

May 2026

FREE monthly community magazine for Kumeu
& surrounding townships

Kumeu Courier



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

WIN FUEL- Look inside



Greetings

So flooding didn't really eventuate in Kumeu-Huapai's low lying areas as a result of Cyclone Vaianu which tracked further east than expected.

Many compare it to other cyclones which tend to hit the east coast during autumn, often bringing big swells which surfers enjoy. I kept my surfboard at the now defunct Rodney Times Orewa office, using it especially during cyclonic swells, running through the McDonald's Orewa car park to the beach before work.

Cyclone Gabrielle hit this area hard in early 2023, particularly Muriwai where two firefighters died after a landslip, and prompted surf lifesavers to help people affected by floods. I see a new slip reported at Muriwai's Domain Crescent but not impacting anyone.

Future Kumeu members believe the Kumeu township should be relocated to higher ground south of the Huapai District School. See this issue for more information, particularly Future Kumeu's view of the high school announcement there.

One reason is that more cyclones are predicted to hit here, mainly thanks to climate change. Just because we dodged a bullet with Cyclone Vaianu doesn't necessarily mean we won't cop it again.

As Cyclone Vaianu illustrated - it's best to be prepared, a reason we moved to higher ground in 2022.

Although a tree came down near us it didn't knock out our power during Cyclone Vaianu. Most of the danger trees have been removed - thanks to Vector's contractors.

Let me tell you a story about the Accident Compensation Corporation (ACC). A doctor filled in a form for me while I was going for an x-ray of my fractured ribs after a tumble while walking two dogs.

ACC declined the \$87.16c cost of the two x-rays. I'd already paid \$45 just to get in the door. To be fair, ACC sent me a letter saying the diagnosis was declined as it was nonspecific and supplying an information sheet, encouraging me to contact them.

I've yet to respond, although I did complete an online survey about how ACC could improve the lot of clients. You can imagine how I replied to that! It's been nearly five weeks since my fall and the pain is still excruciating despite regular pain killer use. I've been up most nights and sleeping on my back has been difficult. Coughing hurts, as does being driven anywhere.

A mate who broke his collar bone recently after tripping over a dog had ACC cover him for the accident.

Hopefully, I can get ACC to reverse its decision about me.

Meanwhile, plenty of good advice around the cost of living can be found in this issue. I really hope it helps you all.



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People & Places

Free Fuel – a little something for our loyal readers



Fuel prices are getting painful at the moment, and most of us are definitely feeling "Pain at the Pump"

So this is our small way to say thank you to our Kumeu Courier and The Westerly readers for your continued support.

If you're reading this, you've got a chance to go into a randomised draw to win a share of \$1000 worth of BP fuel vouchers, just by using the code from this issue. 010526

Simple as that.

It is a simple way for us to give a little something back to the people who pick up the magazines each month and keep supporting what we do, we really appreciate it.

To enter, just flick an email to enter@freefuel.nz with your name and phone number, and code 010526 before the end of May 2026

No catch, no hoops, no physical exertion, Just a randomised draw. T's and C's apply.

Winners will be randomly selected and notified by phone. Entries are entered into a randomiser to ensure fair opportunity. 10 selections of \$100 applies. The selections are final and no dispute or discussion will be entered into. Should any fuel vouchers not be collected within 10 days of notification the vouchers may be donated to a third party or charity. Offer expires 31 May 2026.

And honestly, with fuel prices where they're at, every bit helps

The Village Market Helensville Showgrounds



Sunday 17th May 8.30am to 1pm

Come and spend a relaxing Sunday morning with us. Coffee and food, local art and crafts, crystals, candles, gifts, pet health products, preserves, plants, fresh fruit and veg, 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, kids activity tables and games. 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

May at Kumeu Art



This May, we're turning up the volume for NZ Music Month with Music & Merch, a vibrant exhibition celebrating the powerful connection between art and music. Discover striking album designs and music-inspired artworks by local artists. We're kicking things off with a free live concert on Friday, May 8. Reggae band The

Acetones will play on the Hub stage (behind the Library), thanks to the support of Rodney Community. Bring the whānau, grab some takeaways, and have a dance. Also showing this month is painter Vjekoslav Nemesh's evocative exhibition Sixty-Three Times Around the Sun. Exploring the theme of aging, Vjekoslav will create a live painting in the gallery on his 63rd birthday, we invite you to come and watch this special moment. Plus, get creative with our range of classes, including a brand-new life drawing course. Find out more at www.kumeuarts.com. picture by Vjekoslav Nemesh

Baby Barns - Garden sheds and shelters



Baby Barns (2019) Limited is a small family owned business located in Kaukapakapa, building unique design garden sheds, animal shelters, chicken coops, aviaries, and dog kennels. At the moment, we cover the greater Auckland area. We are committed to providing a quality product that not only looks good but is designed specifically to meet your individual requirements.

Baby Barns garden sheds and shelters are designed to be tough, durable, versatile and just a little bit different, the options are only limited by your imagination.

As the colder months set in, what a property hides becomes harder to ignore

Clarity where it matters most with ABIS Building Inspection Services

What you see at a property viewing is only a fraction of the story. The rest exists quietly behind walls, beneath flooring, above ceilings where issues don't announce themselves.

As temperatures drop, problems like poor insulation, hidden moisture, and minor leaks become far more than small oversights. They affect warmth, comfort, and the long-term condition of the home.

ABIS Building Inspection Services brings that unseen detail into focus. As an accredited building inspection service, operating in line with recognised New Zealand standards, every inspection is carried out with precision and intent. Structure, roofing, cladding, moisture exposure,



insulation performance, and overall integrity are assessed with a level of scrutiny that comes from over 30 years of hands-on building experience. Each report is clear, composed, and supported with photographs that show exactly what's been identified. No

unnecessary alarm. No ambiguity. Just information you can stand on.

Because the difference between a good decision and an expensive one is rarely visible at first glance.

Visit www.abis.nz to view our full range of inspection services.

Kumeu college aligns with Future Kumeu's proposal



Future Kumeu proposes to shift the Kumeu town centre to higher ground west of Trigg Road and expects the high school development south of the Huapai District School to fit with its concept plan for the area.

"The land to the south of Huapai District School we had proposed as a public reserve," Future Kumeu's Pete Sinton says, adding the high school fits with Future Kumeu's concept plan which touches the south-west corner of the college site. Pete says the New Zealand Transport Agency (NZTA) and the rapid transit corridor are undecided for State Highway 16 away from the high school site and could be many years away.

"If we had known where the school site was earlier, then it might have given us a bit more leverage at appeal," says Pete, adding they were the last appeal left on the Notice of Requirements (NoRs) issue in the Environment Court.

"The appeals have been settled. The cost of a full hearing

based on evidence, etc. was going to cost between \$250,000-\$300,000. All to reach the same point we are at. The town centre has to be shifted west of Trigg Road on higher land that doesn't flood." On February 18, 2026, Pete and fellow Future Kumeu member Craig Walker presented a summary to the Rodney Local Board.

The Auckland Council told the Environment Court the new town centre in Kumeu could not proceed due to flooding, the summary says. The council has no plans or funds to shift the town centre which will have to be done by the private sector at its own expense and it could cost \$1.2 million to \$1.5 million for a private plan change alone, says Pete. Future Kumeu Inc has requested \$20,000 from the Northwest Business Improvement District (BID) and rejected its \$5000 offer, while also asking the Rodney Local Board for \$100,000.

The Kumeu town centre proposal "failed" due to flooding in 2021 and two floods in 2023, says Pete, adding that at least six Kumeu landowners have paid more than \$10,000 each. "The Rodney Local Board needs to stop any funds being wasted on schemes that do not benefit the Kumeu/Huapai commercial industrial landowners as a whole," the submission says, adding the board "has to take a leadership role in conjunction with the major landowners and their representatives to ensure the best outcome for the district. A financial report is expected to go to contributors.

Winter Pet Care: keeping pets safe, warm and seen

By Pet Patch

Winter brings colder temperatures, wet weather and shorter days, which can all affect our pets' comfort, routine and safety. As the evenings get darker earlier, many walks and outdoor play times happen in low light, making visibility especially important for dogs and their owners. LED collars, clip-on lights and other light-up accessories are a simple but effective way to help pets stay visible on evening walks, near roads, or during early morning outings. Glow-in-the-dark toys are also a great winter option, adding fun to after-dark play while helping owners keep track of their dogs more easily.



Winter is also the perfect time to focus on warmth and comfort. Older pets, small breeds, short-haired dogs and small animals can feel the cold more than others, so cosy bedding, warm resting spots and dry shelter can make a big difference. Regular grooming is still important too, helping to keep coats healthy and paws clean after wet or muddy walks.

At Pet Patch, we love helping local pet owners keep their pets safe, comfortable and happy all winter long and have many products in store to help with this!

Helensville Lions autumn Book Fair



Saturday 30th May - Sunday 31st May 2026

"The Biggest & Best Book Fair in the West!"

The Lions Club of Helensville will once again be holding their May Book Fair at the Helensville A&P Association Showgrounds

on the last weekend of May, Saturday 30th and Sunday 31st, opening at 9.00am on Saturday until 4.00pm and again on Sunday 10.00am until 3.00pm.

The last Book Fair held in November raised \$12,180 from the sale of books, for which - many thanks. Half the money raised went to Kaipara Good Food, our local Food Bank, for Christmas Kai Packs the remainder went towards helping schools, organisations and individuals in our community that required assistance.

We are still getting many donated books, so there will be plenty of fresh stock to browse through. Books are priced to sell, with nothing over \$2. There is a large selection of children's and YA books for \$1. Also, we have many jigsaw puzzles, board games, DVDs, CDs, LPs and quality magazines available.

All books have been sorted and categorised, non-fiction is divided into twenty separate sections, fiction is arranged alphabetically by authors, with six special interest groups. Popular authors are grouped together at the end of the hall.

Small donations of books can be left at Burmester Realty, Helensville. For larger lots our shed, which is situated behind the Helensville Gull Petrol Station, is open every Tuesday afternoon between 1.00pm and 3.00pm. Otherwise 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 22nd May. Sorry, but we cannot accept donations at the Book Fair.

The hidden cost of sedentary living



Long periods of sitting have quietly become one of the biggest threats to our physical wellbeing. Whether it's hours at a desk, long commutes, or evenings spent unwinding on the couch, staying in one position

for too long gradually changes how the body feels and functions. Stiff joints, tight hips, reduced circulation, and persistent back or neck pain are all common signs that the body is asking for more movement. Over time, these patterns can affect balance, energy, and confidence in everyday activities.

Physiotherapy plays a key role in reversing these effects. Through hands-on treatment and targeted exercises, physiotherapists help restore mobility, strengthen underused muscles, and improve posture. This kind of personalised support reawakens the areas that have switched off and calms the ones that have been compensating.

Small daily resets can make a meaningful difference: standing every 30-60 minutes, uncrossing your legs, rolling your shoulders back and down, or taking a short walk to break up long sitting spells. These simple habits help keep joints nourished and muscles active.

At Riverhead Physiotherapy & Pilates, we see every day how transformative these changes can be. Our physiotherapists assess how your body has adapted to sedentary patterns and create a plan to restore ease, strength, and confidence.

For those wanting long-term resilience, our Pilates studio at Riverhead offers a supportive, low-impact way to build core strength, improve posture, and move with greater freedom.

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Employer Pro has over 100+ employer-focused resources. Members can access the full suite of employer resources through our member only portal, or a selection of these resources can be purchased independently through our website www.employerpro.co.nz

For the month of May 2026, Employer Pro is offering local businesses any one of our comprehensive Employer

Resource Packs, valued at \$199.99 Plus GST for free. This offer is only available to local businesses in the Northwest Area, and excludes independent HR consultants, or similar.

These resource packs contain detailed eBooks, practical commentary, step-by-step guidelines and templates, etc for managing key employment processes, including:

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When work isn't fair



Understanding migrant exploitation in New Zealand – and what you can do if it happens to you or someone you know

Dealing with employment issues is a stressful situation with which some clients need support at CAB Helensville.

