

March 2025

# The Westerly

FREE monthly community magazine  
for Massey to Hobsonville Point

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

**Dawn of economic  
recovery**





## Greetings

Scents of summer that linger in the air as we walk, drive, move around our locality. Have you noticed that often the most prominent smell is likely to be from Privet, the flourishing weed whose pollen season runs through from November to March. We are surrounded by aromas every day, many of which go unnoticed but have a deep impact on our mood and wellbeing. Think of the smell of freshly baked bread; for many this evokes warmth and comfort, a sense of security associated with home.

Another everyday example might be the scent of a cup of peppermint tea. This refreshing aroma not only awakens the senses but also has a calming effect, helping to relieve stress and bring mental clarity. Cinnamon, nutmeg, vanilla, lemon, and mint can be used to encourage children to develop their awareness of smell. Smell and taste are closely related, and those who lost their sense of smell after Covid found their taste for food was upset. Indeed, recent research links food memory to overeating, and interfering with the memories may prevent weight gain. It's good to take the time to enjoy and reflect on the smells and tastes that surround us.

Take time to check out the range of activities locally. Have you been to the coast recently and noticed the rubbish collecting? Could you spare the time to attack one of the muddy bits, and help clean up one of the seven local sites? Last year 20 cubic metres of rubbish were collected by volunteers. Or you could get your hands dirty in a productive way with the garden group in Massey, visit [facebook.com/triangleparkgarden](https://facebook.com/triangleparkgarden). For a more relaxed approach, take out a book from the Library at Te Manawa in Westgate. Use it or lose it! 2025 is an exciting year for projects under way with the Upper Harbour Local Board. Locally in Hobsonville add a date to your diary to celebrate cultural diversity with a festive community party. This is part of the World of Cultures council celebration. The Connected Neighbourhoods Trust also organises groups though the week at its Headquarters Building.

Browse through your local community magazine to find an event, activity or informative article to help you make the most of our area.

Celebrate March.

John Williamson



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### ENQUIRIES / FEEDBACK:

John Williamson  
P 021 028 54178  
E [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com)  
W [www.thewesterly.co.nz](http://www.thewesterly.co.nz)

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## People & Places

### Coastal Clean-up

Tired of seeing unsightly rubbish littering our coastline, or floating on the water when you're enjoying your favourite water sport? It's time to take ACTION.

The Upper Waitematā Ecology Network, <https://www.uwen.org.nz/>, is running a Coastal Clean-up on 15th March, focussed around 7 key coastal points in the Upper Waitematā.

The event was first held in March 2024 and was hugely successful. 170 volunteers collected 20 cubic metres of rubbish plus 25 tyres. Coastal and marine rubbish and pollution is often the cause of the demise of many of our bird and marine species that are endangered, as well as being a hazard for us humans!

The clean-up areas will be based at points in Greenhithe, Herald Island, Whenuapai and Beach Haven, Hobsonville Point, Scott Point and Albany. When registering, volunteers will be required to stipulate the beach at one of these 7 locations they would like to volunteer at on the day.

The Clean-up will conclude with a sausage sizzle for all volunteers.

The project is funded by the Upper Harbour Local Board and also supported by:

- Wai Connection
- Mountains to Sea Conservation Trust
- Friends of Shepherds Park
- The Clean Up Crew

**Come along and take action to help look after our marine environment. All participants must register on: <https://events.humanitix.com/coastal-clean-up-fah2ay2l>**

### EcoFest set to spark sustainability in West Auckland



When EcoMatters put on the first grassroots EcoFest in West Auckland 13 years ago, its founders had no idea that it would grow right across Tāmaki Makaurau to make an impact with over 400

diverse events. But they are now gearing up for a third such festival, launching on March 22.

Locals will be pleased to know it's still true to its West origins: all about sparking sustainable behaviour, fostering a love of nature and raising environmental awareness. EcoMatters is helping to facilitate over 100 events here as well as supporting efforts in several other suburbs. Fellow hubs Waiheke Resources Trust, Kaipātiki Project and the Beautification Trust will cover the rest of the region.

2024 saw Aucklanders sign up for night-time bike raves, zip-line adventures, Fair Food sorting, workshops on edible mushroom growing, butter making, landscaping and even climate anxiety. Attendees got the chance to try new plant-based and organic foods and condiments and even learnt to draw flowers and plants with finesse. This year is set to offer more of the above as well as the fifth Street Art Bike Challenge, a new harvest festival, a rammed earth wall-building demonstration and recycle & repair workshops.

