrant mix of paintings and sculptures reflecting diverse styles and

perspectives.

In the Main Gallery, enjoy a stunning exhibition of paintings by students of Amber Emm, created during her weekly classes at Kumeu Arts. A perfect time to visit is during the Muriwai Arts Trail on the weekend of May 3rd and 4th, when we'll be open throughout the event. We're just one of many fantastic stops on the trail! Looking to get creative yourself?

Join one of our upcoming workshops: make your own Leather Wallet in May, or try Raranga Flax Weaving in June to celebrate Matariki. Looking for space? We also hire out our workrooms! Find more info at www.kumeuarts.org

Community News

Hikoi Ngātahi' – Opens Woodhill Forest Trails to Walkers in Muriwai



'Hikoi Ngātahi' – Opens Woodhill Forest Trails to Walkers in Muriwai

A new 12-month trial called Hikoi Ngātahi (Walking Together) will launch on 10 May 2025, granting authorised public access to designated walking trails in Woodhill Forest, Muriwai. The initiative is led by Ngā Maunga Whakahi o Kaipara (NMWoK)—the post-settlement entity for Ngāti Whātua o Kaipara, which owns and manages the forest.

Woodhill Forest, in iwi ownership since 2013, is a place of cultural and environmental significance. A recent community survey showed strong local support, with 82% of over 600 respondents in favour of authorised access and 72% willing to pay for membership.

The idea grew from a grassroots effort in late 2023 when Muriwai residents approached NMWoK Ngahere for walking access while many local tracks remain closed following Cyclone Gabrielle. "This is a wonderful opportunity not just for Muriwai residents, but for all who enjoy walking in the forest," said Clare Bradley, Chair of the Muriwai Community Association.

Ngahere CEO Malcolm Paterson explained, "We named it Hikoi Ngātahi to reflect the spirit of partnership—walking and working together." He noted investment in systems, signage, and a membership platform to ensure a safe, well-managed experience.

How It Works:

Membership-based access (like the Kake Hōiho riding club)

Separate trails for walkers and horses; shared entrance at Grass Track

Adults must wear vests; members log in/out. Well-controlled dogs welcome.

Launch Event: Saturday 10 May, 3:30pm at the Coast Road entrance opposite the horse float carpark. Includes a welcome, guided hikoi, and shared kai.

To learn more and join, visit www.woodhillforest.co.nz



**Walking Access to
Woodhill Forest in Muriwai**

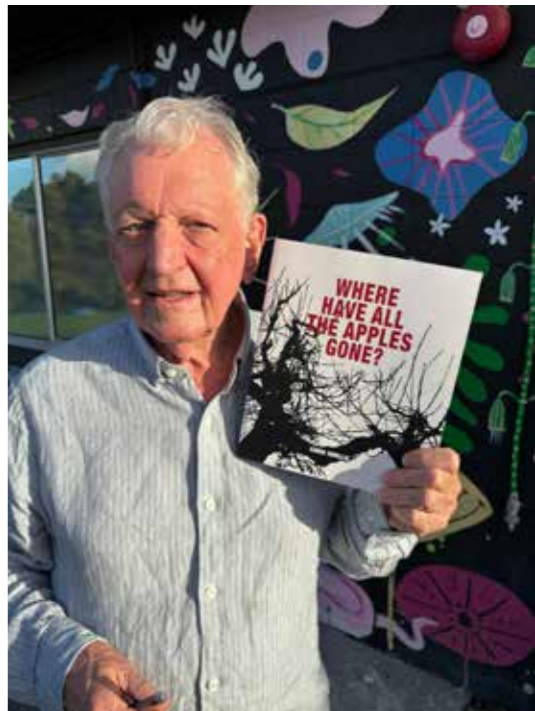
**Membership for Hikoi Ngātahi (Walking together)
is now open!**

Thanks to Ngā Maunga Whakahi o Kaipara Ngahere Ltd and Ngāti Whātua o Kaipara, this pilot gives authorised access to walking trails in Woodhill Forest at Muriwai.

Sign up or learn more at
www.woodhillforest.co.nz/hikoi-ngatahi



Book on Northwest fruit growers and national fruit industry launched



More than 200 people including orchardists and dignitaries attended the launch of Chris Smellie's book 'Where have all the apples gone?' at Kumeu Arts on April 5.

The 284-page book includes many photos and graphics, the New Zealand Fruitgrowers Federation, Turners and Growers, the NZ Apple and Pear Marketing Board, the Huapai Fruitgrowers Cooperative Society, early fruit growing, interviews with 16 Huapai fruit growing families and a horticultural supplier.

People at the book launch included author Chris Smellie, 77, who signed many copies of his book, Sir Bob Harvey, artist Dick Frizzell, people in the book such as Mirko Ujdur and Dennis Talyancich, Rodney Local Board member Guy Wishart, and others.

Gallery displays included images from the book, apple labels, historical advertising, paintings and more.

Chris says the book began as a record of the Huapai fruit growing district and that as he progressed he was drawn further into many aspects of fruit (and food) production in New Zealand. Limited edition prints could be bought through the gallery, as well as signed copies of the book.

Guy Wishart supported the book and exhibition, saying because of "the huge amount of research and data collection he (Chris) needed, it seemed like a forever project, and it did take many years".

He says the book is selling well and available from Kumeu Arts, the Lions Vintage Shop at 35 Access Road & from Paperplus in Helensville.



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Funeral care, your choice of provider makes a difference

“No matter the subject, these days information exists on any topic everywhere. It is no different for dignified death care. There is a growing body of knowledge about funerals circulating in New Zealand, some very useful, sadly much of it ill-informed”, says Michael Powell, General Manager of Davis Funerals. We find that this is causing problems for families more and more often. In this country the funeral industry is completely de-regulated, meaning anyone at all can “operate” as a funeral director. Our advice, as experts in the industry, is to look for a funeral home that has the following three attributes.

They belong to the Funeral Director’s Association of New Zealand, providing you with confidence they are held to account by an independent regulator, adhere to an ethical code of practice and are regularly audited against a set of operating requirements.

It’s also important to understand the level of knowledge and skill. This is particularly important where there may be mixed-race family considerations, specific cultural or religious rituals that need to be honoured as well as ensuring all those close to the deceased are properly guided through their individual grief journeys. One easy way to ensure such knowledge exists is to look at each funeral home’s commitment to training and service excellence through the number of registered and qualified funeral directors they employ. You only get to



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farewell a loved one once. Recent media coverage of incidents in Auckland and the Waikato highlight both the irreparable emotional damage and risks of making the wrong decision.

Finally, work with a company that provides end to end funeral care. This ensures that from the very first call you make to them, the transferring of the deceased, mortuary care, funeral planning and organisation of grief counselling and support is under the care of the same team of people, from the same company in the same facilities. www.davisfunerals.co.nz 022 263 9647



Autumn Book Fair

24th and 25th May 2025 Helensville A&P Showgrounds

The Lions Club of Helensville will be holding their Autumn Book Fair at the Helensville A&P Association Showgrounds on the weekend of the 24th and 25th May, opening at 9.00am on Saturday until 4.00pm and again on Sunday 10.00am until 3.00pm. As this is a community event entry is free, we do not allow traders in before you, our community. Our last Book Fair held in November raised \$12,000 from the sale of books, for which many thanks. All the money raised went towards helping individuals and organisations in the community that required assistance. We have had a good clean out of the remainders and donations are coming in steadily so there is plenty of new stock to tempt you.

Books are priced to sell at \$2. There is a large selection of children’s and YA books for \$1. Also, we have many jigsaw puzzles, board games, DVDs, CDs, and quality magazines available. Non-Fiction will be split into twenty separate categories, including one section dedicated to New Zealand subjects, which is still our largest section. The two new sections Art and Music introduced last year went well and we shall be keeping those. There is also plenty of general Non-Fiction which you can spend hours browsing through. Fiction is arranged alphabetically by authors, with six special interest groups, the largest of which is the Fantasy/Science Fiction section. It is our aim to make your day as easy and pleasurable as possible and sell plenty of books. Small donations of books can be left at Burmester Realty, Helensville, or for larger lots, contact Chris on 027 646 3324, or any other member of the Helensville Lions. Please note that the last date we are accepting books for this Book Fair is Friday 16th May. Sorry, but we cannot accept donations at the Book Fair.

Community alert–1080 poisoning risk & pet health initiatives

111 Vet Clinic Kumeu – Open 24 / 7 / 365

Dr Fiona Mead BVSc., Integrative Veterinarian

In the past month, we’ve seen a heartbreaking case that I feel compelled to share.

A beloved dog from rural Helensville tragically passed away due to suspected 1080 poisoning, most likely after ingesting a possum or rabbit that had consumed the toxin. This dog was allowed to free-roam on its rural property, and while the source is uncertain, it may have come from a nearby forestry drop.

1080 (sodium fluoroacetate) is extremely toxic to dogs. Unless ingestion is witnessed and treatment is initiated within an hour, survival is unlikely. Sadly, there is no antidote. Symptoms include: lethargy, vomiting, rigid seizures, difficulty breathing, & eventually bleeding from the eyes and mouth (but not like rat bait toxicity) along with reduced glucose availability causing collapse.


I want to alert our community–particularly those in rural or lifestyle areas–that 1080 may still be present in the environment. Please keep your dogs under close supervision, especially during walks or sadly, even while out on your property. Avoid letting them scavenge carcasses as ‘pests’ can roam from baited areas to clean areas.

On a more positive note, we’re pleased to be offering our affordable desexing special again at 111 Vet Clinic Kumeu. Cat neuters start from \$80, and cat spays from \$180. Dog neuters start at \$200, and bitch spays from \$280. We’re also proud to be participating in the SPCA Snip ‘n’ Chip campaign, offering subsidised desexing and microchipping to eligible pet owners until 30 June 2025.