Many who move to New Zealand on temporary

work visas have the chance to build a better future full of promise. But unfortunately, some migrant workers find themselves in workplaces where they are treated unfairly or even unlawfully. This is known as migrant exploitation—and it is against the law.

Migrant workers have the same minimum employment rights as NZ workers.

What does exploitation look like?

Some workers may feel pressured to accept poor treatment because they are worried about their job or visa.

Examples include:

- Bullying, intimidation, or harassment
 - Employers taking passports or travel documents
 - Being charged excessive amounts for food or accommodation
 - Being forced to live in overcrowded or substandard housing
 - Not being paid correctly—or not being paid at all
 - Being asked to pay money in exchange for getting or keeping a job
 - Threats against the worker or their family members
- Knowing your rights matters

If you're unsure about your situation—or concerned about someone else's—it can help to talk to someone who understands the system and can guide you through your options.

Need more tips? Contact CAB for free, confidential info and advice on freephone 0800 367 222, online at cab.org.nz (send a message or speak with a volunteer on live chat), or visit one of our eight CAB locations around the North Shore & Rodney: cab.org.nz/find-a-cab/.

CAB Helensville Location:

· Office Hours: Mon-Fri : 10am-1pm, Sat: 10am-Noon. JPs are available on these days.

Laser Plumbing



It is officially the last month of autumn which means winter is almost here...and when it comes to winter, there are certain 'cold weather' preventative measures that will help maintain a healthy home, prevent leaks, avoid excess water loss and excessive bills.

Dripping & leaking taps - check all the taps in your house (inside and outside).

Running & leaking toilets - check that your toilet is flushing properly and listen for a 'running water' sound.

Drains - check for slow running water into shower drains, basins, and any outside drainage.

Hot Water Cylinders - check your HWC for any surface drips or leakages. This can go easily unnoticed if hot water cylinders are in a cupboard.

Gutters - check your gutters are clear of leaves and debris to prevent water build up. Overflowing gutters can cause roof leaks.

We have an experienced team of plumbers, roofers and drainlayers who can help with any of these issues. We offer no obligation quotes, so give us a call today.

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Building Strength through the cooler months




As we settle into the cooler rhythm of May, the focus gently shifts from transition to consistency.

This is the time of year where what we do regularly matters most.

Rather than reacting to changes in the skin, it becomes about supporting it - strengthening the skin barrier, maintaining hydration and creating simple, steady rituals that carry you

through winter.


Often, it's not the big changes that make the difference but the small, consistent ones.



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There's a quiet kind of care in showing up for yourself consistently. And often, that's where the most noticeable results begin.

With love, the lovesoul team x

Kumeu Library



Love books? Looking for your people? They're here at Kumeu Library! Kumeu Library runs two monthly events designed to get you reading more, talking more, and connecting with others who share your passion. Book Chat - First Tuesday of every

month at 10.30am If you want a relaxed, no-pressure way to discover new reads and swap recommendations, this is your hour. Bring your curiosity - we'll bring the tea, coffee, and biscuits and the comfy armchairs. All you have to do is show up and enjoy the conversation - the next meeting is on Tuesday 5 May.

Book Club - Fourth Thursday evening of every month at 7.00pm. Each month we dive into a new genre, theme, author, or topic, then come together to share thoughts, reactions, and discoveries. Next meeting: Thursday 28 May

Theme: Feminist reads - stop by Kumeu Library to see the full list of books for May and pick one up.

June's theme: The Spanish Civil War (Thursday 25 June).

Whether you want to read more, meet new people, or simply try something different, this is your invitation to get involved. Come join us - your next great conversation starts at Kumeu Library. Follow us on Facebook to keep up with all our news and events: www.facebook.com/kumeulibrary.

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Safer Community

Cleaning your woodburner before winter is essential



As Auckland heads into its cooler, damp winter months, many households will soon be lighting their wood burners for the first time since last year. While nothing matches the comfort of a real fire, ensuring your wood burner is clean and safe before use is critical.

Over time, soot and creosote - a sticky, highly flammable residue produced by burning wood - accumulate inside the flue and chimney. If left unchecked, this buildup can ignite and cause a chimney fire, which may spread rapidly through a home. In Auckland's often windy winter conditions, the risk is even greater.

A dirty or partially blocked flue doesn't just increase fire risk - it also reduces efficiency. Poor airflow can make fires harder to light, produce excess smoke, and leave unpleasant odours lingering indoors. In more serious cases, it can lead to carbon monoxide buildup - a colourless, odourless gas that poses a significant and potentially fatal health risk.



Regular maintenance ensures your wood burner operates safely and efficiently. A clean system burns hotter, uses less wood, and produces fewer emissions - an important consideration as air quality remains a focus across the Auckland region.

Chimneys should be professionally cleaned at least once a year, ideally before winter begins. It's also essential to check that smoke alarms are functioning and to install a carbon monoxide detector if you don't already have one. Even with regular servicing, a detector provides an extra layer of protection that could save lives.

With rising heating costs and damp conditions, a well-maintained wood burner can make all the difference in keeping your home warm, safe, and comfortable. A simple clean now could prevent serious issues later - and provide peace of mind throughout the season.



If you don't already have a chimney service provider, reputable local options include Complete Chimney Care (09 940 5112) and Sooty the Sweep (0800 766 897). Alternatively, for further advice on wood burner safety and maintenance, feel free to contact Graham McIntyre.

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

graham.mcintyre@fireandemergency.nz

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



Cat lovers: We need your help



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

Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-

Neuter-Return programmes and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at www.thenzcatfoundation.org.nz. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

Integrative Veterinary Medicine – learning from a world leader



Dr Fiona Mead | Integrative Veterinarian

Attending Dr Steve Marsden's recent three-day workshop, "Keys to the Kingdom" was a powerful reminder that continuing education can completely shift the way we 'listen' to our patients. Dr Marsden

is an internationally recognised integrative veterinarian with qualifications in veterinary medicine, naturopathic medicine, Oriental medicine, acupuncture and Chinese herbology. He has taught veterinarians in Chinese medicine through major education providers including IVAS, Tufts and AVAC, and has been recognised for both clinical and teaching excellence.

One of the most fascinating aspects of the workshop was pulse diagnosis – "listening" to the actual body of the animal through the sense of feel, to subtle changes in the pulses. In some cases, only one acupuncture needle was needed to create a meaningful shift. If a needle did not improve the pulse in a positive way, it was removed and another point selected instead. This created a very immediate, practical feedback system: the body tells you, in real time, whether you are moving in the right direction. Minimising the number of needles used and duration of needling in with real time results are powerful ways of serving our pets' needs more accurately. The pulses also give us an indication of what Chinese medicine (herbs) the body requires to address its imbalance.



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Community News

We had the opportunity to taste some Chinese herbal medicines in the raw form for ourselves, which gave us a much more direct appreciation of their character and function. Dr Marsden went beyond simply prescribing standard formulas. He explored how to formulate and modify classic herbal combinations to better match the individual patient in front of us. That is where this medicine becomes both an art and a science.

What stood out most was the emphasis on treating the root cause in dogs and cats, rather than simply putting a bandage over the symptoms. Whether using acupuncture or Chinese herbal medicine, the goal is to restore balance and support the body's own ability to heal. It was an inspiring few days, and knowledge I am looking forward to bringing back into practice here in our community.

If you would like to book an appointment to discuss your pets' needs from a holistic perspective, please phone 111 Vet Clinic 09 86 96 111 or email office@111vetclinic.co.nz

The hidden health risks of plastics



Plastic containers can release microplastics and toxic chemicals into our food, and this dramatically increases when food is heated.

When we microwave food in plastic containers, even those labeled "microwave safe", they

don't just hold our food, they leach microplastics and chemicals into the food itself.

A single plastic container can release hundreds of thousands of microplastic and nanoplastic particles into your food after just a few minutes of heating. Nearly 1,400 food contact plastic chemicals have already been detected in human bodies, including several which are a known threat to human health. The industry uses "microwave safe" labels to reassure us, but many of the chemicals that have been found to migrate into food (or food substitutes) from plastic containers have never been tested for safety.

While hundreds of lobbyists from the plastic industry have attempted to weaken the ambition of the Plastics Treaty negotiations by shifting attention onto false solutions like recycling, leading scientists and organisations have warned that waiting for perfect evidence will lock in irreversible harm. They want you to believe that low-level exposure is "safe," but, when heated, chemicals, such as phthalates, bisphenols, and PFAS, have been found to leach directly into your food. These chemicals have been linked to hormone disruption, reproductive harm, and cancer.

For more details, Google "The hidden health risks of plastic-packaged ready meals" and "Global Plastics Treaty".

Travel Smarter, travel together



Every year, we see the tradition of multi-generational families travelling together. Often, it's the grandparents leading the charge, treating the family to somewhere warm like Fiji, the Gold Coast or Rarotonga.

Staying close to home helps, of course – but group travel has a way of making any trip feel more manageable.

Especially with the fuel pressures

we're seeing, travelling together can bring some real advantages,

without taking away from the experience.

Why group travel makes sense:

- Shared costs

When you share the journey, you naturally share the cost. Accommodation, transfers, touring and even meals split across a group can significantly reduce the per-person spend. Fuel-heavy components like transport become far more economical.

- Better buying power

There's strength in numbers. Groups often unlock preferential rates, added inclusions, or the occasional upgrade you might not come across travelling solo.

- Less to think about

Travelling together often means logistics are taken care of with fewer moving parts & less stress.

- The experience itself

Travelling as a family, a group of friends, a club or even a church group adds a different layer to the journey. The laughs are louder, the memories richer, and the trip becomes something shared long after you've returned home.

Cruising does group travel exceptionally well too. With your accommodation, meals, entertainment, and transport all bundled into one, it keeps things simple and surprisingly cost-effective. It also gives everyone the freedom to do their own thing, while still travelling together.

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One of the things our HydroVac team is best at is troubleshooting wastewater systems. Our experienced techs have worked with all kinds of systems, so they know the common faults, warning signs and the quickest way to get things back on track. These are some of the most common ones we're called about:

My septic system light is flashing.

- Result: This is usually your system's way of telling you something needs attention. Please don't ignore it! It could be a pump issue, high water level, blocked filter, electrical fault or servicing reminder. The sooner it's checked, the better chance of avoiding a bigger problem, like your pump which is usually a costly fix.

My alarm is going off.

- Result: It doesn't always mean disaster, but it does mean the system needs prompt attention.

There's a bad smell around my system.

- Result: Unpleasant odours can be caused by blocked vents, overloaded tanks, drainage issues or a system that needs maintenance. A healthy system should not smell strong.

My drains are slow or backing up.

- Result: Slow drains can be a sign of blockages, full tanks, pump failure or issues in the disposal field.

There's wet ground near the disposal area.

- Result: Pooling water or soggy patches may mean the land application area is overloaded or not draining correctly and should be inspected quickly to prevent it spreading to become an issue with the pump.

I can hear my pump constantly running.

- Result: A pump that won't stop may be struggling with



a blockage, faulty float switch or leak somewhere in the system. Pump burnout is the expensive part so you want to avoid that at all costs!

I'm not sure when I last had my system serviced.

- Result: Regular servicing helps catch small problems before they become expensive repairs and keeps everything operating as it should. We can keep track of your services and remind you when your next one is due.

If you're noticing any of these signs, our HydroVac's team can help diagnose the issue and recommend the best fix – and if you need an electrician, we can usually recommend one of those too. Our team carries supplies and tools so they can attend to most jobs on the spot. Call 0800 493 768 to chat to one of our friendly team.

Free Fuel – a little something for our loyal readers



Fuel prices are getting painful at the moment, and most of us are definitely feeling "Pain at the Pump"

So this is our small way to say thank you to our Kumeū Courier and The Westerly readers for your continued support.

If you're reading this, you've got a chance to go into a randomised draw to win a share of \$1000 worth of BP fuel vouchers, just by using the code from this issue. 010526

Simple as that.