EcoMatters believes the festival is the perfect public antidote to worrying global climate trends as well as a place to feel positive, proactive and hopeful in our own backyards: "It's absolutely wonderful to see this festival grow into a collaborative project with like-minded partners," says EcoMatters CEO Carla Gee. "At the same time as we celebrate the good, we can't ignore that this a challenging time in history - a time to amplify our care for Papatūānuku in Tāmaki Makaurau. Being part of EcoFest is a fun and meaningful way to protect nature and tackle climate change together."

**Please visit [ecofest.org.nz](https://ecofest.org.nz) for a growing list of events in Tāmaki Makaurau**



# Discovering Stihl's as Range of Battery Tools - with Stihl shop Westgate

The AS range of battery tools from STIHL is your ideal ally for garden upkeep and light cleaning tasks. Despite their light weight, these tools deliver impressive power and stamina. Enjoy the versatility of interchangeable lithium-ion batteries across the entire tool range, ensuring you're always ready for the task at hand.

The leader of the pack is undoubtedly STIHL's infamous GTA 26 BATTERY PRUNER, ideal for pruning branches from smaller trees and shrubs. This versatile tool, is also great for cutting garden waste and even for DIY projects such as building raised garden beds or playhouses (depending on your carpentry skills). Ask our team about the GTA 26 EXTENSION SHAFT for those hard to reach branches.

If its hedging and grasses you need to maintain there are options aplenty in the AS range, beginning with the HSA 26 SMALL HEDGE AND GRASS TRIMMER, ideal for taming grasses and perfecting your small hedges and topiary game. Although larger than the HSA 26, the HSA 30 and 40 HEDGE TRIMMER options are both incredibly light weight and with their longer bars, great for tasks like trimming box hedges and controlling annual growth.

For edging and trimming tasks, the FSA 30 LINE TRIMMER is a user-friendly option designed to tackle your garden with ease. Perfect for cutting medium-height grass, refining lawn edges, and clearing around obstacles, this innovative tool combines power, convenience, and versatility.

Moving through the range, the SEA 20 HAND HELD VACUUM is the ultimate for effortless cleaning of small areas. This ergonomically designed light weight vacuum (1.1 kg) allows you to vacuum and clean dry surfaces around the house, garage, workshop, vehicle, or balcony quickly and easily. If pruning is your mission, say goodbye to hand cramps with the ASA 20 PRUNING SECATEURS. This tool is a game-changer for gardeners of all levels, making it much easier to maintain trees, hedges, shrubs, ornamental plants, and vines.

Last but certainly not least, is the new RCA 20 HAND HELD WATER BLASTER, the ultimate solution for smaller cleaning

tasks around the home and on the go. Whether you're tidying up your garden furniture, cleaning down your bike, or giving your BBQ a deep clean, the RCA 20 delivers impressive performance in a lightweight and portable package.

Head in and see Pat, Mo and Ryan at STIHL SHOP Westgate for expert advice on our full range of products, including our AS line up. They're a handy drop off point to get your small engines serviced too!

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

**15 Kakano Road**  
Ph: 930 9999  
**OPEN 7 DAYS**

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# Triangle Park Community Teaching Garden



385 Don Buck Road, Massey (next to the Massey Community Hub). Promoting gardening and healthy eating.

Workshops: 10am-12pm  
Wednesday & Saturday

Triangle Park Community Teaching Garden is a vibrant hub of learning and community spirit. Here, people of all ages come together to discover the joys of growing food, gardening organically, and living sustainably. The project ensures that everyone leaves with practical skills, new knowledge, and a renewed enthusiasm for green spaces.

We offer a range of free workshops, from composting to pruning, grafting to seasonal gardening tips. Triangle Park Community Teaching Garden is more than a garden, it's a living, breathing classroom where the seeds of knowledge and community connection are sown and nurtured. Join us on Wednesday and Saturday 10am - 12pm.

Upcoming events:

**Garden Open Day Saturday 05 April 2025 10am - 2pm**

Join us for our community garden open day. Bring the whole family and enjoy a fun day with mini workshop, demonstrations, garden tours, plant sale and refreshments. A wonderful opportunity meet the people behind the greenery and learn something new.

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# DIY Bokashi Composting

Saturday 05 April 2025 11am - 12pm

At Triangle Park Community Teaching Garden, this workshop will be facilitated by Adam from The Compost Collective and is for beginners and experienced Bokashi composters alike.

Come and enjoy the community teaching garden open day and learn about Bokashi!