Desexing not only prevents unwanted litters–it also reduces health risks and contributes to a more balanced, safer pet population in our community.

At 111 Vet Clinic, we believe prevention is the best medicine. Whether it’s staying alert to environmental toxins like 1080 or helping you care for your pet affordably and responsibly, we’re here for you.

Call us today 09 8696 111 (OW TOWN 111)



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Dr Fiona Mead BVSc.
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Planning a memorable trip begins with assembling the right team and, at House of Travel Hobsonville, we have just that. Our multi award winning travel agency has seven experienced travel consultants boasting over 100 years of combined expertise, ensuring that your ideas, coupled with our knowledge, create the perfect travel experience. We are local Kiwi owned and operated.

Working with a professional travel agent is far from a transactional experience. Our goal is to build lasting relationships with our clients, who return time and again to plan their next adventure. We believe in the power of human connection to craft the best holidays.


Some Recent Reviews.

–The Team at House of Travel Hobsonville are fabulous, always very helpful, nothing is ever too much trouble for them. Julie L

–Needing to make a long-distance air booking to USA, Deepti Mehta at House of Travel had beeb recommended to us so called her and gained an immediate appointment. Our request was dealt with quickly and efficiently with a booking offered and made. Deepti also offered to find a reasonable priced hotel near where we needed to make a connection, and a few options were given to us. It was all done very satisfactorily. Geoff

Now in two locations with our Travel Agency located at 225 Hobsonville Point Road and our dedicated Cruise Centre at 144 Hobsonville Point Road. 09 416 0700

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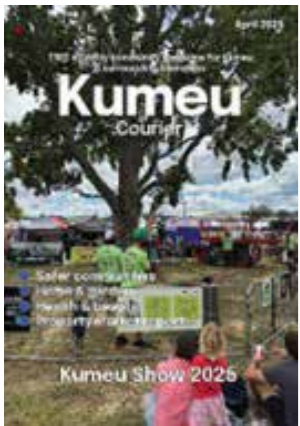
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You can't sell a secret



While some businesses are starting to see signs of an improved economy, many more still continue to feel the effects of cost cutting. It's going to be a while before the market feels fully rejuvenated.

You may have heard that you shouldn't pull back on your advertising when the market is soft and sales are slow. But let's be frank: when cash flow is tight, that's the first thing you might want to do. But while pulling back on advertising produces a short-term gain for cash flow, it can easily create a long-term problem for your brand and the life pulse of your business.

Why keep advertising when the economy is still restricted?

1- You're open. If you're open for business, you need to market your business. If you stop, customers can easily forget about you or even assume you're no longer around. If you're not visible, you may not be considered as a choice.

2- Bad times provide good opportunities. In a slow economy, some of your competitors may pull back on their marketing, downsize, or even go out of business. When the pie becomes smaller, your slice becomes comparatively bigger, and your odds of securing new customers greater. Has a retreating competitor left an attractive client in need of service?

3- Repetition and frequency works. It's often said that consumers don't fully recall brands until they've seen them 6 or 7 times. Without realising it, people tend to drift over ads that are less familiar and linger on ads they recognise—so don't advertise once or twice and expect to see direct results. Start the funnel now, so that even if your customers aren't buying today, you'll be in their

minds for when they are. Repetition does pay off.

4- Confidence matters. Advertising, particularly in a well-regarded local medium, indicates confidence in your business. Your visibility in the marketplace lends credibility to your organisation and makes people feel secure about doing business with you. Customers want to do business with good companies, so it's important not to let any insecurity show.

5- You're good and you're positive. Consumers tend to research their purchases more during difficult economic times. They'll pay more attention to advertising and take the time to read the small print. Don't be left out of consideration; instead, make more of an effort to let them know you're a safe bet.

6- Tough times make tough customers. The economy may be slowly recovering, but until the outlook is rosy, many consumers will pull back on their wants and focus more on their needs. Can you convince your prospects that your product or service is something they truly need today? Consider your messaging and see if you can hone in on a vital benefit of your offerings. Can you offer long-term benefits or short-term gain? Either of these could make the case for buying now.

7- Customers love to jump on a deal. If you've shied away from offering discounts and sales incentives in the past, a slow economy may be a good time to test the waters on this tactic. The added urgency of these deals creates a quick lift of excitement for your business.

8- You have more advertising choices than ever. If cash flow is a problem, you may need to be more creative and take advantage of the growing multitude of advertising choices to keep your business visible. If you need to pull back on expensive media, replace it with less-expensive alternatives. You might find that moving outside your core media—your "comfort zone"—presents new opportunities and attracts new audiences.

9- Don't put all your eggs in one basket. Print media and social media target different people and in different ways. Social media is often seen as a distraction while a familiar magazine with local content is seen as a comfortable friend. The ability to tailor to meet both markets is super important and can be truly cost effective.

If you would like to have a chat about promoting your business to the local community, the best place to start is with Gabs at Kumeu Courier Limited which produces Kumeu Courier, The Westerly and Property Hub. The magazines are targeted to this local community and

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If you would like to have a chat about promoting your business to the local community, the best place to start is with Gabs at Kumeu Courier Limited which produces Kumeu Courier, The Westerly and Property Hub. The magazines are targeted to this local community and operate through letterbox distribution, pick up stands in major grocery and diy supply outlets, flip books and email distribution. Cost of participation can be as low as \$100 for a business card advert and a 150 word article about your business, product, staff, customer or solution.

Make 2025 a special year of business growth, positive thinking and happy customers,
call Gabs on 0800 900 700 or
email editorial@kumeucourier.co.nz

Storm-affected land use policy approved



Auckland councillors have approved the approach for the future use of about 1200 properties bought out following the 2023 storms.

The policy guiding future land use decisions has been approved by the council's Policy and Planning Committee.

The 1200 properties with high-risk homes are expected to be purchased by the end of 2025 – making this one of the largest land acquisition programmes undertaken in Auckland, says the council.

"We have to think about the future and this policy allows the council to consider the different ways the land can be used, including what we can do to recoup ratepayer money allocated to purchase the high-risk properties," says Auckland Mayor Wayne Brown.

"I'm committed to getting value for money for what is a significant investment for the council, so it makes sense we carefully consider how we utilise land safely, sensibly, and economically to reduce the cost of the storm damage and return some of that investment to Auckland ratepayers."

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Committee Chair Richard Hills says it's important to remember that severely storm-affected land (Category 3) has inherent risks that must be considered for any future use.

"To move people out of harm's way – that's why these properties were assessed and purchased in the buy-out scheme," says Richard.

"While we want to use the land effectively to provide homes and maintain strong communities, safety will always be our top priority."

Under the policy, the council will retain a large number of properties for flood resilience projects, other council services or where hazards such as unstable land must be safely managed.

The council will also consider opportunities to sell some properties that can be used safely for other purposes.

Richard says that with hundreds of pieces of land to assess, it will take several years before final decisions are made.

"We understand communities have a keen interest in the future of storm-affected land, but we have to carefully make the best decisions for the land and the community."

Policy, Planning and Governance Director Megan Tyler says the policy is all about finding safe and sensible options for the land, within the constraints of any hazard risks.

"This policy will guide how we assess the potential for each property, so that safety, future resilience and value for Aucklanders are top of mind."

Aucklanders told the council through consultation in September 2023 they wanted to see the impact on rates from the buy-out programme minimised, which along with other recovery costs tallies to more than \$1 billion.

If you have suggestions for specific Category 3 sites, you can provide these in the expressions of interest register.

The removal of storm-affected homes will continue until late 2027, and the council says it will maintain the vacant land until the future land use is determined.

View an animated explainer on how storm-affected land will be used and read the frequently asked questions on OurAuckland.

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Food & Beverage

Mothers Day at Good from Scratch



Sunday the 11th of May

Looking for the perfect way to treat Mum this year, without breaking the bank?

Here at the school we're keeping things casual. Join us for a morning of tasty food, sweets, coffee and maybe a glass or two

of prosecco! Running similar to a farm shop, this is a no booking event. Just rock up between 10am - 2pm on Sunday the 11th of May, we'll have a great menu up.

Treating mum has never been simpler! Keep an eye out on our socials for the full menu!

If you are looking to get your loved one a gift this year, why not check out our upcoming classes, events and gift cards over on our website.

<https://www.goodfromscratch.co.nz/>

Rice Pudding



Baked rice pudding, cooked very slowly until it is very creamy inside with a nice golden crust and slightly crisp edges.