It is a simple way for us to give a little something back to the people who pick up the magazines each month and keep supporting what we do, we really

appreciate it.

To enter, just flick an email to enter@freefuel.nz with your name and phone number, and code 010526 before the end of May 2026

No catch, no hoops, no physical exertion, Just a randomised draw. T's and C's apply.

Winners will be randomly selected and notified by phone. Entries are entered into a randomiser to ensure fair opportunity. 10 selections of \$100 applies. The selections are final and no dispute or discussion will be entered into. Should any fuel vouchers not be collected within 10 days of notification the vouchers may be donated to a third party or charity. Offer expires 31 May.

And honestly, with fuel prices where they're at, every bit helps

For Eyes take a winter break



We wanted to let our community know that For Eyes will be closed from 10th June through to 13th July.

I'll be travelling back to Ireland for a very special occasion- my brother's wedding- and to spend

some much-needed time with family. While I'm away, Molly and Matthew will also be taking a well-deserved break, so the practice will be closed for this period.

I will contact everyone who is due for a routine eye examination during this time to give you the opportunity to book in and have your eye examination before we close. If you are not on our reminder system and want to book an appointment, you can book online via our website (www.foreyes.co.nz) or give me a call on 09 412 8172.

If you experience an eye emergency while we are closed, please contact your GP or visit your closest emergency department for urgent care.

Thank you as always for your understanding and continued support, I look forward to seeing you all again when we reopen on 13th July.

Anna O'Hare

NZ landscaper wins gold in China show



West Auckland landscaper designer Jules Moore has won gold and Best Feature Garden awards at a flower show in China.

The Touch of the Tropics in Whenuapai director's award-winning garden will also feature at a major event later this year in China.

Jules' Greater Bay Area Flower Show "Ocean Edge" garden involved her family (daughter and co-designer Alayna Bradbury and Jules's son James), and New Zealand staff member and friend Ru Zhang.

Jules and Ru spent many hours decorating bamboo kina while the "oyster platter" made from chicken netting and plaster was also a big hit and waves down each side using blue recycled glass and white pebbles framed the garden.

Jules says judges loved James' audio combining Maori and Chinese instruments, whale song and more.

A paua-shaped reflection of the garden's shell structure was also a standout while bamboo sculpture down one side represented dune plants in the wind.

Jules appeared in the April Kumeu Courier as she lives in Riverhead.

The 160 square metre Ocean Edge garden was seen by more than 2 million visitors and took about 20 days to make.

SeniorNet



At Kumeu SeniorNet, learning about technology is just the beginning. This welcoming club empowers local seniors to master computers, tablets, and smartphones in a relaxed, friendly setting. From video calling grandchildren to

banking online safely, members gain valuable skills that open new doors. Just as importantly, they gain friendship, laughter, and a strong sense of belonging. With patient tutors and supportive peers, confidence grows quickly. Kumeu SeniorNet isn't just bridging the digital divide - it's strengthening our community by helping seniors stay connected, independent, and engaged. We meet at 10.00am on the 1st Wednesday of the month at St. Chads Church, 7 Matua Road, Huapai. We would love to see you there.

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Food & Beverage

Feijoa Muffins



Prep time - 20 minutes

Cooking time - 25-35 minutes

Makes 12 regular muffins or 6 texas-sized muffins

For gluten-free, use my gluten-free blend (recipe in Tasty) or if using a store-bought one, you might want to add 1/2 tsp xanthan gum for structure.

INGREDIENTS

1 cup scooped-out feijoas, packed

1 apple, peeled and finely cubed

2 cups flour (or use white spelt) - organic is great if your budget permits

1 cup coconut sugar

1 1/2 tbsp ground cinnamon

2 tsp baking powder

1/2 tsp baking soda

3/4 cup hemp seeds

1/2 cup desiccated coconut

3/4 tsp fine sea salt

2 free-range eggs

1/2 cup melted virgin coconut oil or butter

1/4 cup milk of choice

1/4 cup pure maple syrup

1 tbsp lemon juice

Zest of 1 lemon

2 tsp pure vanilla extract

METHOD

Preheat the oven to 180c regular bake and line a 12 or 6 pan muffin tray with paper cases.

Whizz the hemp seeds in a mini processor/whizzer to break them up into a coarse crumb.

Sift the flours, coconut sugar, cinnamon, baking powder and baking soda into a large mixing bowl. Add the hemp seeds, coconut and salt. Stir with a whisk to combine evenly.

Mash the feijoas lightly so they are well broken-up.

Add the eggs to another medium mixing bowl along with the milk, oil/butter, lemon juice and zest, and vanilla. Whisk until slightly fluffy and well-blended.

Make a well in the dry ingredients and pour in the milk mixture, along with mashed feijoa and apple pieces. Fold with a spatula until evenly combined.

Scoop the mixture into the prepared cases (I use a 1/3 cup measurer), slightly heaped.

Bake in the oven for 30 minutes for regular-sized muffins, 35 minutes for the texas-sized muffins. They should be golden all over.

Allow to cool for 15 minutes in the tin before removing and cooling on a wire rack. Store in an airtight container once completely cooled at room temperature for a few days, or the fridge for 4-5 days. Delicious with a smear of butter and a cup of tea!

credit- <https://chelseawinter.co.nz/feijoa-muffins/>



Everything you need to know about property

Property Hub



NEW LISTING-

1/5 Camelot Place, Glenfield
Call Graham McIntyre 027 632 0421



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ENQUIRIES / FEEDBACK / ADVERTISING:
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COVER PHOTO: New listing- 1/5 Camelot PLace, Glenfield
PRINT RUN: 22,500 copies, Treehouse Print

Property Hub:

Enjoy kiwi lifestyle living at Flaxmill Farm with GJ's

Your home should be your own oasis designed as a sanctuary for you to relax, unwind and enjoy. For those looking to create a home that reflects your lifestyle both in practicality and aesthetic, with great kiwi lifestyle living there's a great new opportunity to build new with G.J. Gardner Rodney West at FlaxMill Farm.

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Nothing gives you the opportunity to fully embrace your wants and needs like starting from scratch when you build new. With GJ's you have the ability to take a concept plan and customise it to meet your needs, or you can start completely from scratch and design a fully custom home to suit your lifestyle.

The local GJ's Rodney West team are excited to bring your ideas for your new home to life at FlaxMill Farm. GJ's have been building in the area for almost 30 years and have a committed local team who have built a reputation on providing excellent service, quality workmanship and quality homes to their local community.

FlaxMill Farm offers you the best of both worlds, rural tranquillity without sacrificing convenience. Positioned within easy reach of the Northwest shopping precinct, train links to the city, and key amenities.

With room to roam, trees to climb, and expansive land to enjoy, FlaxMill Farm is offering true Kiwi lifestyle. Surrounded by quality schooling options and just a short drive to some of West Auckland's best beaches and outdoor destinations, this is a location designed for families.

If you're looking for kiwi lifestyle living in a great location talk to the GJ's Rodney West team today, the team can design and build a home that suits you, your lifestyle, and your needs. So come and see for yourself at the FlaxMill Farm Open Day Saturday 9th May from 1pm - 4pm.

176 Waitakere Road, FlaxMill Farm, Taupaki



Up, up and away



Residential construction costs were already on the rise before the latest increases in fuel prices began to take effect, signalling renewed pressure across the building sector.

Costs rose by 1.0% in the March quarter (Q1), following a 0.9%

increase in the December quarter (Q4) last year. This has pushed the annual rate of cost growth to 3.0%, up from 2.3% previously – the fastest annual increase in two and a half years. While still below the long-term average of 4%, the figures suggest cost growth is beginning to regain momentum.

This increase reflects a gradual pickup in activity, with more projects moving forward and placing renewed pressure on parts of the construction supply chain. As demand returns, capacity constraints are starting to re-emerge at the margins.

Price rises were recorded across a range of materials and finishes. Masonry costs jumped by 12%, wallpaper increased by 5%, and LED lighting rose by 4%. While some plumbing-related products initially saw declines, these have since been offset by sharp increases in PVC piping and other extruded materials.

Global factors are also beginning to weigh on costs. Ongoing uncertainty, combined with higher fuel prices

linked to the current US-Israel-Iran tensions, is filtering into supply chains. Suppliers are already signalling further price increases, particularly for petroleum-based products.

These rising input costs are likely to squeeze margins for builders and developers, especially in more fragile markets such as Auckland and Wellington. However, there may be a silver lining: if new-build prices continue to rise, older homes could become more attractive to buyers, particularly well-maintained properties with established character.

Meanwhile, mortgage rates present a mixed picture. ASB and BNZ are offering 12-month rates around 4.59%, while Westpac and ANZ sit closer to 5.19%. Kiwibank appears less competitive, with rates around 4.49%. Despite the Reserve Bank's Official Cash Rate remaining at 2.25%, banks are contending with elevated wholesale funding costs, limiting the extent to which lower rates are being passed on to borrowers.

If you are thinking about buying, selling or building a rental portfolio give me a call or text on 0276320421. After 21 years in the market there's not a lot I haven't seen. Graham McIntyre - Raine & Horne Kumeu - Hobsonville Country Living Realty Limited Licensed REAA2008

Wild weather in rental yields

Advertised rental prices across New Zealand are showing a striking divide, with the North and South Islands moving in largely opposite directions.

In Auckland, the average advertised residential rent has dropped to \$689 per week, down from \$724 at the same time in 2024 – a decline of \$35 per week. This comes at a challenging time for landlords, as costs continue to rise across the board. Rates, insurance, and maintenance expenses are all increasing, while mortgage rates appear poised to climb again.

Data from Realestate.co.nz for March highlights a widespread softening in the North Island rental market. Average advertised rents fell in 10 of the 12 regions, both

year-on-year and over the two-year period to March.

In contrast, the South Island has seen rental growth in most areas. The exceptions were Marlborough, which recorded a decline over the two-year period, and Nelson, which experienced a year-on-year drop.

Nationally, the average asking rent in March stood at \$632 per week. This is down \$13 from \$645 in March 2025, and \$25 lower than the \$657 recorded in March 2024.

The steepest annual declines were seen in Coromandel (down \$68 per week), Hawke's Bay (down \$53), and the Wellington region (down \$42). Meanwhile, the strongest increases came from Queenstown-Lakes (up \$99 per week), Southland (up \$39), and Marlborough (up \$32).

These figures also suggest a break from the usual seasonal rental trends. Traditionally, rents ease over the quieter winter months as tenant demand softens, then rise through spring and summer before tapering again. However, this year the expected summer lift failed to materialise, with rents remaining relatively flat and closer to winter levels.

For property owners, this creates a more complex and competitive environment. With an apparent oversupply of rental properties in some areas, securing a quality tenant at a strong weekly rent is becoming increasingly challenging.

In a market like this, effective property management is more important than ever. Ensuring your property stands out and attracts reliable, respectful tenants can make all the difference to your investment returns.

To discuss how to navigate the current rental market and maximise your property's performance, feel free to call or text Graham McIntyre at 027 632 0421 – West Auckland Property Management.

Trust assets disclosure to beneficiaries

Trustees now have a clear obligation to tell beneficiaries about the assets and investments contained within a trust. A further issue is the extent to which many trust deeds provide for not just the children of the settlor but

more remote categories such as charities and the de facto partners of the settlors' children. These provisions were intended to ensure that there was a broad range of people or organisations who could benefit from the trust. Usually, however, those beneficiaries beyond close family will be oblivious to their mention in a trust deed. Against this, most modern trust deeds try to make sure that the only beneficiaries are the settlors' children and grandchildren.

For this reason, it is often necessary to get legal advice about whether your trust deed is fit for purpose under the current legislation. That advice can include taking the necessary steps to confine the beneficiaries of the trust to children and grandchildren and removing the more remote beneficiaries before they become entitled to such information.

For any assistance with your trusts, or other legal matters, feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09-412-6000.