Bokashi fermentation is a great system as it is able to deal with almost ALL food waste including cooked foods, dairy, meat and even small bones! We will go over the Bokashi system and learn how to make our own systems (which you can take home with you). Bookings are essential to claim your buckets. Bring a small container or ziplock bag for a share of compost zing.

**Book now at: [compostcollective.org.nz](http://compostcollective.org.nz)**

# Discoverers Informal Church Baffin Lounge headquarters Building



Love your neighbour is one of the most widely known Christian teachings. It's even become a legal term "The neighbour principle." But it seems to be under increasing pressure in our divided world! On

23 March Discoverers will be looking at what loving our neighbour looks like in 2025. We'll ask the same question Jesus was asked; 'who is my neighbour.' We'll ask what love, and consideration, of neighbour mean in practice. How does this principle connect with the biblical idea 'walking humbly and acting justly?' Is the church a good neighbour? Are we part of or apart from our community? In our connected and yet divided world, we'll look at our neighbours, locally, nationally and worldwide. What practical steps can we take in our own community to be better neighbours? Discoverers informal church usually meets on the fourth Sunday of each month in the Baffin lounge, 214 Buckley Avenue Hobsonville Point from 3-30pm to 4-30pm. All are welcome! For further details please contact Richard Small. Email [Richard.Small@pacificalegal.co.nz](mailto:Richard.Small@pacificalegal.co.nz) or phone 021 385-748.

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Applications close on 28 February 2025  
[thetrusts.co.nz](http://thetrusts.co.nz) **The Trusts**



## Health and Safety Inductions

My thesis for my Diploma in Occupational Health and Safety was on Inductions and was titled "By not conducting proper H&S (Health and Safety) inductions, are organisations opening themselves up to the risk of H&S and employment litigation, plus the increase in H&S incidents in their workplace?"

Here is a make-believe story on the benefits of health and safety inductions.

A new construction site opened in the Norwest Auckland shopping centre. Amidst the excitement, the site manager, Sarah, understood one crucial element: health and safety inductions.

On the first day, Sarah gathered her diverse team of builders and plumbers beneath a banner that read "Safety First!" With a smile, she launched into the induction training, emphasising the significance of every safety procedure and protocol. "This isn't just about regulations," she explained, "it's about your well-being, your family, and the community we serve."

As she demonstrated the proper use of equipment, highlighting potential hazards, the workers engaged eagerly, absorbing the information. Dave, a new apprentice, shared his apprehensions about working at heights. Sarah reassured him, demonstrating harnesses, safety nets, and the buddy system.

Just a week later, an unforeseen accident occurred—a heavy beam fell from scaffolding. Due to the stringent safety measures implemented during the induction, everyone knew to take cover. When the dust settled, it

was clear: awareness created through the induction saved lives that day.

During a smoko, Dave reflected on the training. "I get it now," he said. "We're not just building structures; we're building a safe environment." Sarah smiled, knowing that the future of the shopping centre wasn't just anchored in steel and concrete, but in the lives of those who worked there. The importance of health and safety inductions echoed in every corner of the site, creating a culture of care.

For further information, contact John Riddell by emailing [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out [www.securo.co.nz](http://www.securo.co.nz).

## Waitakere Forest & Bird AGM and Project Updates

Thursday 20th March, 7.30pm

Want to know the latest on all the Forest & Bird projects happening in the Waitakere area? This is your chance! A short AGM then a presentation by each organiser on "their" project - from Tai Haruru Lodge in Piha to Ark in the Park in Waitakere to Orangihina in Te Atatu and everything in between. An opportunity to learn about these projects and talk to our committee afterwards over supper about what we do and, if interested, how you could be come involved as a volunteer. All welcome. Venue: Ranui Community Centre, 474 Swanson Rd, Koha appreciated to cover hall hire. Further information ph Liz 0274 762732, [lizanstey@hotmail.com](mailto:lizanstey@hotmail.com)



Businesses must now have an effective Health and Safety culture with an ever-increasing personal liability for Business Owners, Managers, and exposure for Company Directors, Trustees, and members of Governing Entities.

Contact Securo's John Riddell, phone 0274 779 750, for practical advice, tools, and solutions for an effective workplace Health and Safety plan.



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- Contact Manager for further information & costs

THE SMALL RSA WITH THE BIG HEART

## The Hidden Benefits of Learning a New Skill

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

### The Right Activity Boosts Confidence and Motivation

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

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

### Expanding Your Social Circle Through Exercise

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

### Exercising Your Brain While Moving Your Body

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

If you're unsure where to start, a physiotherapist can recommend activities suited to your ability and help prevent injuries. Call us on 0272640003, or book online today.