Ingredients

5 Tbsp short grain rice

2 Tbsp Chelsea white sugar

3 cups Meadow Fresh full-cream milk

2-3 drops of vanilla essence

1 Tbsp butter

¼ tsp ground nutmeg

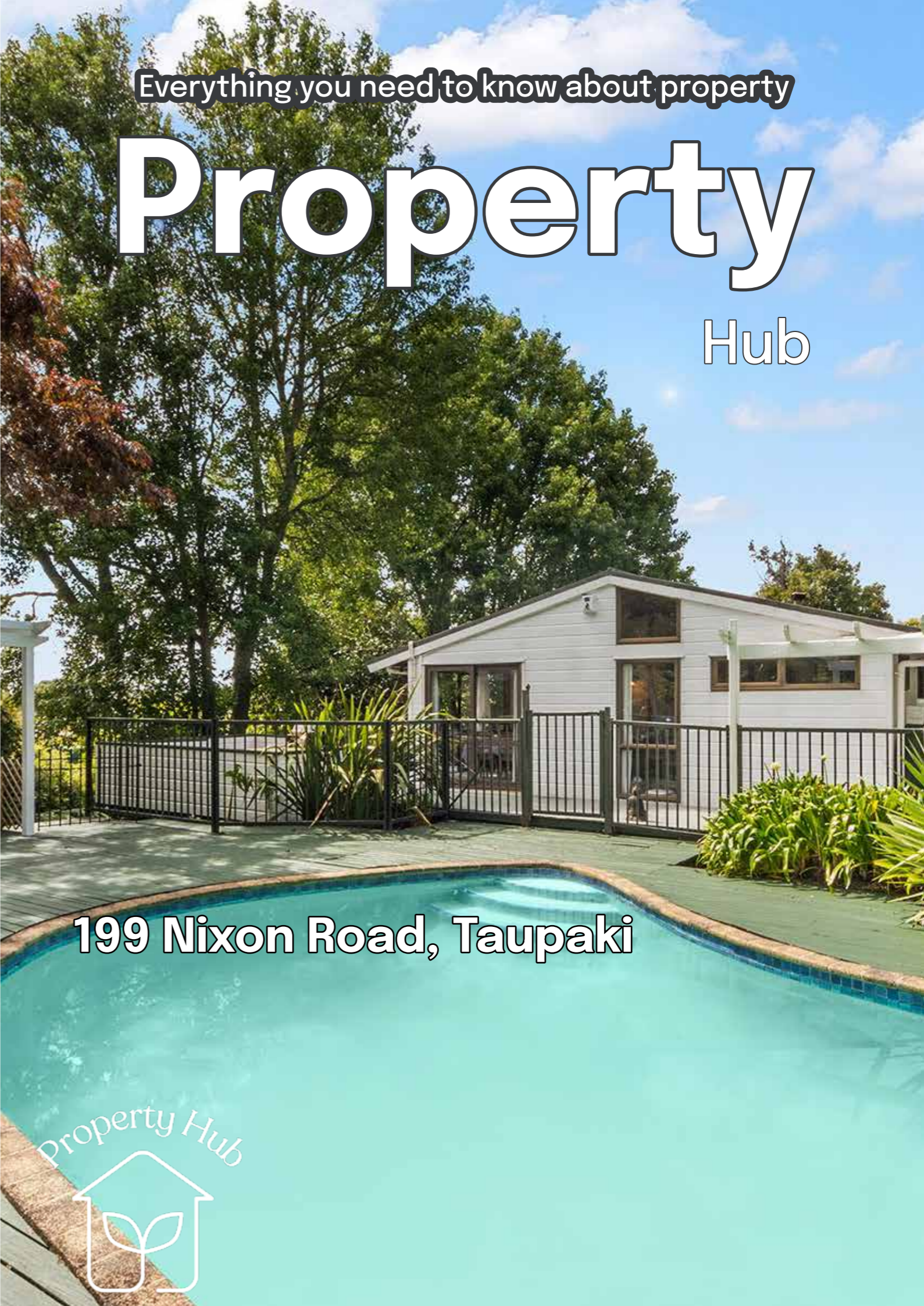
Preheat the oven to 150°C. Grease a 4-cup ovenproof dish.

Put the rice and sugar in the dish and add the milk and vanilla. Mix well and leave to soak for 30 minutes.

Add the butter in small pieces and sprinkle over the nutmeg.

Bake for 2-3 hours, stirring two to three times in the first hour.

Credit- Edmonds



Everything you need to know about property

Property Hub

199 Nixon Road, Taupaki



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Hot Property
Home & Garden



ENQUIRIES / FEEDBACK / ADVERTISING:
E editorial@kumeucourier.co.nz
W Property-hub.nz

COVER PHOTO: 199 Nixon Rd, Taupaki
PRINT RUN: 25,000 copies, Treehouse Print

Property News

19

Rental Property Report



Residential rents finished summer on a decidedly flat note, the result of an over-supply of rental stock and a lack of tenant demand easing prices and extending non-occupancy.

According to bond data from Tenancy Services, the national median rent for all dwelling types was \$600 a week in February which was by-in-large unchanged.

- Rents are down
- Prospective Tenant numbers are down
- Quality Tenants are harder to find
- Some Rental Agents offering incentives

The micro picture is more dynamic when you consider the types of houses being rented, the car parking available, the garaging offered and how many flights of stairs between the ground level and the top level. In some townhouse and apartment categories we are seeing the volume of properties spike, causing rents to fall while in more traditional areas without an overburden of infill housing and apartment options prices are relatively stable. It continues to echo statements of past years that quality houses with good garaging and storage will achieve a better rental return and have a better choice of tenants.

If you have a property for rent with:

- Good Parking
- Good security
- Single or split level
- Access to transportation
- Close to amenities
- Clean tidy and bright

You will have a property that will command more rent and better tenants.

We envisage this market will continue to be interesting to navigate, and will certainly reward the property owner that has an experienced and competent property manager to ensure tenant selection is a priority and rental rates are accurate.

We have a checklist of key areas that are important to Tenants and although some of these will be common sense some may be new to you but will provide clarity and confidence. So if you are a Landlord / Prospective Landlord or Tenant this may be a too; that has value. If you'd like a copy please email me at graham@wapm.co.nz

For a no obligation and free rental assessment of your property don't hesitate to get in contact to graham@wapm.co.nz or phone 0800 900 700.

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What is a Painting with a broad brush – Relationship Property and the law

The Property (Relationships) Act 1976 applies to couples who are married, in a civil union partnership, or a de facto relationship. The PRA aims to evenly divide relationship property when the relationship ends.

This is true even when some of the couple’s property was created entirely by one partner. The recent Supreme Court decision of *Alalääkkölä v Palmer* concerned an artist who had separated from her husband. The Supreme Court decided that the artist’s paintings, and the copyright in those paintings, was relationship property – which meant that her former husband was entitled to a share of those paintings and their copyrights.

Situations like this can be avoided by making a contracting-out agreement. Couples can make contracting-out agreements at any time during, or at the end of, their relationship. For a contracting-out agreement to be valid:

- each party must have independent legal advice before signing the agreement;
- the signature of each party must be witnessed by a lawyer; and
- the lawyer witnessing the signature must certify that he or she explained the effect and implication of the agreement to that party.

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At times couples try to save money by doing their own agreements without involving lawyers. This can be more expensive later if the couple must approach a court to validate such agreement.

If you need advice about your relationship property affairs, or other legal advice, please contact us on 09 412 6000 or send us an email at info@kempsolicitors.co.nz.

Why choose a locally based Property Manager?



Here at Private Residence, we believe local knowledge makes all the difference. Being based right here in the NorWest area means we don’t just manage properties—we understand the community, the market, and what makes this region unique.

We know what rental prices are realistic for your street, what kind of tenants are looking in the area, and how to meet compliance requirements quickly and efficiently. And when something needs attention, we’re just around the corner.

Choosing a local property manager means you’re working with someone who treats your property like a neighbour would: with care, respect, and a vested interest in the community’s wellbeing.

At Private Residence, you’re not just a client—you’re part of our local network. And we’re here to help your property thrive. We support local businesses and love the local area.

If you are looking for a small yet dedicated property management company get in touch with Rachel today 022 6933 545

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What is a green home loan?



When it comes to Green Home Loans, most of the major banks can offer these as a “Top-up” to your existing home loan.

These Top-ups allow you to borrow additional funds on top of your existing mortgage for the purpose of making sustainable improvements to your home (subject to the banks credit criteria).

Here’s a brief introduction:

ASB’s “Better Homes” Home Loan – Up to \$80,000 at 1% interest over 3 years. ASB offers the “Better Homes” top-up home loan, featuring a low-interest rate of 1% for loans of up to \$80,000 over three years. This loan can be used for various sustainability improvements, including heating, insulation, solar panels, double glazing, and electric vehicles.

ANZ’s “Good Energy” Home Loan – Up to \$80,000 at 1% interest over 3 years. ANZ provides the “Good Energy” home loan, offering a low-interest rate of 1% for up to \$80,000 over three years. This loan is specifically designed to finance energy-efficient upgrades under 4 different categories, energy efficient upgrades, clean transportation upgrades, solar panels, solar batteries and rainwater tanks.

BNZ’s “Green Home Loan” Top Up – Up to \$80,000 at 1% interest over 3 years. BNZ offers “Green Home” top-up loans, allowing homeowners to borrow up to \$80,000 at a low-interest rate of 1% for the first three years. The loan can be used for sustainability improvements, including insulation, solar panels, rainwater tanks, and financing electric or hybrid vehicles, electric bikes and electric chargers.

Kiwibank’s “Sustainable Energy” Home Loan – Up to 10 years PLUS cash contribution on floating rate. Kiwibank provides a “Sustainable Energy” home loan. The maximum will be determined by their affordability criteria and is on the floating interest rate. For loans over \$5,000, they offer a cash contribution of up to \$2,000 towards your sustainable energy system’s cost over four years: \$800 after the first year and \$400 annually for the subsequent three years. It covers a slightly broader range of sustainable energy systems such as solar power, small-scale hydro, wind energy and geothermal resources.

Westpac’s “Greater Choices” Home Loan – Up to \$50,000 at 0% interest over 5 years. Westpac offers the “Greater Choices” home loan, which allows borrowers to access up to \$50,000 with no interest for up to five years.

The loan can be used for a range of sustainable enhancements to your home, and also available to be used for energy efficient transport like an EV, hybrid vehicle or electric vehicle charger.

Plan Repayments and Avoid Debt Traps

While a Green Home Loan may offer attractive terms initially, it’s important to understand the long-term cost implications. As with all loans any application will be subject to the banks credit criteria.

By working with a Mortgage Adviser you can evaluate the total cost of financing, including the interest rates that will apply once the interest-free period or low rate ends. This will help you make an informed decision and avoid any surprises down the line.

By making it easier to borrow to invest in energy-efficient and sustainable enhancements for your home, you can reduce your carbon footprint, lower your energy bills, increase your property’s value and create a more comfortable and healthier living environment for you and your family.