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The cost of selling



By Elyse Crowther - Senior Registered Legal Executive

When selling a property there are a number of costs involved, some more expected than others. You expect to pay your mortgage. However, depending on how long you have had that mortgage, and if it is fixed or floating, there can be additional amounts including the repayment of any cash

contributions you received. There is also the agent's commission, and what often surprises people is that unless agreed otherwise, it is deducted from the deposit - so if you planned to use that for buying your next home you may find it is a little light.

Other costs when you sell a property include:

1. Rates - depending on where in the rating year we are, it may be required that the next rates instalment is paid on settlement. It is apportioned to the purchaser and you get a credit back on settlement, so you only pay for the period you own the property.

2. Water - a final water reading is ordered, so solicitors retain funds until this is received sometime after settlement. You get the balance of funds following payment of the final water invoice.

3. Body Corporate - if the property has a Body Corporate, then you are required to obtain a Pre Contract Statement before you enter into an agreement and a Pre Settlement Statement before you complete settlement. Body Corporates charge a fee for providing both of these. You may also be required to pay upcoming levies, which are apportioned at settlement.

4. Residents Association - if the property has a Residents Association, then you need to get a Statement and often a Deed of Covenant, and like with a Body Corporate, they charge a fee for supplying this to you as the vendor.

5. Solicitors' fees - we offer a fixed price on conveyancing so that you have clear expectations of the charges right from the start of the transaction.

It is always best to talk to your agent, bank and solicitor early on in the sales process so you understand what costs there will be. We are happy to help - you can reach ClearStone Legal on 09 973 5102.

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Te Atatu Peninsula

p: 09 973 5102
w: cslegal.co.nz

Left out of a Will? you may still have options



Being left out of a will or receiving far less than expected can be deeply upsetting. It's sometimes not just about money, but fairness and broken expectations during an already emotional time. If something feels wrong,

it's worth speaking to a lawyer and exploring your legal options. The law provides several ways to challenge a will or make a claim against an estate.

Is the Will Valid?

- For a will to be valid, it needs to meet legal requirements. The validity of a will can be challenged if:
 - The will-maker was pressured or influenced by someone else (undue influence).
 - The will-maker lacked mental capacity (for example, due to dementia).

The will was not properly signed or witnessed.

Family Protection Act Claims

The law recognises that certain people such as spouses, partners, children, and sometimes stepchildren should be provided for in a will. If the deceased failed to meet their "moral duty" towards you, you may have grounds to bring a claim. For example, if a parent leaves everything to a new partner and excludes their children, the Court would likely step in.

Testamentary Promises Claims

If you provided care or services to the deceased during their lifetime and was promised to receive a reward in their will, you may have a claim against the estate when the will does not provide for you. This applies not only to family, but also to friends or others.

Property (Relationships) Act 1976

Surviving spouses or partners may be able to choose to inherit under the Property (Relationships) Act 1976 instead of what the will provides.

Estate claims can be complex and time-sensitive. Speak to one of the team at Henderson Reeves and we will help you understand your options 09 281 3723. Kathy Quan kathyquan@hendersonreeves.co.nz

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A changing market creates gaps and opportunities!



The market is shifting, just not always in the way people expect.

While property values are beginning to edge up again with the latest Cotality Home Value Index showing a 0.2% rise in March (and a national median of \$802,599), lending conditions are quietly

tightening in the background.

We've recently seen banks increase their test rates (the rates used to assess how much you can borrow). And typically when one or two banks move, others tend to follow. Furthermore, fixed term interest rates are gradually creeping upwards again based on recent geopolitical events.

How does this affect you?

When test rates increase, the amount the bank will lend can reduce.

For buyers, this can create a gap between what you expected you could purchase, and what you can now comfortably afford. Some may find their pre-approval no longer stretches as far, or may need to be reassessed altogether.

If you already have a mortgage, this is an important window to pay attention to, especially if you've got a refix coming up or are thinking about making a move (refinancing) or any changes over the coming 3-6 months.

Changes to test rates can impact your ability to refinance, restructure, or access equity. Acting early gives you more options, more flexibility, and more control over how your lending is set up (rather than being forced into decisions later). A new lending approval is typically valid for 60-90 days, and rates can be secured (locked in) as far out as 60 days in advance.

For those who are well-prepared and well-structured, this can open the door to better negotiating power and less pressure in the buying process.

In a market like this it's less about trying to predict what happens next, and more about understanding your position and being proactive.

So if you're considering plans for the next 6 months, or a refix on the horizon it's worth having that conversation now. Get in touch for a no obligation chat!

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Area Property Stats

PROPERTY-HUB.NZ

25

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

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
Bethells						
	Bethells Road	\$710000	2	70	908	\$573000
Coatesville						
	Mahoenui Valley Rd	\$11250000	6	1000	26600	\$11400000
	Sunnyside Road	\$1900000	3	155	17000	\$1300000
	Sunnyside Rd	\$2650000	5	325	18200	\$2800000
Helensville						
	Rautawhiri Rd	\$425000	0	0	454	\$385000
	Empressa Heights	\$770000	3	113	760	\$840000
	Porokaiwhiri Avenue	\$1000000	3	163	604	\$1000000
	Mangakura Rd	\$1155000	3	121	18400	\$1015000
	Wishart Rd	\$975000	3	84	10000	\$1010000
	Awaroa Rd	\$690000	3	80	0	\$720000
	Rauta Way	\$880000	4	151	665	\$915000
Herald Island						
	Ferry Parade	\$1125000	3	120	927	\$870000
	The Terrace	\$2100000	4	310	827	\$2200000
	Twin Wharf Rd	\$1425000	4	192	842	\$915000
Hobsonville						
	Saltmarsh Rd	\$910000	2	109	170	\$885000
	Mihi Lane	\$950000	3	116	124	\$990000
	Rauroa Lane	\$755000	2	72	0	\$708000
	Tuatua Rd	\$870000	2	96	111	\$804000
	Wiseley Rd	\$1425000	5	290	775	\$1566000
	Pukeko Rd	\$1825000	5	307	400	\$1800000
	Tuatua Rd	\$760000	2	89	88	\$660000
	Turret Lane	\$1600000	5	258	349	\$1633000
	Scott Rd	\$1700000	5	254	318	\$1450000
	Scott Rd	\$1750000	5	257	365	\$1550000
	Starlight Cove	\$1080000	3	158	505	\$1299000
	Cochrane Rd	\$1200000	3	160	0	\$1220000
	Hema Rd	\$700000	2	69	0	\$725000
	Scott Rd	\$1125000	3	159	74	\$950000
	Myland Drive	\$1425000	5	248	312	\$1469000
	Ocean Breeze Ave	\$640000	4	162	240	\$1243000
	Treloar Cres	\$1550000	5	239	322	\$1520000
	Hobsonville Rd	\$835000	3	130	442	\$971000
	Greenfinch Rd	\$1425000	5	228	306	\$1460000
	Makete Cres	\$1450000	4	227	348	\$1435000
	Rangihina Rd	\$900000	2	123	110	\$912000
	Lockheed St	\$1175000	4	173	200	\$1108500
	Onekiritea Rd	\$1125000	4	189	185	\$1120000
	Rangitamiro Place	\$850000	3	144	0	\$815000
	Hobsonville Point Rd	\$560000	1	52	0	\$141173
	Joshua Carder Drive	\$1075000	3	135	171	\$1060000
	Craigs Way	\$1750000	6	309	396	\$1750000
	Nugget Avenue	\$990000	3	113	181	\$975000
	Mapou Rd	\$840000	2	94	0	\$770000
Huapai						
	Matua Rd	\$1100000	3	103	254	\$890000
	Tapu Rd	\$830000	3	118	101	\$830000
	Tapu Rd	\$1225000	3	122	1012	\$1120000
	Matua Rd	\$12500 00	3	98	844	\$1052500
	Ara Kakara Ave	\$1175000	3	161	535	\$1150000
	Sunny Cres	\$1625000	4	240	1514	\$1590000
Kumeu						
	Konoba Ave	\$725000	2	85	131	\$675000
	Podgora Ave	\$1300000	5	208	583	\$1262500
	Verdot Close	\$1100000	4	164	304	\$1050000
	Tawa Rd	\$1400000	3	128	11000	\$1185000
	Annandale Rd	\$920000	2	133	2833	\$1000000

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
	Madden Ave	\$1375000	4	218	690	\$1310000
	Robert Might Rd	\$1700000	4	234	1506	\$1655000
	Jane Maree Rd	\$600000	2	58	0	\$610000
	Cara Ave	\$1200000	0	200	0	\$1075000
	Korako Drive	\$1450000	4	240	700	\$1635000
	Jeroboam Loop	\$1050000	4	178	362	\$980000
Massey						
	Biokovo Street	\$880000	3	108	0	\$838000
	Allington Rd	\$970000	3	100	607	\$891000
	Lilburn Cres	\$1250000	8	339	1234	\$1250000
	Lowtherhurst Rd	\$910000	3	100	817	\$906000
	Hassan Drive	\$1000000	3	100	648	\$950000
	Donovan Ave	\$960000	5	90	814	\$955500
	Biokovo St	\$850000	3	96	199	\$840000
	Don Buck Rd	\$1130000	3	160	1227	\$1030000
	Awhi Lane	\$660000	3	84	0	\$705000
	Katrina Place	\$770000	3	80	0	\$766000
	Colwill Rd	\$1175000	3	130	0	\$979000
	Triangle Rd	\$820000	3	90	403	\$785000
	Orowaru Ave	\$990000	4	180	225	\$952000
Parakai						
	Springs Rd	\$520000	2	112	0	\$519000
	Parakai Ave	\$670000	3	94	663	\$517000
Riverhead						
	Turpin Rd	\$1650000	4	804	0	\$1610000
	Maude St	\$1925000	8	347	1214	\$1890000
	Queen St	\$12758000	4	180	882	\$1600000
	Kaipara Portage Rd	\$1875000	5	261	800	\$2210000
	Queen St	\$1325000	5	206	1500	\$1800000
	Byron Drury Way	\$1500000	5	210	601	\$1520000
	Dinning Rd	\$1450000	4	236	608	\$1586500
	Kaipara Portage Rd	\$2025000	3	310	0	\$1115000
	William Blake Way	\$1950000	5	298	801	\$2410000
Waimauku						
	School Rd	\$980000	3	136	5183	\$1225000
	Amber Place	\$1075000	4	199	1736	\$1200000
	Freshfields Rd	\$1675000	4	328	1500	\$900000
Waitakere Township						
	Wairere Rd	\$1275000	3	100	30600	\$1188000

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

Graham McIntyre on 027 632 0421

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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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Move ahead with your property plans and a chance of free fuel

As fuel prices climb, households are feeling the pressure in their everyday budgets. With costs “out-the-gate,” many are looking for practical ways to ease the strain – and one local property professional is offering a timely solution.

Graham McIntyre, a trusted name in the local real estate market, has launched a community-focused initiative designed to put petrol vouchers into people’s pockets. His message is simple: if you’ve been thinking about renting or selling your property, now is the perfect time to act – and get rewarded for it.

Homeowners who book a free, no-obligation appraisal will automatically go in the draw to win a share of \$1000 worth of BP fuel vouchers. In a climate where every dollar counts, it’s an offer that’s already generating strong interest.

“People are doing it tough, with rising fuel costs and general living expenses,” says McIntyre. “This is a simple way we can give something back while helping people understand the current value of their property.”

The process couldn’t be easier. To enter, simply email your name, address, phone number and whether you require a rental or sales appraisal to –

graham@wapm.co.nz. There’s no catch – the appraisal is completely free and comes with no obligation.

Whether you’re actively considering a move or just curious about your property’s current market position, this initiative offers both insight and the chance to offset rising fuel expenses. T’s and C’s apply.

Winners will be randomly selected and notified by phone. Entries are entered into a randomizer to ensure fair opportunity. 10 selections of \$100 applies. The selections are final and no dispute or discussion will be entered into. Should any fuel vouchers not be collected within 10 days of notification, the vouchers may be donated to a third party or charity. Offer expires 31 May.

For further details or to book a property appraisal directly, contact Graham McIntyre on 027 632 0421.

With fuel prices showing no signs of slowing down, this could be one of the easiest ways to get fuel in the tank – and get moving in today’s property market



Housing market holds steady as global tensions weigh on confidence

New Zealand’s housing market remained resilient through March, with buyers continuing to transact despite the onset of the Iran conflict and a sharp rise in petrol prices.

Data released today by the Real Estate Institute of New Zealand (REINZ) in its Property Report for March 2026 shows sales activity was essentially unchanged year-on-year, while prices remained broadly stable – a result that reflects a market absorbing a global shock rather than retreating from it.

Every transaction captured in the March data was made during the first full month of the conflict, as fuel prices climbed above \$3.30 per litre and consumer confidence fell sharply. Despite this, buyers remained active across much of the country.

“March shows a housing market holding its nerve. Despite rising fuel costs and global uncertainty, buyers didn’t step away, but they are becoming more cautious and taking longer to make decisions,” REINZ Chief Executive, Lizzy Ryley, said.

“That caution is reflected in the numbers. Sales were essentially flat year-on-year at 7,853, and while prices remain stable, the seasonally adjusted figures show a slight dip in activity. It suggests buyers are still active,

but are more measured, responding to cost pressures rather than stepping away from the market,” she said.

Nationally, the figures point to a market that remains stable, but not uniform. The median price eased slightly by 0.3% year-on-year to \$788,000, while excluding Auckland, median prices increased by 1.4% to \$710,000 – highlighting continued strength across parts of the country.

While headline numbers appear steady, seasonally adjusted figures indicate a modest softening in underlying demand compared with February, consistent with a more cautious buyer environment. Performance across the country continues to vary by region, reinforcing the uneven nature of the current market. Eleven of the sixteen regions recorded year-on-year increases in median prices, led by Southland (+11.8%), Nelson (+9.2%) and Northland (+8.7%), while Wellington and parts of the East Coast recorded softer results.

Time to sell remained steady in March, with properties taking a median of 41 days nationally – unchanged from a year ago but 15 days faster than February. Excluding Auckland, the median was also 41 days, down 14 days month-on-month, reflecting a return to more typical seasonal conditions rather than a shift in underlying demand.

Supply levels showed little change. New listings* increased just 0.2% year-on-year to 12,055, while excluding Auckland, there was no year-on-year change, with 5,513 new listings. National inventory levels* rose modestly by 2.1% from last year to 37,638 properties, reinforcing that there has been no significant lift in sellers entering the market despite recent global uncertainty.

Auctions continue to play a key role in some regions, particularly Auckland, Bay of Plenty and Canterbury. Nationally, 1,266 properties were sold at auction, accounting for 16.1% of all sales. In Auckland, nearly one in three properties (29.6%) were sold by auction, compared with 9.9% across the rest of the country.

The House Price Index (HPI), which provides a more accurate measure of underlying value trends, eased slightly over the month to 3,641 and remains 14.9% below its peak. However, regional performance continues to diverge. Otago reached a new record high HPI of 4,318, up 3.6% over the past year, while Canterbury sits just 0.03% below its peak – highlighting the strength of South Island markets, which have largely recovered from the 2022–23 downturn, while other parts of the country continue to rebuild more gradually.

“The Reserve Bank holding the OCR at 2.25% has provided a level of stability for the market, but there is still uncertainty ahead. While we haven’t yet seen a significant impact from global events in the data, agents across the country report that buyers became more cautious toward the end of March,” Lizzy Ryley said.

“The focus now shifts to what happens next. Any early signs of a ceasefire have been overshadowed by renewed tensions, leaving uncertainty around fuel costs for New Zealand households and whether confidence begins to rebuild over the coming months,” Ryley said.

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Your First Step or Next Investment

1/5 Camelot Place, Glenfield

This well presented Kiwiana two level weatherboard home in central Glenfield offers an investor or home creator such a great opportunity. With easy access off a ROW drive shared with one other, the property is quiet and sun filled. Offering four bedrooms up and down with kitchen and bathroom upstairs. Unrestricted indoor/outdoor flow to decking and courtyard to ensure options all weather. Garaging or storage available downstairs. A

small terraced yard for garden or trampoline is an option here. A short walk to transport, schools, shopping, entertainment, all at your doorstep. This is an excellent investment to enjoy or create income, whether you're looking to get a foothold on the property ladder, create a family home over time, or secure a reliable investment, this is a smart, well-located opportunity.

Owner is motivated to discuss value and welcomes your discussion.



Featuring:

- 4 bedroom, 1 bathroom
- 2 garage
- Floor area 160 sqm
- Land area- 1125 square metres more or less Fee Simple - 1/2 share
- 10 Minute walk to Glenfield mall
- Close to leisure centre & Marlborough park
- Glenfield primary & Glenfield college nearby
- Price by Negotiation



For more information on this property call:

Graham McIntyre on 027 632 0421
or email: graham.mcintyre@hobsonville.rh.co.nz

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Elevated Family Estate in Taupaki

14 Peters Lane Taupaki

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

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.

For more information on this property call:

Graham McIntyre on 027 632 0421 or you can email: graham.mcintyre@hobsonville.rh.co.nz

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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)



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PRICE REDUCED \$595,000

2 Riverpark Crescent, Henderson

Double skin, fiber over weatherboard

This tidy, stand-alone home features two double bedrooms, one bathroom, a separate toilet, and a comfortable living area, all within an 80m² (approx.) floor area. The layout is practical, easy to live in, and perfectly suited as an entry into the property market or a solid addition to an investment portfolio.

Four off-street car parks provide excellent convenience - a rare feature for a property of this size. The flat section also offers potential to add value over time or explore future development opportunities (subject to council approval). Located in a popular Henderson neighbourhood, the property is close to local schools, parks, public transport, shopping, and amenities, with easy access to main arterial routes.

For more information on this property call:

Graham McIntyre on 027 632 0421 or Glenn - 027 5998415
Country Living Realty Limited T/A Raine and Horne
Kumeu - Hobsonville. Licensed REAA (2008).



Featuring:

- 2 bedroom & 1 bathroom
- Land area 319sqm
- Floor area 80 sqm
- Close to bus stop
- Stand-alone
- Cul-de-sac location
- Fully Fenced
- off-street parking for multiple cars
- Freehold site



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Home & Garden

15% off interior painting this winter

Thinking of refreshing your home's interior? Winter might be the perfect time.

As Auckland moves into a rainy and humid season, many people assume it's not ideal for painting. However, interior painting isn't affected by the weather, making winter a great opportunity to complete indoor projects without delays.

Winter is also typically a quieter period for painting companies. This allows us to offer greater flexibility around your schedule, meet your deadlines, and deliver high quality results with careful attention to detail. Whether you're staying at home or heading away on holiday, we can carry out the work with minimal disruption to your routine.

To celebrate the upcoming winter season, we are offering a 15% discount on all interior painting projects. Simply request an on site quote using the contact details below. Your original quote will be provided based on the full scope of work, with no changes or adjustments. If you decide to proceed and mention this promotion, we will apply a genuine 15% discount off that original quote.

You'll receive the same high quality workmanship and finish, with no compromise, just better value. We also take pride in clear communication, reliable timelines, and a clean, tidy workspace throughout the project, ensuring a smooth and stress free experience from start to finish.

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Whenuapai Floral and Garden Circle



With flowers from Rhonda's garden to grace the Committee table and home baking from Catherine for afternoon tea, plus Firefighters (not one but four) to talk to us about fire safety, we were guaranteed an interesting and enjoyable meeting. Discussion of welfare of

members included one away because of Covid (Yes, folks it is still around and disrupting daily life).

The March trip was unfortunately cancelled due to bad weather. (This is believed to be the very FIRST time this has happened in the nearly forty years our club has been in existence.) Therefore, April's trip will be what was scheduled for last month, with hopefully a vastly improved day from Mother Nature so the outing can go ahead. Huapai Golf Club is the venue for the birthday luncheon, now held in May.

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

Until next time, Happy Gardening from Mary Anne Clark

Plunge pools designed for modern living



Plunge pools are becoming a popular choice for homeowners looking to create a well-designed outdoor space that suits the way they live.

At Narellan Pools Auckland West, plunge pools are designed to work seamlessly within the home, whether that's in a courtyard, alongside a deck, or integrated into a landscaped backyard. Their considered proportions allow them to fit comfortably into spaces that might otherwise go unused, turning them into a place to relax and unwind.

Rather than focusing on size, plunge pools are built around how they're used. With features like flat bottoms, generous seating, and the option to add heating or jets, they're ideal for cooling off, low-impact exercise, or simply enjoying time outdoors.

With a range of modern designs, including styles like the Eden and Nirvana, homeowners can choose a pool that complements their space while still delivering a premium finish.

To learn more or explore your options, contact Narellan Pools Auckland West or visit narellanpools.co.nz.

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AWARD WINNING DESIGN & BUILD

Hibiscus Outdoors



With the recent closure of several established mower retail/service centres in the area many locals have been left wondering where they can buy their trusted brands or get their outdoor power equipment and ride-on mowers serviced and repaired. Hibiscus Outdoors is a newly established retail store and service centre in the heart of Silverdale.

It provides a blended retail offering combining outdoor power equipment, mowers (ride-on and rotary) with a huge selection of BBQs and quality outdoor lifestyle products.

Owners Glenn, Marg and Oliver Dunn-Parrant aimed to create a place where people receive great service at the same time as finding solutions for their outdoor requirements.

They recognise the closure of Gatman's has left many people concerned about warranty cover. Glenn says, "If you are having issues, we will honour warranty claims where we have a relationship with the supplier and help you find a solution where we don't".

Visit- Unit 8, 30 Foundry Road, Silverdale

HIBISCUS OUTDOORS

EQUIPMENT BBQS MOWERS LIFESTYLE

Hibiscus Outdoors is your locally owned and operated retail store and service centre. Our mechanics are here to service your small engine equipment and ride-on mowers. Don't wait until next spring, book your service and repair work in now and beat the rush!

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Need an engine repaired?
Call 09 9063777**

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09 906 3777 Unit 8, 30 Foundry Road, Silverdale Hibiscusoutdoors.co.nz

That early winter chill knocking at your door?

Autumn is well and truly here, with winter on its way. Are you prepared? Now would be a great time to start thinking about installing a new fireplace or checking if your existing fireplace is up to standard. A woodburner is the perfect way to stay warm and keep your house dry this winter. New installs or replacements, repairs, chimney sweeps, supply, install, consent processing - all taken care of by us.

Let us do your dirty work

Drains and gutters overflowing? Autumn is the prime time for leaves to land on your roof and fall into your gutters, blocking them. Blocked gutters can cause water ingress into your ceiling, roof leaks, and gutter drooping. Clear gutters also ensure you are collecting sufficient rainwater and not letting it go to waste. Does your rainwater collection system have a flush-out point for maintenance? Flush-out points are great for regular maintenance to clear and flush out debris and other obstructions that might be causing your gutters to block.

KPL 09 412 9108 - 156 Main Road, Kumeu.

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SHOP ONLINE

Blackout Electric



This recent kitchen renovation showcases how considered electrical design can elevate a space from functional to exceptional. Blackout Electric was proud to be involved in bringing this beautifully crafted

kitchen to life, working alongside the wider build team to achieve a clean, modern finish with a warm, natural feel.

The kitchen itself features stunning timber cabinetry paired with stone benchtops and soft neutral tiling, creating a timeless aesthetic. Our focus was on enhancing these design elements through carefully planned lighting and discreet power solutions that keep the space looking seamless and uncluttered.

A key feature of the install was the integrated LED strip lighting under the overhead cabinetry and within display shelving. This not only provides practical task lighting for the benchtop and sink area, but also highlights the glass cabinetry and styling details, adding depth and ambience to the space. The warm lighting tone complements the timber grain perfectly, bringing out the natural textures throughout the kitchen.

Power placement was also carefully considered, with outlets positioned to remain accessible yet visually unobtrusive. This includes hidden or low-profile points for benchtop appliances, helping maintain the clean lines of the design while ensuring everyday functionality isn't compromised.