To learn more about Green Home Loans call Stephen Massey – Loan Market 021 711 444 or check out my website loanmarket.co.nz/stephen-massey



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Buying at auction



By Elyse Crowther, Senior Registered Legal Executive at ClearStone Legal

You've finally found the perfect property and it's going to auction – what do you need to do now?

A key feature of an auction as opposed to other sales methods is that the agreement is unconditional on the fall of the hammer. This means if you are the successful bidder on the day then you will be required to complete settlement – so you need to have all your ducks in a row before you start bidding.

If you need a mortgage, the bank needs to have approved finance for the specific property that is going to auction and that approval needs to be unconditional. Pre-approval is not sufficient.

You also need to have completed your due diligence, and that's where we come in: we can review the draft auction agreement, LIM report and record of title for the property.

You should also arrange for a building inspection and make sure you investigate the area, such as school zones, and generally satisfy yourself with the property.

In some circumstances you may want to request variations to the auction agreement via the agent. These variations will depend on your circumstances, for example if you are selling a property you might want to request a change to the settlement date, or if you are using Kiwisaver for the deposit you may need a variation as to the timing of payment (as under the standard auction agreement the deposit is payable immediately). These variations would be recorded in a separate document and must be signed by you and the vendor prior to the auction to ensure that they will apply if you are the successful bidder.

We know the auction process can be intimidating but at ClearStone Legal we are here to help, so once you find that perfect property give us a call on 09 973 5102 and we can help you work through the process and prepare for auction

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w: cslegal.co.nz

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Te Atatu Office

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Te Atatu Peninsula

Why Signature Homes

West & North-West Auckland is the Perfect Choice for Your New Build



Building a home is one of life's biggest decisions. At Signature Homes West & North-West Auckland, they understand that your home is not just a place to live—it's where your life unfolds, memories are made, and your future begins.

What sets Signature Homes apart is their commitment to personal service. From the very first conversation, the team takes the time to listen to your vision and work with you to create a home that truly reflects your style and needs. Whether you choose from pre-designed plans, customise a design, or bring your own plans, Signature Homes ensures your dream home becomes a reality.

With deep local roots in West and North-West Auckland, Signature Homes brings unparalleled knowledge of the area, ensuring your new home fits seamlessly into its surroundings. The team is dedicated to delivering quality construction, backed by industry-leading guarantees, so you can rest easy knowing your home is built to last.

Don't just take their word for it—check out the glowing reviews from satisfied homeowners on Google, where Signature Homes West & North-West Auckland is praised for their craftsmanship, attention to detail, and exceptional service.

When you choose Signature Homes West & North-West Auckland, you're not just choosing a builder—you're choosing a partner who truly cares about making your dream home a reality.

Signature Homes West & North-West Auckland – 0800 020 600 | saleswest@signature.co.nz

North West Auckland Property Oversupply

House stock on market up 12% Nationally but due to the explosion of townhouse stock in North West Auckland many analysts indicate that this figure is likely to be double this figure.

We are seeing several signals:

- Increase in homes for sale due to migration to Australia
- An increase in townhouses on market due to building completion
- An increase in townhouses for rent due to soft sales market
- A small increase in mortgagee sales

There are further signs the housing market is heading into winter with a large oversupply of unsold homes remaining in the market overlaid by new stock. This also reduces the confidence of buyers thinking there is something better around the corner.

We've seen a continuing imbalance between supply and demand through this year, with more homes available than demand, suppressing any prospect of price gains.

The market historically self-corrects over time however this has other consequences:

- Some homes come off market (a loss in marketing funds)
- Some homes go into the rental pool (boosting supply and softening rental yield)
- Some homes stay on the market oscillate between price point, by Neg and Deadline sale.

In many cases the Owner pays a heavy price of reduced asset value, a marketing spend, and the real prospect of a reduced rental income.

On the flip side, the Official Cash Rate has been reduced, and the suggestion is that it will continue to fall, with the main banks pitching two year fixed term mortgage rates in the 4% range.

In my reflection of what happened after the Global Financial Crisis the housing market was slow until banks reached the 3% threshold and at that time investors

became more engaged and first home buyers cried foul. What First Home Buyers need to understand is they need to act before the Investor tipping point. I recall the media coverage and the phone calls from First Home Buyers at this time feeling that the investors had grabbed all the low price homes. What in fact happened was that First Home Buyers took too long to decide to buy, let's hope history doesn't repeat.

Recently I was privileged to talk with Mike Harvey from the Ignite Podcast and suggest if you would like a very transparent view of the property market and all things Real Estate go to your favourite podcast site, look up ignite and listen in.

If you are looking to achieve a great result for the sale of your property, please contact me today for a free pre-sale property checklist and appraisal that will provide a starting point in your decision-making. Over 2 decades working with buyers and sellers, I have a depth of knowledge and experience to share with you. No cost, no obligation, just some honest feedback.

Call me, Graham McIntyre AREINZ directly 0800 900 700, via text at 027 632 0421, or through email at graham.mcintyre@kumeu.rh.co.nz.

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4a Shamrock Drive Kumeu, Auckland

Graham McIntyre

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Kumeu | Hobsonville

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West Auckland

Property Management

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	\$790000	2	60	60	\$655000
	Rautawhiri Road	\$810000	3	170	170	\$610000
	Awaroa Road	\$830000	4	126	126	\$822500
Hobsonville						
	Marlborough Crescent	\$940,000	2	75	75	\$1650000
	Desalt Drive	\$1,130,000	3	166	166	\$1180000
	Piko Lane	\$945,000	3	97	97	\$845000
	Waterlily Street	\$1335000	4	200	200	\$1225000
	Nevill Road	\$790000	2	74	74	\$850000
	Launch Road	\$885,000	3	81	81	\$733000
	Waiarohia Place	\$1655000	5	220	220	\$1560000
	Fuselage Road	\$955000	3	110	110	\$846000
	Hobsonville Point Road	\$900000	2	93	93	\$840000
	Kota Lane	\$1455000	5	223	223	\$1402500
	Mapou Road	\$635000	1	59	59	\$574000
	Williams Road	\$910000	2	105	105	\$785000
	Meteor Road	\$1150000	3	128	128	\$1040000
	Clark Road	\$860000	2	73	73	\$815000
	Kerewhenua Crescent	\$965000	3	132	132	\$880000
	Onekiritea Road	\$865000	3	108	108	\$810000
	Bomb Point Drive	\$1050000	2	127	127	\$935000
	Station Street	\$985000	3	89	89	\$865000
	Williams Road	\$890000	2	96	96	\$735000
	Waiarohia Place	\$1390000	3	175	175	\$1270000
	Waterlily Street	\$1250000	4	182	182	\$1223000
Huapai						
	Croatia Avenue	\$1375000	5	214	214	\$1210000
	Merlot Heights	\$1100000	3	170	170	\$1025000
	Rheingold Place	\$1125000	3	120	120	\$948000
	Tapu Road	\$1250000	5	199	199	\$1530000
	Ara Kakara Avenue	\$1250000	3	167	167	\$1320000
Kumeu						
	Gilbransen Road	\$1475000	4	235	235	\$1320000
	Barrique Road	\$1225000	4	170	170	\$1002000
	Podgora Avenue	\$800000	2	92	92	\$686688
	Gilbransen Road	\$1625000	6	258	258	\$1440000
	Jeroboam Loop	\$1300000	3	154	154	\$1070000
	Dida Park Drive	\$700000	2	82	82	\$500000
Massey						
	Landsdale Place	\$1050000	4	120	120	\$900000
	Colwill Road	\$1050000	3	160	160	\$875000
	Kintara Drive	\$890000	3	125	125	\$790000
	Papai Lane	\$1030000	4	141	141	\$940000
	Lincoln Park Avenue	\$780000	2	80	80	\$651000
	Darcy Place	\$860000	2	120	120	\$810000
	Colwill Road	\$1175000	4	149	149	\$953000
	Reynella Drive	\$900000	2	80	80	\$785000
	Colwill Road	\$1050000	3	150	150	\$970000
	Arlette Place	\$1100000	3	87	87	\$818000
	Sunnyvale Road	\$2750000	4	212	212	\$2300000
	White Heron Drive	\$950000	3	153	153	\$967000
	Helleur Road	\$1100000	3	80	80	\$915000
	Manutewhau Road	\$1050000	3	138	138	\$965000
Parakai						
	Aitkenhead Court	\$925000	4	184	184	\$795000
	Parakai Avenue	\$790000	3	79	79	\$599000
Riverhead						
	George Street	\$2100000	5	302	302	\$1517500
	Coatesville-Riverhead Highway	\$2275000	4	203	203	\$2185000
	Jessie Rise	\$1350000	4	190	190	\$1350000

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
	Pohutukawa Parade	\$1600000	4	242	242	\$1650000
	Norglen Lane	\$1630000	4	250	250	\$1620000
	Albert Street	\$1780000	4	246	246	\$1865000
	Pohutukawa Parade	\$1650000	4	265	265	\$1615000
	School Road	\$1435000	4	220	220	\$1410000
Waimauku						
	Solan Drive	\$1625000	4	200	200	\$1930000
	Sarah Todd Lane	\$1350000	4	191	191	\$1280000
	Buttercup Place	\$1450000	4	236	236	\$1460000
	Muriwai Road	\$950000	3	64	64	\$950000
	Muriwai Road	\$1600000	4	253	253	\$1605000
Waitakere Township						
	Wairere Road		3	140	140	\$985000
West Harbour						
	Courtneys	\$2250000	4	347	347	\$1700000
	Wiseley Road	\$955000	3	152	152	\$810000
	Matisse Drive	\$1700000	5	260	260	\$1420000
	Javelin Place	\$1135000	3	160	160	\$1055000
Westgate						
	Herekino Street	\$1030000	4	197	197	\$870000
	Rush Creek Drive	\$1350000	4	183	183	\$1160000
	Pukewhero Rise	\$1015000	3	131	131	\$865000
	Tarapuka Road	\$1050000	3	122	122	\$886500
	Greenbrier Street	\$1040000	4	127	127	\$1167000
	Rush Creek Drive	\$1225000	4	163	163	\$1160000
	Henwood Road	\$1260000	4	163	163	\$1103900
	Kerepi Street	\$760000	4	171	171	\$1120000
	Westgate Drive	\$820000	2	90	90	\$757500
	Lagoon Way	\$1890000	5	300	861	\$1600000
	Suncrest Drive	\$1365000	4	220	673	\$1328000
	Marina View Drive	\$1250000	5	278	934	\$1500000
	Sumich Place	\$1200000	4	210	621	\$910000
	West Harbour Drive	\$1300000	4	230	578	\$1325000
	Rena Place	\$870000	3	325		\$780000
	Westgate Drive	\$820000	2	90	170	\$757500
	Matakohe Road	\$1375000	4		457	\$1000000
	Octans Road	\$500000	3		139	\$450000
	Octans Road	\$500000	3		139	\$500000

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

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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.