Attention was also given to appliance integration, including under-bench refrigeration and neatly positioned charging and coffee station power. Every detail was planned to support a clutter-free environment that still works effortlessly for daily living.

At Blackout Electric, we take pride in delivering electrical solutions that don't just meet requirements, but enhance the overall design intent of a home. This project is a great example of how lighting and power, when done right, become invisible in the best possible way—letting the craftsmanship of the kitchen speak for itself.



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Waimauku Garden Club

After the weather events of the last few days, it was a big relief that it was forecast to be fine for our event today (Thursday 16 April 2026), even if most of us took our umbrellas and raincoats just in case, but luckily not needed.

We started with a very quick drive along Waitakere Road to bring us to the farm of Tim and Rosemary Auld. A retired nurseryman, Tim is turning much of their property, formerly a vineyard, from grazing to bush, putting in more than 12,000 native plants in the last 3 years. The mix of native trees includes kowhai, cabbage trees, kanuka, manuka, pittosporum, kauri, totara, matai, kahikatea, and others and are planted closely to block weed growth and to attract native and forest birds. Since 2010 they have also developed a mature arboretum with an extensive mix of exotic trees, including many magnolias. Along with a model railway, rose garden, raised vegetable beds, cottage gardens, orchard and clipped hedges of all varieties, there is a lot to view in this lovely local garden and it was a privilege to see. Our next stop was at Shed 16. This is the newly established restaurant in the refurbished iconic Kaukapakapa country pub found in the heart of the historic village. We all ate either fish and chips, spicy chicken, or a beef burger from the very reasonably priced "Playpen" part of the menu which is suitable for those over 10 or over 65. Great service, nice wine and coffee/tea, a very friendly team, dog friendly and other menu options are available.

We then travelled 4 kms up the road to Kaipara Coast Plant Centre and Sculpture Gardens, who have been growing their own specialist plants since 1989. The plant nursery has an abundance of annuals, natives, fruit trees, and shrubs and is very easy to get around. The weather remained perfect for a relaxed stroll along the sculpture trail with the many interesting sculptures being well displayed amongst a garden of huge variety along with spectacular views of the Kaipara Harbour through here as well. There are also two optional forest and nature walks to explore and a café onsite.

If you wish to join our club and join us on our monthly outings (3rd Thursday of the month), feel free to contact any of us: Ann (0210357406), Gail (021344070), Maree (0274963006), Moira (0274989154), Monique (021646220), Sandi (0273184514). We are also on face-book: <https://www.facebook.com/groups/358928941269802>.

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Protect Your Property:

The Importance of Regular Cesspit Cleaning & Maintenance

When it comes to cesspits, out of sight should never mean out of mind. These systems play a crucial role in managing stormwater around your property, but without regular maintenance, they can quickly become blocked, ineffective, and even cause flooding or damage.

In New Zealand, a cesspit (also known as a sump) is an underground chamber with a grate on top, designed to collect stormwater from driveways, carparks, and paved areas. They vary in size depending on the property, but their purpose is the same – to trap debris like silt, leaves, rubbish, and sediment before water flows into the main stormwater system.

Over time, this debris builds up. Combined with surrounding vegetation and tree roots, it can lead to blockages and reduced performance. When a cesspit fills up and can't drain properly, water has nowhere to go, resulting in pooling, surface flooding, and potential damage to your property.

That's where Drain Ninjas come in.

Our experienced team uses specialist vacuum and suction equipment to thoroughly clean your cesspits,

removing debris and ensuring everything is flowing as it should. We also check the condition of the system, helping catch small issues before they become costly problems.

We also recommend flushing your stormwater lines using high-pressure hydro jetting. Even if the cesspit is cleared, debris can build up further down the line, restricting flow. Hydro jetting ensures the entire system is clean and operating at full capacity.

Regular servicing is key. We offer tailored maintenance plans with scheduled visits every 3, 6, 12, or 24 months, depending on your property and surrounding vegetation.

With Drain Ninjas, you're choosing a proactive, reliable team dedicated to protecting your property year-round.



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SKU: 349254 **\$79⁹⁸**

Goldair Select
Tie Down Electric Blanket Single White



SKU: 349253 **\$49⁹⁸**

Heat your home this winter with Mitre 10 MEGA Westgate & Henderson

Winter has arrived, but that doesn't mean your home has to feel cold and uncomfortable. At Mitre 10 MEGA Westgate & Henderson, we're here to help you stay warm, cosy, and energy-smart all season long. From easy efficiency upgrades to reliable heating solutions, you'll find everything you need to beat the chill - plus friendly, expert advice to help you choose what's right for your home.

Step 1: Seal it before you heat it

One of the smartest ways to stay warm is stopping heat from escaping in the first place. Simple solutions like weather seal tape, door brushes, and window insulation kits can make a big difference. By blocking draughts and sealing gaps, your home stays warmer for longer - and your heater doesn't have to work as hard. It's an easy, affordable way to improve comfort while helping reduce energy costs.

Step 2: Heat smart, not hard

Choosing the right heater for your space is key. Oil column heaters provide steady, long-lasting warmth and are ideal for bedrooms and living areas. Fan and convection heaters are great for quickly warming smaller rooms, while eco panel heaters offer an energy-efficient option for maintaining all-day comfort. Look for models with built-in thermostats and timers, so you stay warm without wasting power.

Step 3: Heat where you need it

You don't always need to heat the whole house to stay comfortable. Portable heaters are perfect for moving warmth where it's needed most, while infrared heaters are ideal for garages, workshops, or outdoor covered areas. For instant, personal comfort, electric blankets and hot water bottles are a cosy winter essential - perfect for cold nights and early mornings.

Step 4: Make the most of your fireplace

If you have a fireplace, now's the time to get it winter-ready. We've got firewood racks to keep wood dry and tidy, kindling and fire starters to help you get going quickly, and chimney cleaning kits to keep everything running safely and efficiently. Add a heat-powered fan to help circulate warm air throughout the room and make the most of every log.

Step 5: Don't forget the extras

Cold air often brings unwanted damp. Dehumidifiers and moisture absorbers help keep your home dry and comfortable, reducing condensation and that winter chill. Finish the space with rugs and mats for added insulation underfoot - they're a simple way to add warmth and comfort to any room.

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Explore Homes



Young Learners

Snow Day at Gumboots

Snow Day at Gumboots was a truly magical and memorable experience for both our tamariki and kaiako. The excitement began when a truck arrived, delivering an incredible two tonnes of fresh snow. As it was tipped out, the children watched in awe, their faces lighting up with wonder and anticipation. For many, this was the very first time they had seen and touched real snow.

The learning unfolded naturally through exploration and play. Tamariki eagerly reached out to feel the cold, unfamiliar texture, describing it as "freezing" and "like ice." These moments sparked rich conversations and curiosity, as children shared their thoughts and discoveries while experiencing something completely new together.

A particularly special aspect of the day was the way our

tamariki engaged alongside their kaiako, who were fully involved in the experience. Kaiako laughed, built, and explored together with the children, creating a strong sense of joy and connection. We lay in the snow making snow angels, joined in imaginative play, and took time to simply enjoy the moment together. These shared experiences help to build strong relationships and foster a genuine sense of belonging.

Many children were drawn into imaginative play, creating snow "cakes" and "ice cream," or pretending they were in their own winter wonderland. It was wonderful to observe children working collaboratively, sharing ideas, and bringing their creativity to life. There was also plenty of physical activity – scooping, carrying, stomping, and packing the snow – as tamariki explored with their whole bodies.

There was something especially meaningful about bringing an experience like snow into our local



Young Learners

environment. It allowed children to connect with something outside their everyday world while enjoying it alongside their friends and teachers in a familiar setting. Experiences like this help build confidence and a sense of adventure, as children try something new in a space where they feel safe and supported.

Experiences like this don't need to be big to be meaningful. At home, simple opportunities such as water play, baking, mud play, or even exploring ice in the backyard can spark the same sense of curiosity and wonder. It's these shared, hands-on moments that encourage children to explore, imagine, and learn about the world around them.

Snow Day at Gumboots was filled with laughter, connection, and a lot of very cold hands! It was a day that brought everyone together and created memories that will be talked about for a long time to come.



What's happening at Te Manawa this May

Our regular preschool programmes are back in action after the school holidays – and we're ready to wiggle, giggle, and dive into stories together!

Wriggle & Rhyme - Tuesdays at 10:30am (term time only)

Perfect for our little ones (up to 18 months) – active movement for brain development using songs and rhymes, with time for caregivers to catch up afterwards.

Rhymetime - Wednesdays at 10.30am (term time only)

For kids aged 18 months to 3 years (but all ages welcome to join the fun)! Half hour of dancing, songs, finger rhymes and books.

Kids Play - Wednesdays at 11.00am (term time only)

Straight after Rhymetime we bring out toys for active toddlers and preschoolers to play and build social skills, while whānau and caregivers connect.

Storytime - Fridays at 10.30am (term time only)

A magical session for tamariki aged 3 to 5 years – stories, imagination, and adventure await!

All sessions drop in, no bookings necessary.

Special Storytime Event - Wednesday 27th May at 2pm

National Simultaneous Storytime (NSS) is a fun annual event bringing people across Australia and Aotearoa New Zealand together to read the same picture book at the same time.

This year's pick: Luna Roo the Kangaroo Baller! Luna Roo, rookie captain of FC Outback, faces a wild match full of tricky opponents and big nerves. With courage and teamwork, she shows how courage and determination are a winning combination!

Discover everything happening each month at Te Manawa: <https://linktr.ee/temanawa>

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Aged Care

Craigweil House celebrates dedicated staff milestone



At Craigweil House, it's not only the residents who are at the heart of our community—it's also the incredible staff who make a difference every single day. This month, our team came together to celebrate a truly special milestone, recognising the dedication and commitment of one of their own and a long-time local of the greater Helensville and Parakai community.

A heartfelt thank you goes to Deb Presland, who reached an

outstanding 30 years of service with Craigweil House. Over the years, Deb has been an integral part of so many residents and their families. Today she remains very much a familiar and much-loved presence within the facility, building meaningful connections with both residents and colleagues alike. Her compassion, reliability, and unwavering support have helped shape the warm and welcoming environment that Craigweil House is known for.

Celebrating long service milestones like this is a reminder of the strong sense of community within Craigweil House. Staff dedication plays a vital role in creating a place where residents feel safe, cared for, and truly at home.

Congratulations, Deb, and thank you for your incredible contribution over the past three decades. Your commitment is deeply appreciated and truly inspiring to all.



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And if your current equipment just needs a little TLC, or maybe you had a little bit too much fun on Saturday night... we've got you covered there too. From flat tyres and faulty lights to routine servicing and bigger repairs, our experienced technicians will have everything running smoothly and safely in no time.

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Grey Power



Grey Power New Zealand draws attention to the cost of living increases affecting pensioners, who are struggling to survive as inflation pushes the costs of essentials out of reach, forcing many to

skip meals just to get by.

Aotearoa is grappling with a cost of living crisis as mortgage rates, rents and food prices skyrocket - driven by inflation of 7.2 percent.

But while the cost of everything is increasing, New Zealanders who are on fixed incomes, such as superannuitants, are barely staying afloat - and some have nothing left over after paying rent.

Research by the Retirement Commission found 40 percent of people aged 65 and over have virtually no other income besides NZ Super. While another 20 percent only have that and a little more.

While superannuation pensions increased from April, the boost is offset by a whopping 12 per cent increase in food prices in the year to February, and the current situation in the Middle East is only going to exacerbate the situation. Source: greypower.co.nz

Image credit based on Unsplash Mockuuups

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Health & Beauty

SWAN Skin Wellbeing & Nutrition



Why your acne isn't healing – yet. If your skin feels stuck–this might be why.