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

Graham McIntyre
Brand & Territory Owner
027 632 0421





North facing suntrap, in Royal Heights

33 White Heron Drive, Massey

So much to love about this home, fresh to market, and in a world of its own, because it is absolutely adorable, offering: Brick and tile, One level home, French cottage windows, Excellent security, Fully fenced, Internal access single garage, In a quiet street and short walk to Moire Park and walkway, Approx 400sqm section size

A fabulous Northerly aspect, the layout is ideal for an owner that wants easy flow with decking to the east and north, an internal access garage with door remote and fully fenced for pets and children.

As a first home or investment property it ticks so many boxes, a full rental appraisal is available and a tenant prospect list is already available.

Act now, phone me for viewing on 0276 320 421

Graham McIntyre, Raine & Horne Kumeu - Hobsonville
email graham.mcintyre@kumeu.rh.co.nz

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4 2 3 279.3m²



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*Price is an indication of the build cost only and excludes land and site specific costs. Images are artist's impression only. Some conditions may apply.

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G.J. Gardner. **HOMES**



319 Don Buck Road, Massey

3 Bed 1 Bath 2 Car

Brick & Tile - Extensive views, big lawn

An beautifully presented home with commanding east facing views over the inner harbour to the sky tower.

- Brick and Tile, (well maintained and presented) • 5 rooms (3 bedrooms, 1 office 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.



Graham McIntyre
027 632 0421



421 Kiwitahi Road, Helensville

3.9 acres, Views, Offers over \$700,000

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.

- North facing land
- Quiet environment
- Amazing views
- Title issued
- Deceased estate

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.

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





14 Peters Lane, Taupaki

6 Bed 3 Bath 10 Car

Elevated Family Estate in 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.

Guide
Negotiation



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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.

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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.



Graham McIntyre
027 632 0421





Develop, Invest, Hold, Land bank – your call

126 Universal Drive Henderson

This is a corner site, in a mixed urban zoning, providing opportunity for an astute investor. Offering:

- Two titles
- Three buildings
- Tenants in place

- GIS service overlay available
- Mixed Urban development zone
- Income of over \$1,000 per week
- Large 933 sqm flat footprint

Includes 126 Universal Drive and 2 Riverpark Crescent

If you are seeking an opportunity today, land-banking for tomorrow there has never been a better time to discuss investing.

Graham McIntyre, Raine & Horne Kumeu – Hobsonville on 0276320421 or email

graham.mcintyre@kumeu.rh.co.nz

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357 Royal Road, Massey

4 Bed 2 Bath 2 Car

A Royal Vista - Inner harbour sanctuary

Set in an inner harbour cul-de-sac, elevated and yet meters from the tidal beauty and access to the inner harbour looking North to Hobsonville and Te Atatu Peninsula is this meticulously appointed home on 604 square meters of landscaped lawn, decking and sensible easy-care plantings. Offering incredible views and the best of privacy in a tranquil haven - this really is the complete package. The home is modern, dynamic, and seamlessly flows between well designed spaces bringing the view of the inner harbour and the park into frame, giving you a direct link to the beauty of nature and the relationship between water and land sanctuaries. Access to launch your kayak or tinny is meters away and for the active, the beautiful Moire Park complete with sports clubs and bush walks is a short stroll away. Architecturally designed with private sanctuaries as well as superb family spaces, this is a home that is clever in catering for adults and children of all ages, with multiple living areas and unbeatable indoor-outdoor flow. With easy access from kitchen to pantry and walled vegetable garden along with the wide opening glass doors out onto the large and private hardwood deck, this home will delight all culinary enthusiasts and entertainers alike.



Graham McIntyre
027 632 0421

Disclaimer: Information contained herein is gathered from sources we deem to be reliable however warrant no guarantees as to its accuracy. Interested parties are advised to rely upon their own enquiries and due diligence.

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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



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199 Nixon Road, Taupaki

5 Bed 2 Bath 4 Car

Home, shed, office, sleep out, paddock.

A home where memories are made and fill the void of mediocrity, a home for the whole family through the years of fun, discovery and leisure. 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 natures best, so private and tranquil but so close to amenities, schools and convenience stores when you want them.

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Graham McIntyre
027 632 0421



26 Squadron Drive, Hobsonville

2 Bed 2 Bath 1 Car

Exceptional 2 bed, 2 loo, 1 garage

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. So close to Schools, Parks, Shopping and Transport links. Motivated Vendor has another opportunity they wish to pursue and welcome your interest today.

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Graham McIntyre
027 632 0421





58 Turret Lane, Hobsonville

2 Bed 1 Bath

Newly born - Scott Point Harmony

The perfect blend of indoor-outdoor flow with all the comforts of a high spec new build.

Don't be fooled, it's bigger than it looks offering uncompromised open plan kitchen, dining, lounge alfresco with easy double stack slider opening to decking and storage shed.

Upstairs, two toilets, full bathroom and two generous bedrooms.

Exceptional build, earthy tones, carpet, tile and natural wood laminate, this home has been crafted and coloured to provide a seamless buy-move in experience.

Motivate Vendors graduating North.

We are viewing many listings on a daily basis and are happy to meet you on site, call me to suggest a time that suits you on 027 632 0421



Graham McIntyre
027 632 0421

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Home & Garden

Waimauku Garden Club.

Last Month, we traveled to the Butterfly House at Waimauku. It is the newest venture at Franklin Farm.

The primary focus is on supporting the endangered Monarch Butterfly species. Also, there is impressive planting around the butterflies. Including a fairy garden.

Jasmine Franklin and her father-in-law were our hosts and gave us a most informative talk. Then we visited Alan's delightful private garden filled with focal sculptures. We travelled not far to Looby Loo Furniture and collectables, which was filled with lots of lovely items for sale for the house and garden at reasonable prices. Then we went for lunch at our choice of local cafes. Following that, we headed to one of our member's gardens, which was just beautiful and filled with interesting trails leading you up the garden path. A super day.

Feel free to contact any of us: Ann (0210357406), Diana (0274788928), Gail (021344070), Maree (0274963006), Sandi (0273184514), Monique (021646220).

across vividly as she relates her life and experiences. Not only fascinating and entertaining but so informative as she detailed how just seven colours can be combined to give all the colours of the rainbow and more! Many of her paintings were available for purchase along with greetings cards which customers could choose their own selection to take a pack home. Kiwi born, Jan is eighty years young, has led an eventful life, is a talented lady, very adaptable and quite inspirational.

Should you like to know more about our Club, and/or 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

Whenuapai Floral & Garden Circle April 2025



Members were welcomed by Dawn at the April Meeting of our club. Forthcoming trips and events were discussed, blooms admired and judged, birthdays recognised along with welfare of members, raffles were drawn and our Guest Speaker welcomed amongst our number.

If you Google Jan Alldritt Miller, you will read that she is an Award Winning Representational Watercolourist Elected Member of NZ Academy of Fine Arts who does 2-day Workshops, Talks and Art Demonstrations. However, none of that will prepare you for her vibrant self which comes





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A: The Hangar, Catalina Bay,
2/2 Boundary Road, Hobsonville Point

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Whether you're freshening up a single room or giving your whole home a new look, Focus On Painting offers friendly, professional service backed by more than 10 years of experience.

Based locally, the team specialises in interior and exterior painting, as well as roof painting and renovation repaints. Over the years, they've earned a strong reputation for quality workmanship, reliability, and attention to detail.

What sets Focus On Painting apart is their hands-on approach—there are no subcontractors involved. Homeowners deal directly with the same experienced, tidy team from start to finish. Known for turning up on time, keeping work areas clean, and delivering top-notch results, the team makes the painting process smooth and stress-free.

You can see their work and read reviews from happy customers at facebook.com/focusonpainting.

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Wrap It. Tint It. Make It Yours.

At Cipe Designs, I'm all about turning the everyday into something bold, personalised, and eye-catching. Whether it's a vehicle, a storefront, or your home – if you can dream it, I can wrap it, tint it, or brand it.

Based right here in Huapai, Cipe Designs is my small local business with a big creative energy. I specialise in custom vehicle wraps, professional signage, and window tinting – not just for cars, but also for motorbikes, campervans, trucks, and even residential or commercial spaces.

Own a business? I can help you take your branding on the road with professional signage and full vehicle wraps that get noticed. Want a fresh new look? There's a huge range of colour changes and finishes to transform your ride into something that truly reflects your style.

With an eye for detail, quality materials, and a passion for clean, impactful design, I love helping locals bring their ideas to life – whether it's slick, subtle, or a total standout.

Check out my latest work on Facebook @cipedesigns or Instagram @cipedesignsnz. I'm always up for a creative challenge – and I'd love to work with you to create your vision!

Let's make it yours.

All enquiries to cipe.designs@gmail.com



CIPE DESIGNS

Signwriting, Vehicle Wrapping & Apparel

cipe.designs@gmail.com

JOHN WINGHAM

0212736421

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Guide to preparing your home for winter

As the weather cools, it's essential to prepare your home for the challenges winter brings. At Mitre 10 MEGA Westgate & Henderson, we offer all the products you need to winterise your home. Here's a simple guide to get your house ready for the colder months.

Start by sealing gaps and cracks around your home. Cold air can sneak in through windows, doors, and the foundation, raising energy bills. Inspect and replace worn-out weatherstripping and use draft stoppers on doors. Caulk any cracks in walls or the foundation to keep the warmth in.

Next, protect your pipes from freezing. Frozen pipes can burst, leading to expensive repairs. Insulate exposed pipes in unheated areas like basements or attics with foam insulation or heat tape.

Your roof needs attention too. Clean gutters to ensure water flows properly and prevent leaks. Check for damaged shingles or areas where debris could accumulate.

Windows and garage doors are other key areas to focus on. Install insulating window film to keep the cold out and consider garage door insulation to prevent drafts from entering your home.

Also, check your home's insulation. Proper insulation in areas like the attic, basement, and crawl spaces helps reduce heating costs. Ensure ventilation in these areas to avoid moisture buildup and mould.

Finally, use a dehumidifier and moisture absorbers in damp areas like basements and bathrooms. This will help prevent mould and dampness during the winter months.

By taking these simple steps, you'll make your home more energy-efficient and avoid costly winter damage. Visit us in-store for expert advice and the right tools to get your home winter-ready.

Stay cosy and help save on power this winter.

Paul Miller

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Common causes of blocked drains



Blocked drains can occur due to various factors, some of which may be out of your control. Understanding the common causes can help you take preventive measures and know when to call in professional help. The most frequent culprits behind blocked drains include:

- Tree roots infiltrating pipes through cracks and joints
- Buildup of hair, soap scum, and other debris over time
- Flushing non-biodegradable items like wipes, cotton buds, or sanitary products
- Accumulation of food waste, oil, and grease in kitchen drains
- Broken or collapsed pipes due to age, ground movement, or poor installation

Regular drain cleaning and maintenance can help prevent many of these issues. At Drain Ninjas, we offer comprehensive drain maintenance packages tailored to your property's needs. Our experienced team can identify potential problems early on and take proactive steps to keep your drains flowing smoothly.

May only locals special -

With winter fast approaching, we recommend getting your drains checked to ensure they are ready for the upcoming wet season. If you book a CCTV inspection of your residential drainage with us during the month of May, we will also include a free hydro clean or root cut - that's a saving of a whopping \$175 + GST. We want to ensure that our local allies are ready for the wet season and are as best prepared as possible for heavy rains to avoid flooding

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Home & Garden

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Awa Estates Open Day – Saturday 3rd May

GJ's Rodney West invites you to come along, grab a free barista made coffee and check out the Awa Estates subdivision we are excited to be building in.



Details:

Saturday 3rd May 2025 – 12pm – 2pm

920 – 930 Riverhead Coatesville Highway

Section prices starting from \$1,125,000

Sales Consultant: Fiona Murray

Awa Estates has an abundance to offer and our welcoming and knowledgeable team will be present on-site to greet you as you explore the subdivision. They are available to discuss the process of building your new home and to answer any questions you may have.

15 Lifestyle sections ranging from 2500m² to 2819m² comprise Stage 2. Take this opportunity to build your dream home on a large, north facing site

Lavender Hill joins forces with Pest Free Coatesville to bring back kiwi



Lavender Hill is excited to announce its partnership with Pest Free Coatesville, a community-driven initiative dedicated to eradicating pests and revitalising the native ecosystem in the Coatesville region. As part of our commitment to sustainability and conservation, Lavender Hill will donate \$1 from every bottle of gin sold and \$5 from every accommodation booking directly to Pest Free Coatesville.

Strengthening our commitment to sustainability

At Lavender Hill, sustainable farming and distilling is at the heart of everything we do. From our Qualmark-rated eco-accommodation to our solar-powered gin still, we continuously seek ways to reduce our environmental footprint. This new initiative furthers our mission by directly contributing to pest control efforts, ultimately working towards the return of the North Island brown kiwi and other native species to the Coatesville area.

Supporting a thriving ecosystem

PestFreeCoatesville is dedicated to creating a safe haven for New Zealand's native birds, including the bellbird, kākā, kererū, tomtit, tūi, and the iconic brown kiwi. With confirmed kiwi sightings in nearby Kaukapakapa, efforts are underway to establish safe wildlife corridors leading to Coatesville. By choosing Lavender Hill's products and services, customers play a direct role in supporting these vital conservation efforts.

How you can make a difference

Every purchase of Lavender Hill gin and every accommodation booking at our rural retreat will now have an added purpose with a direct donation funded by Lavender Hill. Together, we can make a significant impact by protecting our native bird life and ultimately hear the wild call of the kiwi in Auckland once again.

Together, we can make a lasting impact. Join us in supporting Pest Free Coatesville and be part of a community-driven movement to restore the wild kiwi and protect our region's biodiversity.

Learn more about Pest Free Coatesville at <https://www.facebook.com/pestfreecoatesville/>.

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Young Learners

Maara ki te tepu - Garden to Table

At Gumboots, we're lucky to have a spacious outdoor area where we can not only play but also grow our own kai. We grow herbs for different activities - like adding them to our playdough for a sensory experience, and we grow vegetables such as kale, cauliflower, and broccoli, which make their way into our lunches. We also have fruit trees, including lemons and mandarins.

Right now, our favourite plants are our berry bushes, which are bursting with ripe fruit. We have gooseberries, blackberries, and blueberries, and there's nothing the tamariki enjoy more than taking a basket and heading out with one of our kaiako to gather them. This week we did

just that and decided to turn our berries into delicious smoothies.

With baskets in hand, we set off to forage, chatting about which berries were ripe, which were unripe and when was the best time to harvest. The tamariki decided to base the berries' readiness on colour - the darker the berry, the riper it is. They plucked the fruit from the tree and once we had gathered enough, we took them up to the picnic table to soak to make sure there were no hidden bugs.

The tamariki watched closely as the water changed to a pink colour, and it began to smell sweet. We drained the bowl and carefully stored the berries for the next day. The next morning, we headed down to the kitchen where our chef and kai creator, Adrienne, had ordered the other ingredients to complete the mix: yogurt, milk,



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and bananas. We washed our hands and sat at the table in the classroom. Everyone took a turn chopping bananas, pouring milk and adding the berries to the blender. With the blender on the tamariki watched as everything swirled together, changing to a purple colour. Cups excitedly tapped on the table as the first round of smoothie was poured.

One taste and the big smoothie-moustached grins said it all...YUM! This hands-on experience is invaluable for the tamariki, and there's something special about picking food they've grown themselves. By participating in growing, harvesting, and preparing their own food, they build a deeper connection with nature and a greater appreciation for the mahi behind each meal. It provides first hand experience of fostering a reciprocal relationship with the land and understanding the importance of kaitiakitanga and their role as kaitiaki. From garden to table, the mahi and patience of the tamariki came full circle this week, and the reward was sweet.

1157 Peak Rd | RD2 Helensville



Children's updates for May at Te Manawa

Children's updates for May at Te Manawa

Our regular preschool programs restart for term 2 on the following dates:

Triple P Parenting Classes with Waipareira - restarts 1 May

Wriggle and Rhyme - restarts 6 May

Kids Play - restarts 6 May

Rhyme time - restarts 7 May (Celebrating Mother's Day)

Storytime - restarts 9 May (Celebrating Mother's Day)

May is also the month we celebrate NZ music. Check out Te Manawa's social media or pick up our May 'What's On' Booklet for what is happening during the month for everyone.

Auckland Libraries at Te Manawa, 11 Kohuhu Lane, Westgate 0814. Facebook: TeManawaAC



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Aged care

A Day at The Beach(front)

It's not every day that the residents of Craigweil House get to swap their Parakai views for seaside sunshine—but when they do, it's something special.

A group of residents recently made a rare and joyful visit to their sister home, The Beachfront, in Stanmore Bay. The weather played its part, turning on the sunshine as guests were treated to refreshing mocktails and light bites prepared by The Beachfront's lovely staff.

Everyone gathered in the beach garden area, chatting, relaxing, and soaking up the laid-back coastal vibe. "This is the life!" one resident laughed, as they clinked glasses of sparkling fruit punch.

If you've ever wondered what life in aged care could look like when it's done with heart, drop in for a visit—Craigweil House and The Beachfront are warm, welcoming places where every day is made to feel a little bit special.

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Aged Care

Kumeu Village: Where Love Feels Like Home



If you've driven through Kumeu recently, you've probably noticed our new, oversized sign on the corner of State Highway 16 and Old Railway Road. Just a short 50 metres along Old Railway Road, tucked in behind the hedges, you'll find us – Kumeu Village Aged Care.

We're a warm and welcoming rest home offering hospital-level care, specialist dementia care, rest home level of care, and respite stays – all delivered with genuine compassion and heart. Everything we do is guided by our "Resident First" philosophy, where every action, every choice, and every day is centred around the wellbeing of those who call Kumeu Village home.

This May, we're proudly celebrating Mother's Day, honouring the incredible mothers, grandmothers, and great-grandmothers who fill our home with love, wisdom, and strength. It's a special time of year, and we welcome families, friends, and loved ones to join us throughout

the month to share in the moments that matter most. Whether it's a gentle chat, a shared smile, or a simple visit – your presence is the greatest gift of all.