If you're struggling with acne that isn't improving—even when you're using good products, eating well, and doing all the "right" things—it can feel frustrating. Often, it's not that your skin can't heal... it just hasn't been supported in the right way yet. Acne isn't only a teenage concern. In our clinic

here in Kumeu, I regularly see adult and teen acne—often around the jawline, cheeks, and lower face. This type of acne tends to linger because it's connected to what's happening internally. One of the most common contributors is digestion. If the gut isn't functioning well, nutrients aren't properly absorbed and inflammation can build. This often shows up in the skin as breakouts, congestion, or sensitivity.

Stress also plays a significant role. When the body is under constant pressure, it shifts into a survival state, prioritising immediate needs over repair. This can disrupt hormones, increase oil production, and slow the skin's ability to heal. Hormonal fluctuations can contribute too, particularly for women. Even when blood tests appear normal, the skin can still reflect underlying imbalances or how the body is processing hormones. Toxin overload is another often overlooked factor. When the body is exposed to or holding onto more toxins



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than it can efficiently process, the skin can become a pathway for elimination—leading to ongoing breakouts and congestion. At the same time, many people are unknowingly overworking their skin—using too many active products or frequently changing routines. This can weaken the skin barrier, leaving it more reactive and less able to recover.

True skin healing requires a more balanced approach—supporting both internal health and the skin itself. When the body is supported properly, the skin can begin to do what it's naturally designed to do—heal. If your skin feels stuck, it may be time to look a little deeper. Skin Consultations available in our clinic in Kumeu.

Sarah Tumulty Functional Skincare Practitioner & Nutritionist. www.swanskinandnutrition.com

Beauty tips and tricks

Try body oil - One of the best-kept beauty secrets for soft skin is body oil: the ultimate skincare treat, it has to be up there with our all-time favourite beauty tips. Forget whatever you've heard about oils taking ages to sink in – efficient oil based products absorb quickly and deeply to nourish skin, leaving behind a beautiful scent

Keep essentials handy- This one is beautifully simple. Keep essential skincare products by your bed – that way you'll always remember to use them before you go to sleep, giving them plenty of time to work their magic. Our favourites? A body lotion like our Intensive Nourishment Body Lotion, that will let you wake up to super-soft skin

Ice puffy eyes- Puffy eyes in the morning? Try patting an ice cube wrapped in gauze around them and they'll soon reduce, so you can leave the house looking well-rested and feeling good

Emphasise your features- Identify shades that emphasise the colour of your eyes such as brown for blue eyes, purple for brown, and so on – the contrast will make them pop beautifully. Use them subtly and voilà: (almost) invisible beauty confidence!

Use cotton buds - Cotton buds are, like us, excellent multi-taskers. You can use them to tidy up lipstick, get a precise eyeliner line and even as an applicator. Keep a couple in your bag and you can be safe in the knowledge you've got the solution to any beauty emergency on hand. Credit- Dove

Health & Beauty

Too processed to be true:



The rise of the ultra-processed foods

New Zealand has among the highest global rates of bowel cancer, increasingly diagnosed at younger ages. I am often asked as a gastroenterologist about the cause of this.

More evidence has come to light about ultra-processed foods, made from refined ingredients, additives, and very little whole or real food. Our ancestors were never exposed to this, and the human gut has not evolved to handle it. This includes emulsifiers, artificial sweeteners, flavour enhancers, and stabilisers, added to improve taste, texture, and shelf life rather than nutrition.

Your gut is home to trillions of bacteria called the microbiome, crucial for digestion, immunity, weight, and mood. High ultra-processed food intake disrupts this ecosystem, causing inflammation, bloating, fatigue, variable bowels, and even polyps or cancer.

A large long-term study followed nearly 30,000 nurses for 25 years (mean age 45), tracking diet and colonoscopy results. Ultra-processed foods made up 35% of intake, and those with the highest consumption had 45% more precancerous polyps than those with the least, reinforcing the link between diet and health outcomes.

It's not about eliminating processed foods but prioritising filling whole foods, such as fruits, vegetables, grains, nuts, and lean meat. A simple rule: if a product has a long ingredient list with unfamiliar names or can sit out for days and still look good, it's likely ultra-processed. Real, minimally processed foods like fruits, vegetables, or cooked leftovers tend to spoil.

At Waitemata Endoscopy, we aim to make taking a proactive approach to your gut health easy and can offer most standard Colonoscopy and Gastroscopy appointments within 7 working days of receiving a referral to our group of experienced Specialists*

To view Dr Schauer's talk about gut health visit: <https://waitemataendoscopy.co.nz/conditions>

Dr Cameron Schauer

Gastroenterologist and Interventional Endoscopist

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Scan the QR code to view Dr Schauer's video on Gut Health



Colour correction at Zash Hair

Colour correction at Zash Hair is a specialised, tailored service designed to restore, refine, and transform your hair colour to achieve your desired result. Whether you're dealing with uneven tones, unwanted brassiness, over-processed hair, or a colour that didn't turn out as expected, our experienced stylists take a personalised approach to every correction.

The process begins with a thorough consultation, where we assess your hair's current condition, colour history, and long-term goals. From there, we create a customised plan that may involve techniques such as colour removal, toning, re-pigmentation, or carefully applied lightening services. Protecting the integrity of your hair is always our top priority, so we use professional-grade products and treatments to maintain strength, shine, and overall hair health throughout the process.

Colour correction can sometimes require multiple appointments to safely achieve the best possible outcome. Our team will guide you through each step, setting realistic expectations and providing aftercare advice to maintain your new look at home.

At Zash Hair, we pride ourselves on delivering results that not only correct colour issues but leave your hair looking vibrant, healthy, and beautifully balanced.

BEFORE and AFTER images below-




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Ask Dr. Heather



I am currently losing weight with Wegovy and have noticed dimpling on the front and back of my thighs. Is there anything that can improve how they look? Will I ever be able to show my thighs in public again?

Anon, Whenuapai

Thank you for your question and sharing where you're

at. Losing weight, especially with support like Wegovy, takes commitment, and it's common for new concerns to arise as your body changes.

The dimpling in your thighs is usually related to cellulite and changes in skin structure, which can become more noticeable as weight reduces. This is common in people of all shapes and sizes, with even the most flawless of celebrities affected.

There are treatments that can help skin quality and firmness such as Radiesse® and Prophilos®, but these are focused on overall skin appearance rather than targeting cellulite itself, and results are usually subtle.

As your weight changes, the appearance of your thighs will also change, so it's best to wait until your weight has settled before any treatment. Staying active and building muscle tone can also help support the area, which can sometimes make it less noticeable.

The real key though is to celebrate how far you have come. Learning to love ourselves by building self-worth can help us see ourselves through a healthy lens of gratitude and grace, where we appreciate how human we are and embrace all aspects of our body for the gift it truly is.

Dr. Heather Anderson is a Cosmetic and Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai and features in the All or Nothing Podcast where she discusses self-worth and other aspects of cosmetic medicine (available on Spotify, Youtube and iHeartRadio). If you have a question you would like answered anonymously, email askdrheather@allor.co.nz



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Area Columnists

Sayer Says It



By Rodney Councillor Greg Sayers

The recently announced "Auckland Deal" between Prime Minister Christopher Luxon and Auckland Mayor Wayne Brown aims to better coordinate infrastructure,

housing, transport, and economic development across the region. While the agreement has been presented as a way to boost Auckland's productivity, questions are already being raised about its immediate impact—particularly for communities in Rodney.

A key component of the Auckland Deal includes an Infrastructure and Transport strategy. This is an Auckland 30-year plan focusing on projects like the North-West Rapid Transport (busways), Botany-to-Airport link, and Mill Road (Manukau).

However, critics note several omissions, including the lack of passenger rail extensions to Huapai or Helensville and no clear commitment to improving rural roads.

In fact, reading the fine print the agreement specifies that no additional funding is expected from central government budgets for the first three years of the Deal. That leaves one wondering just how much of a difference the Auckland Deal will really make for Rodney's residents and ratepayers.

The Deal does not ease congestion on State Highway 16 through Kumeu by accelerating building of the bypass, so traffic bottlenecks will remain a daily frustration with still no clear timeline for relief.

Another notable exclusion is the government's proposed 4% rates cap. That means the Auckland Council can still increase rates well above the rate of inflation.

The New Zealand government promised to introduce a 2% to 4% cap on annual council rate increases, starting in 2027 and fully implemented by 2029. While popular with voters, the cap faced pushback from Auckland Council worried about infrastructure and service cuts.

Personally I agree with a rates cap. Continued large rates increases are simply not sustainable.

Got council issues? ...

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With rising living costs already placing pressure on households, and without immediate funding or stronger cost controls, the Auckland Deal risks being seen as more aspirational than practical.

Nor-West community patrols

Two of our patrollers recently found an elderly, semi-conscious man outside a local store in Kumeu, he had fallen off his bike.

It was late at night, shortly after 10:30pm. There were no other people in the area.

After a short while they managed to get enough information from the man to ascertain that he was diabetic and needed insulin asap, he didn't have any medication with him.

Searching through his bag they discovered he lived just 4 minutes away and that his partner was at home.

They made the decision that getting him there would be the fastest way to getting the help he needed.

After making sure his bike was secure they managed to get him into the patrol car and take him home.

He had been out all day and his partner was very concerned about him and was highly relieved that he was home. The man received the help he needed and quickly recovered.

Had our patrollers not noticed the man he could have been lying there all night. That could have led to a very different outcome.

The Community Patrols act as eyes and ears for the Police.

They lend assistance where needed in lots of different scenarios.

All the patrollers are local volunteers that do their best to help where they can in their communities. They fundraise the money needed to supply and run the patrol vehicle and emergency equipment onboard.

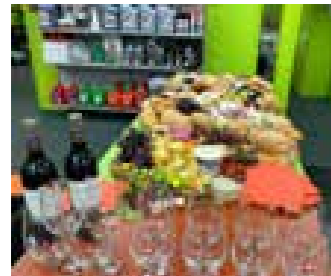
Would you like to join us as a volunteer at Nor-West community Patrols?

Email nor-west@cpnz.org.nz



Community Nights at Stihl shop Kumeu:

Supporting Local, One Event at a Time



At STIHL SHOP Kumeu, we believe a strong community is built when local people, schools, and groups come together – and we're excited to open our doors for a brand-new way to support the causes that matter most to you. Introducing our STIHL SHOP Kumeu: Cut & Kick-Back Events, an opportunity for fundraising groups to host an engaging, informative, and enjoyable evening right here in-store.

Our STIHL SHOP Kumeu: Cut & Kick-Back Events are designed to be simple, fun, and rewarding. Your school, club, or organisation sets an entry fee and sells tickets to supporters (100% of the proceeds you keep). From there, we take care of the rest. Guests will be welcomed with a drink on arrival and treated to a generous grazing platter

to enjoy throughout the evening. Our knowledgeable team will run live demonstrations covering handy tricks, maintenance tips, and essential safety advice – perfect for anyone who wants to get more out of their outdoor power equipment.

To make the night even more special, attendees will have access to exclusive in-store specials available only during the event. And because these nights are all about giving back, 5% of all sales made during your event will be donated directly to your fundraising efforts.

Whether you're raising money for new sports gear, school resources, community projects, or a cause close to your heart, we're here to help you make it happen in a relaxed, enjoyable setting.



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If your group is interested in hosting a Cut & Kick-Back Event at STIHL SHOP Kumeu, we'd love to hear from you. Simply chat with our friendly team in-store or email kumeu.marketing@stihlshop.co.nz to find out more and secure your date.

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Rodney Community announces free community activities and initiatives for May 2026

Thanks to support from the Rodney Local Board, a new community development team is getting underway in Rodney; the Rodney Community team. Our team is bringing people and resources together to give locals fun and accessible things to do together to strengthen community connections and resilience. In particular, we have a huge focus on revitalising Rodney's community hubs and shared spaces so that they are welcoming and vibrant for all to enjoy. What does this mean for you?