So next time you pass by that big new sign, let it be a little nudge to come visit – and experience the love, laughter, and life happening just beyond the hedge.

With aroha from us all, The Kumeu Village Family

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Health & Beauty

Skin cancer: Know the signs- Dr. Cherie Wyatt-Hutana



New Zealand has some of the highest skin cancer rates in the world. Yet, booking a skin check often sits on the "I'll get to that" list. Early detection is key-catching skin cancers before they become invasive can be lifesaving.

Skin cancer facts:

If you have a first or second degree relative with a history of melanoma, your risk of developing a melanoma is 2-3x higher than the average person.

Your sun exposure and number of burns in childhood is directly related to your lifetime risk of skin cancer.

A history of sunbed use can increase your risk of melanoma by up to 75%

Skin cancers can also develop on non-sun exposed areas. Which is why we always recommend a full body skin check.

Self-checks are important

A simple way to monitor your skin at home is by using the SCAN method:

- Sore - A spot that is scaly, itchy, bleeding, or tender and doesn't heal within six weeks.
- Changing - A mole or lesion changing in size, shape, colour, or texture.
- Abnormal - Anything that looks or feels different from your other spots.
- New - A new spot, especially if you're over 40.

If you notice any of these signs, it's essential to have your skin checked by a professional trained in dermoscopy.

Expert skin checks at Restore Cosmetic Medicine

At RESTORE COSMED- I offer comprehensive skin cancer assessments including photographic lesion monitoring. Because I am a GP with a special interest in skin and cosmetic medicine, your skin check and any further treatment needed may be covered by your health insurance- it is worth checking your GP consultation and Minor Surgery/ Skin lesion coverage with your provider. We can also refer you back to the public system if you have any concerning lesions that need surgery if you aren't covered by insurance (saving you a trip back to your GP).

Book a full skin check in May and mention this article for 10% off. Let's keep your skin in check.

Book at: www.restorecosmed.co.nz/book



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Health & Beauty

Ask Dr. Heather.



I've noticed more brown spots on my skin in the past few months and was wondering what I can do to get rid of them?

Anon, Whenuapai

Brown spots can be very frustrating and are common at the end of summer (cue crying emoji face). All the wonderful long sunny days pepper us with bits

of ultraviolet radiation, even when wearing sunscreen. Now that's not to say SPF isn't necessary (if anything it shows just how necessary it is), but even with the best sun protection, we can develop unwanted pigmentation just from the increased exposure over the glorious long days of daylight savings.

Thankfully there are treatments that can help. Chemical peels in particular are wonderful at lifting pigmentation, and as the weather cools, they are the perfect treatment as we start to spend more time inside. Peels also are fantastic for anti-ageing as they remove old skin and expose fresh, clearer baby skin. Winter glow anyone?

The real key to a successful peel is for skin to be prepared with the right skincare in the weeks prior to ensure it is ready for pigment removal, followed by maintenance after the peel to sustain results.

Just as the old, brown leaves shed off the trees in autumn to make way for new growth, you too can shed old aged cells to reveal a glowy new you. After all, we have to make the most of all the seasons of life, even if it means cold weather (cue crying emoji face).

Dr. Heather Anderson is a Cosmetic Medicine and Emergency/Urgent Care 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



Dr Heather Anderson
0222626762
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72 Waimarie Rd
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Mothers' May - A month to honour and celebrate



Mother's Day is a traditional time to celebrate mothers - but not just with flowers and cards. This time, I'm turning the whole month into 'Mothers May' - an opportunity for women and mothers to pause, reconnect, and rediscover themselves through gentle, nourishing support.

My practice specialises in women's and mothers' wellness, offering a space to be seen, heard, and supported - especially when life feels heavy, overwhelming, or disconnected. Whether you're

navigating anxiety, depression, burnout, or simply craving a deeper connection with yourself, this is a place to land.

As a nurse therapist with a background in women's health, counselling, and alternative therapies, I bring a holistic, heart-led approach that blends evidence-based care with soul-level support. Every session is grounded in compassion, insight, and respect for your journey to wellness.

To mark 'Mothers May', I'm offering discounted services for all new clients throughout the month. It's my way of saying: you matter too. Because motherhood is powerful- but so is the woman behind it. This May, give yourself or another woman in your life the gift of reconnection and relaxation.

You can find me on -

Facebook @ParadoxxNZ for inspiration, real talk and updates, or visit <https://paradoxx.nz> to explore services and book a session.



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Why your body feels stiff in autumn and what to do about it!



As the leaves turn golden and the air gets crisp, many people notice a surprising side effect: stiff joints and sore muscles. So, what's going on?

Cooler Weather = Stiffer Joints

When temperatures dip, the synovial fluid that cushions your joints thickens slightly, making movement feel less smooth - especially if you deal with arthritis or joint pain.

Less Movement, More Discomfort

Autumn often means fewer walks and outdoor workouts. But staying still can cause muscles to tighten and joints to feel achy.

Pressure Drops, Pain Pops

Some people feel more joint pain as barometric pressure drops - a common shift in autumn weather. Scientists believe this may affect joint pressure and surrounding nerves.

Hydration and Circulation Slump

Cooler temps can mean we drink less water, but hydration is key for healthy muscles. And with reduced circulation in cold weather, joints may not get the nutrients they need to stay limber.

How to Stay Comfy This Autumn:

Stay Warm: Bundle up and use heating pads or warm baths to ease stiffness.

Move Gently: Walking, yoga, or swimming keeps joints lubricated.

Stretch Daily: Morning stretches help your body ease into movement.



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Hydrate: Water supports muscle and joint function, even when you're not sweating.

Book a Tune-Up: Massage, physiotherapy, or acupuncture can work wonders for seasonal aches.

Final Thought:

You don't have to accept autumn stiffness as a given. With the right habits, you can stay active and comfortable all season long. And if your joints need a little extra help, we're here to get you moving again, pain-free.

We have two branches, feel free to get in touch if we can help in anyway.

Riverhead - physio@riverheadphysio.co.nz

Hobsonville - physio@hobsonvillephysio.co.nz

Health Tips

Super Fruits

What are they? Why do we call them so? Look at the list below, and you will find out.

- **Kiwi:** Tiny but Mighty! It is a good source of potassium, magnesium, Vitamin E & fiber. Its Vitamin C content is twice that of an orange.
- **Watermelon:** The Coolest Thirst Quencher. 92% of it is water, but it boosts our immune system, and fights cancer. It also contains Vitamin C and Potassium.
- **Apple:** An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhance the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack and stroke.
- **Guava & Papaya:** Top Awards for Vitamin C - They are the clear winners for their high Vitamin C content. Guava is also rich in fiber which helps prevent constipation. Papaya is rich in carotene, which is good for your eyes.
- **Orange:** The Sweetest Medicine. Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones, as well as lessen the risk of colon cancer.
- **Strawberry:** A Protective Fruit, strawberry has the highest total antioxidant power among major fruits and they protect the body from cancer.

Tips on How to Stay Young!!

- ✓ Laugh and have fun. Don't be gloomy.
- ✓ Let bygones be bygones.
- ✓ Early to bed, early to rise, is healthy and wise.
- ✓ Stay lean. Being just 30% overweight is bad.
- ✓ Keep working, doing something you like.
- ✓ Be the boss of your own life.
- ✓ Too much medicine ruins your body.
- ✓ Exercise and eat less fatty foods.
- ✓ Do not worry about health and death, just get on with your life and enjoy it!!!



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Area Columnists

Laser Plumbing Whenuapai



Did you know Laser Plumbing & Roofing Whenuapai are also experts in long run roofing services: Re-roofing & roof leak solutions

When it comes to ensuring the longevity, durability, and aesthetic appeal of your home or commercial property, Long Run Colorsteel roofing is an exceptional choice. Whether you need a

complete roof replacement or are facing roof leaks that require prompt attention, our expert roofing services provide lasting solutions to protect your property.

Over time, roofs inevitably experience wear and tear, whether due to aging, severe weather, or natural deterioration. Re-roofing involves replacing an existing roof with a new one, ensuring that your home or business remains protected for many years to come. Our expert re-roofing services are designed to make this process as seamless and stress-free as possible.

Roof leaks are one of the most common problems that property owners face. Even the most durable roofing materials can develop leaks over time due to damage, age, or poor installation. When left unaddressed, roof leaks can lead to serious water damage, structural issues, and costly repairs.

At Laser Plumbing Whenuapai, we specialise in prompt and reliable roof leak repair services, ensuring that any

leaks in your roofing are fixed quickly and efficiently. We understand the urgency of roof leak issues, and our team is ready to respond to your needs.

Whether your roof leak is a small issue or a major concern, our team is equipped to handle repairs quickly, effectively, and without disrupting your daily routine.

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Muriwai's Cyclone Gabrielle commemorative sculpture unveiled



About 200 people attended the Muriwai Cyclone Gabrielle commemorative sculpture unveiling on Sunday March 23.

It began with a gathering at the Muriwai Surf Club at 5pm and was followed

by a silent hiko to the sculpture on Auckland parkland at Motutara Road (across the road from the closed Sand Dunz Beach Café).

The Muriwai sculpture called 'Pou Hihiri' - meaning healing and learning from harm - comprises about six columns up to about 3.5 metres high and two benches of mainly material from "deconstructed" homes, assembled by Helensville artist Jeff Thomson working with Muriwai artists and community members who used tiles from affected homes to create mosaics and added words to some of the sculptures.

Retired Muriwai builder Peter Haven helped with the sculpture's installation, with assistance from local contractors -among many supporters listed on a flyer given to attendees.

Thompson, Ngati Whatua kaumatua Richard Nahi and 'Restore Muriwai' project team member Abe Dew spoke at the event.

Auckland Council Deputy Mayor Desley Simpson, Rodney Councillor Greg Sayers, Rodney Local Board member Guy Wishart and Chair Brent Bailey were among dignitaries attending.

Abe Dew and Maria Koppens have been part of the project team from the start and say it's been a gruelling two years for those left with nothing and nowhere to



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go after the early 2023 extreme weather events (Auckland Anniversary weekend floods and Cyclone Gabrielle).
“When you’re displaced you have the rug pulled out from underneath you and it takes a long time to recover,” they say.

“We left our home of over 20 years with our four children on the night of the cyclone and came back to find a slip across our driveway and a third of our property, along with the neighbour’s house, had been washed down the hill and across the road.”

About 68 properties, including Abe’s and Maria’s home, were ruled unlivable after the two weather events.

Volunteer firefighters Craig Stevens and Dave van Zwanenberg were killed by a slip, their efforts also recognised at the March 2025 ceremony.

Abe and Maria say they wanted to see a permanent acknowledgement of the cyclone’s devastation – “not least to try and ensure that the damaged land would not be built on again in the future”.

Maria says she first contacted Thomson about taking on the commemorative sculpture project in March 2024.

She describes the sculpture park next to the Muriwai ranger station as “a restorative space for shared memories”.

Swan Skin



Hormonal Skin Health – Navigating Jawline and Neck Acne

Hormonal imbalances play a major role in acne, especially along the jawline and neck. These breakouts often worsen during hormonal shifts like puberty, menstruation, pregnancy, or menopause. With hormonal acne becoming more common, understanding its root causes is key to managing it effectively.

Environmental Toxins and Hormonal Disruption

In addition to natural hormonal changes, environmental toxins can disrupt hormonal balance. Everyday exposures—from plastics to pesticides—can lead to acne across the jawline, neck, chest, and back. Endocrine-disrupting chemicals (EDCs) like BPA (found in plastics) mimic estrogen, throwing off hormone levels. Pesticides and preservatives in food and products can impair liver function, making it harder for the body to detoxify, leading to hormone buildup and breakouts.

The Importance of Liver Detoxification

The liver is essential for processing and eliminating excess hormones. If it’s overburdened by toxins, stress, or poor diet, detoxification slows down, and hormones like estrogen can accumulate—contributing to acne. Proper liver function is crucial for clear skin.

Supporting Hormonal and Skin Health

Managing hormonal acne requires a holistic approach:

- Support liver health with a diet rich in leafy greens, cruciferous vegetables, healthy fats, and plenty of water.
- Minimise toxin exposure by choosing organic food, avoiding plastics with BPA, and using clean beauty and household products.
- Support gut health, as it plays a role in hormone elimination and overall balance.
- Manage stress with practices like yoga, meditation, or deep breathing to reduce cortisol-related breakouts.
- Adopt an anti-inflammatory diet by cutting processed sugar and including foods like fatty fish, nuts, and seeds.

In Conclusion

By understanding hormonal acne and supporting your body’s detox systems, you can restore a clearer complexion and overall well-being.

Feel free to get in touch and book a consultation with me if you are concerned about any skin issues relating to hormone acne.

Sarah Tumulty

Functional Skincare Practitioner & Nutritionist

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Thousands commemorate Anzac Day 2025



A day of remembrance brought thousands of people to Anzac Day (April 25) events in Northwest Auckland.

The Auckland Council and the Auckland Returned Services Association (RSA) invited Aucklanders to join parades and services across the region.

While initially established to commemorate the Great War (1914 – 1918), and the lives lost by New Zealand and Australian soldiers at Gallipoli, Anzac Day has since evolved into a day

of remembrance for all who have served and sacrificed their lives in the conflicts New Zealand has participated in.

Auckland Mayor Wayne Brown attended the Anzac Day Dawn Service at the Auckland War Memorial Museum in the Auckland Domain.

He says these events are to remember those who have lost so much and, as the son of a World War Two veteran, he says this day is of particular significance to him.

“As many already know, my father’s account of war had a profound impact on me and while he was fortunate enough to come home, many others did not return,” Wayne says.

More than 70 parades and services took place in communities across Auckland, including Helensville, Parakai, Kaukapakapa, Waimauku, Coatesville, Riverhead, Waitakere township, and Swanson.

Key locations around Auckland lit up poppy-red to support Poppy Day, the Returned Services Association’s (RSA) annual fundraiser on April 11 to improve health and wellbeing outcomes for New Zealand veterans of all ages, while other venues shone bright to commemorate Anzac Day.

Vector Lights on the Auckland Harbour Bridge was on from April 10-12 to commemorate Poppy Day then from April 22-25 for Anzac Day. Auckland War Memorial Museum was lit April 23-25 from dusk until dawn.

Other landmarks around Auckland lit up in support of Anzac Day, including Queen Street Lights.

Waimauku Scouts to assist Lions again at June Book Fair

The Huapai-Kumeu Lions are running another fund-raising Book Fair in the Kumeu Community Centre on Saturday 29 and Sunday 30 June (9.00 am to 3.00pm each day) and they will be assisted by the Waimauku Scout Group who will share in the profit by contributing their labour in the set up and pull down of the fair.

Our Lion Book Fairs rely on books being donated by our community across the North West and the generosity of our local people is very much appreciated. This is an opportunity for people to cull their bookshelves and storage locations. Books of good quality are set out on tables in the hall in non-fiction categories including gardening, cooking, sport, travel, biographies, health and well-being, military and New Zealand and many other subjects as well as a large selection of soft and hard covered fiction. All books are priced at \$2 with a special deal of 8 books for \$10. Children’s books are all \$1 with a special deal of 8 books for \$5. There is something of interest for everyone making a visit to the Book Fair a good family outing. Free parking outside the Community Centre is available.

From Monday 9th June, people wishing to donate books and magazines may leave them on a table located outside the Lions’ Den at the front entry to the Kumeu Community Centre, our Lions will clear the table each day. Profit from our Book Fairs plus funding generated by the volunteer ladies at the Lions’ Vintage Shop at the Pomona Hall have enabled the Lions to give financial support recently to several local groups including Matua Ngaru Primary School, Waitakere Primary School, Waioneke School on South Head Road, the inaugural Children’s clothing shop and swap show at the Kumeu Community Centre on 14 June, Waimauku Scouts towards their tentage upgrade, and a number of other smaller local projects.

The Huapai-Kumeu Lions’ Club has a dinner meeting at the Kumeu Community Centre on the first and third Tuesday of every month. It has been pleased to welcome several new members recently and anyone, especially if a new resident in our community with an interest in community support projects, as well as fellowship, are most welcome to attend. Phone Gary Moss on (09) 412 7752 for more information.



Chris Penk

MP for Kaipara ki Mahurangi

An interesting thing I've noticed in my time as a local MP is that people living and working in this area will often be ahead of the curve when it comes to wider trends.

For example, I have been picking up over the past couple of months a lift in the fortunes of small-to-medium businesses in northwest Auckland. Then just this week came confirmation of exactly that, in the form of a nationwide survey by MYOB.

I noticed the same phenomenon during the era of heavy covid restrictions (ie locals were quietly fed up long before the mainstream news began reporting that) and with the cost-of-living crisis that followed.

So, back to the present day and how things are actually feeling out there now. While difficult to measure exactly, a rise in confidence tends to be followed by a lift in performance, as firms, farms and families make decisions to retain staff - then hire new workers - on the basis of that sentiment.

Obviously these things can be uneven, sector-by-sector reflecting seasonal trends and so on. But by and large our situation is on the improve.

There are a few possible factors. Most significant is one that a number of constituents have shared with me lately: with home loan interest rates coming down, the re-fixing of those mortgages repayments has meant a bit more disposable income. And of course that's good news for the businesses in this area, with households' extra cash often spent on goods and services.

There's never a bad time to emphasise how important it is to support local businesses. Harking back briefly to covid19 times again, it was genuinely heartwarming how much this happened, at least when the rules allowed.

As I write this column, with much discussion taking place about tariffs and other trade barriers out in the wider world, we have every incentive to remember that our local businesses are owned, managed and staffed by others who live in our area. Let's support them!

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Chris Penk

MP for Kaipara ki Mahurangi

Here to help

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Authorised by Chris Penk, 134 Main Road, Huapai.



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However, every year we need to raise more than \$4 million in essential community fundraising in order to continue providing our services for free. This Hospice Awareness Week, let's stand together to ensure everyone in West Auckland facing end of life receives the practical, physical, emotional and spiritual compassionate care they deserve.

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Please donate at www.hwa.org.nz/donate to make a real difference.



Oesophageal cancer: When your throat's quirky clues aren't just a joke



Ever feel like your throat's throwing a mini tantrum every time you try to swallow? That persistent heartburn where your chest feels like it's on fire, the sensation of food feels like it's stuck on the way down,

or maybe your swallowing has become uncomfortable. These could all be warning signs of oesophageal cancer.

Oesophageal cancer is a silent but serious predator and spotting the signs early can make all the difference.

The tricky part is that early symptoms can be subtle and easy to miss.

Key symptoms to watch for include:

- Difficult swallowing
- Persistent heartburn or acid reflux
- Unexplained weight loss

- Pain or discomfort when swallowing
- Lingering cough, hoarseness or indigestion

If you are over 50, smoke, drink heavily or carry excess weight, your risk may be even higher. Nonetheless, even without these risk factors, persistent symptoms should never be ignored.

The good news is that Oesophageal cancer is far more treatable when caught early. Advances in keyhole surgery with small incisions, endoscopic treatments and robotic techniques have improved outcomes. These are all therapeutic options I can discuss with you and your family.

The most common investigation includes a gastroscopy (a flexible camera assessment of the stomach and first part of the small bowel).

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

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