New programmes for leisure, learning and play for all ages
Lots of new local opportunities for arts, culture, heritage and events

Community spaces you want to use because they are more attractive, vibrant, liveable and fun

Better quality jobs for local people and more local opportunities for learning, training and skills development

More youth focused activities and events like those created during the Rodney Youth Project 2024-2025 pilot

Our team covers the entire Rodney Local Board area with Community Facilitators based in Warkworth-Milldale, Mahurangi - Rodney East, Wellsford, Helensville/South Kaipara and Kumeu wider areas. As well as a Play, Rec & Youth Coordinator who covers all of Rodney.

Your Community Facilitator for Kumeu & Surrounds is Kyra Shaw Toomey.

Kyra has been out & about meeting locals and making relationships with local community groups and organisations. She recently attended Kumeu Arts - Arts in Action Day on March 28th where she invited local kids to decorate a river stone as part of future plans for the Huapai Hub fairy trail. She has also been organising free workshops with the Compost Collective. She has lots planned for your area. Here are some highlights:

1- Tai Chi Classes - Kumeu Community Centre

Term 3 - April 23rd - July 2nd

Thursdays - 10.30 - 11.30

Stay strong and mobile to enjoy life as you age with Tai Chi!

Join Alison as she leads Tai Chi classes designed specifically for older adults. As a certified instructor with the ACC 'Live Stronger for Longer' program, Alison offers



Kyra Shaw-Toomey
Community Facilitator - Kumeu & Surrounds
kyra@rodneycommunity.org.nz



What's On: May 2026

On behalf of the Rodney Local Board, our team here at Rodney Community is working hard in partnership with local organisations and groups, to deliver **community activities that are all low cost or free, family-friendly and easy to get to!**

Why?
We want to build strong, connected communities and the best way to do this is to bring people together to have fun and learn new things! Sometimes in Rodney, Central Auckland feels very far away. And yes, we like it that way! We are growing rapidly and people want more opportunities to be a part of their community, meet new people and stay active.

How?
We bridge council and community. We support groups doing great work on the ground – helping with venues, permits, funding, resourcing, and promotion. We have lots of great council spaces that we can utilise to host all kinds of new activities. Not to mention we can bring the fun to you with our Tākaro Play Trailers, available for community events. We collaborate with Auckland Council's regional teams such as Out & About to make sure Rodney gets its share of the fun stuff. We work with facilities to help brighten and tailor our shared spaces so they are friendly for everyone. And we love supporting our local libraries and helping to expand their awesome ideas!

We are strengthening what communities have already started and we are doing it alongside you!

Our team has just finished delivering a great line up of family friendly activities for the April School Holidays, including a Family Fun Day at Huapai Hub on April 18th. In total, we have supported 28+ activities across Rodney over two weeks! I look forward to sharing what we have in store for Kumeu and surrounding areas. Feel free to get in touch!

Check out all our events and initiatives Rodney-wide:
www.rodneycommunity.org.nz/whats-on/

NATURE PLAY PICNIC

May 2nd | Muriwai Regional Park
3 - 5.30pm



TAI CHI CLASSES

Term 2 | Kumeu Community Centre
Thursdays - 10.30 - 11.30am



MUSIC AT THE HUB - THE ACE TONES

May 8th | Huapai Hub (behind Kumeu Arts)
6.30 - 8 pm



TAUPAKI PARK RE-OPENING - COMMUNITY DAY

May 24th | Harry James Taupaki Reserve
12 - 3pm



Find out more about our team and everything we are working on:



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expert guidance to enhance your well-being.
 To Book Your Spot, Contact:
 - Instructor: Alison Thomas Phone: 021 528 744
 Email: alison.taichi@gmail.com

2- Nature Play Picnic - Muriwai Regional Park



When: Saturday, 2nd May 2026, 3:00 pm - 5:30 pm

Where: Muriwai Regional Park, 458 Motutara Road, Muriwai

Play is an everywhere activity - especially in nature!

Join us for Adventurous Nature Play, a hands-

on, family-friendly session designed for adventurous whānau who want to explore, create, and play together outdoors. Guided by nature play experts Om and Harry, we'll discover the magic of our local parks and learn how to care for Papatūānuku while having plenty of fun.

Check out the Facebook event for more information.

Event Organisers: Out and About Auckland - Tāmaki Makaurau and Rodney Local Board

3- Music at the Hub - The Ace Tones Huapai Hub (behind Kumeu Arts) May 8th 6.30 - 8 pm



In celebration of NZ Music Month, we are collaborating with Kumeū Arts Music & Merch Opening Event to provide an evening of free live music at the Huapai Hub (behind Kumeū Arts). Bring the whole family together down for a boogie and meet your neighbours at this community space. All ages welcome.

4- Taupaki Park Re-opening - Community Day



Harry James Taupaki Reserve

May 24th 12 - 3pm

Celebrate the re-opening of Harry James Taupaki Reserve. Come and see the carpark and playground upgrades. There will be fun activities for the kids. Details TBC.

If you have any questions about these events or you would like to be involved, please do not hesitate to contact Kyra.

Contact: Kyra Shaw-Toomey
 Community Facilitator - Kumeū & Surrounds
 kyra@rodneycountry.org.nz
 For general enquiries:
 kiaora@rodneycountry.org.nz

Check out all our events and initiatives Rodney-wide:
www.rodneycountry.org.nz/whats-on/

Woodhill farmers win



Woodhill sheep and beef farmers Johnny and Michelle Hildreth, who run their 205-hectare unit with son Jordan, were finalists in the Auckland Ballance Farm Environment Awards - winning the Auckland Council Water Quality Enhancement Award.

Judges praised the Kaipara Moana Remediation (KMR) champions for their low-input philosophy, paired with an extensive environmental

commitment. Almost 100,000 native plants have been put in, transforming about a quarter of the block into protected habitat - some under permanent covenant.

The Hildreths are guided by a farming philosophy that prioritises family life and maintaining a healthy work-life balance. Combining this with a sound succession plan is setting the farm up to be a profitable legacy for generations to come.

"We are incredibly grateful to receive this award," say the Hildreths. "As a family we have been working for some years now to set the scene for what is to come. Nibbling away at fencing and planting gets the ball rolling and we would love to see all our river planted to protect our waterways to help the Kaipara Harbour.

"As farmers, if you can get this sort of activity up your priority list for spending money and afford it, just do it."

Michelle, Johnny and Jordan say they are stoked with the results of the KMR programme and are looking forward to doing more work together.

KMR's impact across the Kaipara catchment during the past few years has seen 2.97 million native plants go in the ground or contracted to plant in the winter of 2026, more than 1800-hectares of land planted or planned, over 1100km of fencing completed or underway and 1,51,000ha of land managed under KMR plans.

More than 1500 landowners have engaged with KMR and 975 sediment reduction plans have been completed with 168 more plans being developed.

KMR's Acting Pou Tātaki Emma Doré says the efforts and support from KMR's Field Advisors, funders, partners and landowners are key to success.

The success comes just weeks after KMR's environmental efforts were recognised in the Aotearoa Circle's Natural Infrastructure Plan.

Chris Penk - MP

It was a pleasure to see so many of you recently at the Kumeū Show. Events like these are the heartbeat of our primary sector, and I want to extend another massive thank you to the crowd, operators, and organisers. It is a monumental task-both out in the field and, arguably even more so, behind the scenes-to keep such a proud local tradition thriving.

Recently, with parliament in recess, I've appreciated the extended time in the electorate. Whether we spoke at the show or bumped into each other during the school holidays, thank you for continuing to share your concerns and your successes with me. It's these conversations that I take directly back to Wellington. With that in mind, one of the most frequent topics raised lately is our local infrastructure. I am delighted to see the permanent speed signs finally going up on SH16. While Stage 2 of the improvements has gone well and represents long-awaited progress, I know the job isn't finished.

Regarding the Waimauku West Development and its referral to the fast-track process. I want to be very clear: "fast-track" does not mean a "green light" that bypasses scrutiny. Instead, it is about removing the "red tape" that causes projects to languish for years in administrative limbo. The project must still meet all of the rigorous environmental and technical standards, and an expert



panel will be involved to ensure the project accounts for its own impact on local infrastructure. Overall, while it is a faster process, the proper hurdles remain firmly in place to protect the character of our community.

We are moving away from the era of "good intentions" without delivery. My focus remains on ensuring tangible progress for the Northwest, advocating for our fair share of funding so we don't repeat the infrastructure "lag" of the past. To keep this momentum going, I'm looking forward to hosting more of my Cabinet colleagues in the electorate over the coming months-including my colleague and friend, Minister Chris Bishop-to show them firsthand the growth we are managing.

Further afield but equally important to our coastal communities, I've been busy in Wellington representing your views on the Fisheries Bill. I've appreciated the diverse range of thoughts and opinions you've sent my way. Rest assured, I have been bringing those local perspectives directly to the table with our coalition partners to ensure a pragmatic outcome that respects our environment, local industries, along with the current and future generations of recreational anglers.



We are making real headway, and by working together, we can ensure the Northwest remains the best place in New Zealand to live and work. Please continue to reach out and I look forward to see you out there!

Chris Penk
 MP for Kaipara ki Mahurangi

Here to help
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A new space for Women's Wellness opens in Huapai



This May marks the opening of Eclipse Wellness Studio, a new women-centred wellness space in Huapai, created to support connection, healing, and personal growth.

Eclipse Wellness Studio offers a blend of integrative wellbeing services designed to support mind and body,

with a focus on mental health and emotional wellbeing. Services include individual therapy, women's wellness groups, and a growing timetable of workshops and community-based classes.

The vision behind Eclipse is to create more than just a clinic. It is a space where women can pause, reconnect, and access support in ways that feel authentic and empowering. Whether seeking one-to-one therapeutic support, restorative healing sessions, or connection through shared group experiences, Eclipse offers a welcoming environment for women at every stage.

Eclipse Wellness Studio is also seeking aligned practitioners to join the space, with opportunities available for contract work, room rental, and venue hire. Practitioners who value connection, integrity, and a holistic approach to mental health and emotional wellbeing are encouraged to get in touch.

Located in Huapai, the studio is founded by local nurse therapist and wellness practitioner Kath, who brings together clinical expertise and holistic, trauma-informed care through her private practice, Paradoxx Therapies.

Bookings will open soon, with launch specials and introductory events planned throughout May.

To stay up to date with the open day, groups, and events, follow Eclipse Wellness Studio on Facebook @nzeclipse or email any queries to admin@paradoxx.nz.

ECLIPSE
WELLNESS STUDIO

16 Matua Road, Huapai
OPENING SOON
www.facebook.com/nzeclipse

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Waimauku Scouts assist Huapai-Kumeu Lions at May Book Fair

The Huapai-Kumeu Lions are running their next locally famous Book Fair in the Kumeu Community Centre on Saturday 23rd and Sunday 24th May (9.00 am to 3.00pm each day) and they will be assisted this time by the Waimauku Scout Group who will share in the profit by contributing their labour.

Our Lions Book Fairs rely on books being donated by our community and the generosity of our local people is much appreciated. This is a great opportunity for people to cull their bookshelves and storage locations. Books of good quality are set out on tables in the main hall in non-fiction categories as well as a large selection of soft and hard-covered fiction. All books are priced at \$2.

Children's books are deliberately priced at \$1 - making these a real bargain.



Free parking outside the Community Centre with the Waimauku Scouts also selling sausages and drinks next to the main hall entry.

From Monday 4th May, 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 daily. Watch out for our Book Fair street signage from the start of May.

The Huapai-Kumeu Lions' Club has a dinner meeting at the Kumeu Community Centre on the first and third Tuesday of every month. We have been pleased to welcome several new members recently and anyone, especially new residents with an interest in community service projects, as well as fellowship, are most welcome to attend. Book in by phone or text to Jack Hayes on (021) 903 996.

Contact for any queries: Jack Hayes

Huapai-Kumeu Lions Club

Tel: 021 903 996

Proudly Supporting
MOTUTARA - WAIMAUKU Scout Group

Saturday 23 May & Sunday 24 May
9 am to 3 pm

LIONS CLUB BOOKFAIR

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35 Access Road, Kumeu
Drop offs from early May

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