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## Riding on 'One Hip and a Prayer' for Kiwi Kids

In a few days local semi-retired family man John Evans will endeavour to ride the length of New Zealand to raise awareness and funds for our neuro-divergent kiwi kids! They are a part of our families regardless of ethnicity, culture or socio-economic status. All funds raised will go to ACORN Charitable Trust.

On turning 70 in June last year, John decided he needed to do something positive for others. But what to do when you are awaiting hip surgery after years of physical work? Why not just try to ride the length of our beautiful country for a great cause and see what happens!! The ball started rolling and come February 22 his bike should start rolling from Cape Reinga.

This is a family affair so John isn't alone. Both he and wife Debbie have obtained their Class 2 licenses so Debbie can navigate her way in their campervan making sure John has a place to rest, eat and prepare for the next leg. Back at home John and Debbie's children are helping with other logistics and fundraising efforts.

All donations are gratefully appreciated by going to <https://givealittle.co.nz/cause/one-hip-and-a-prayer>

So why ACORN Charitable Trust?

Our neuro-divergent kids experience and interact with the world differently. ADHD (Attention Deficit Hyperactivity Disorder) is hitting the headlines but Autism, Dyslexia and Dyspraxia are other examples. Support starts from the grassroots with ACORN's trained team working directly in the classroom. Effective interventions can mean our kids experience a learning journey which can completely change their adult life trajectory. The bonus flow-effect can be more settled classrooms for ALL students and teachers to excel.

How far will John make it on "One Hip and a Prayer"?

Stay tuned to find out by following <https://www.facebook.com/profile.php?id=61571963054307>.







# We're hiring

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# Safer Communities



## Fire Safety

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

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

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

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

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

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

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



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

## Going fishing from the rocks?



### Know how to float

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

### Find the safest place

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

### If in doubt, stay out

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

### Take care of yourself and others

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

### Know how to get help

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

[dpanz.org.nz](http://dpanz.org.nz)





### Winners in Sustainability Innovation!



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

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

The judges had this to say about it:

"Diverting 60% of its hydro-excavation waste from landfills and achieving water self-sufficiency highlights the outstanding environmental impact and operational efficiency achieved by Hydrovac's innovative approach to waste management. The combination of global research and local customisation with an emphasis on sustainability, self-sufficiency, and community engagement has achieved an outcome which showcases a forward-thinking model for waste disposal. Other selected operators have also been given access to use the facility for disposal and collection of recycled water to help support the circular economy."

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

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### House of Travel Hobsonville - New Zealand's Most Awarded Travel Brand

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We're with you every step of the way. We know your down time is precious and we think everyone deserves the



best holiday possible. That's why we promise that whatever curveballs get thrown your way, we'll help get them sorted for you. With the security of a physical store, experienced consultants, 100% Kiwi business owner operated, TAANZ bonded and local, who better to be your travel agent wingman? Your ideas + our knowledge = better holidays.

Please keep us in mind when planning and booking your next trip. Buzz and the Team at House of Travel Hobsonville, 225 Hobsonville Point Road (Cnr Hobsonville Point Rd and De Havilland Rd) Hobsonville. [Hobsonville@hot.co.nz](mailto:Hobsonville@hot.co.nz) 09 416 0700 Cruise Centre 144 Hobsonville Point Road 09 941 3330

### Cat lovers we need your help!

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

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

website for more information on volunteering and how to donate at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). You can also email - volunteers: [volunteer@thenzcatfoundation.org.nz](mailto:volunteer@thenzcatfoundation.org.nz) nz donations: [info@thenzcatfoundation.org.nz](mailto:info@thenzcatfoundation.org.nz).

### New books recently obtained by Auckland Libraries

Enchantra by Kaylie Smith

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

Greco by C G Cooper

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

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

Eloise the Flame Dragon by Maddy Mara

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



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## Experience the 111 Vet Clinic Difference

Pet parents know the struggle—finding time for vet visits, navigating emergency care, and wanting the best treatment options for their furry companions. That’s why 111 Vet Clinic in Kumeu is redefining veterinary care with three key firsts in Auckland.

### 1. Integrative Veterinary Care

We go beyond traditional treatments by offering Western medicine alongside acupuncture, herbal remedies, homeopathy, and osteopathic/chiropractic techniques. This holistic approach ensures we treat the root cause—not just the symptoms—of your pet’s health issues. Whether it’s chronic pain, mobility issues, or anxiety, we offer a full spectrum of care.

### 2. Auckland’s First Vet Membership Program

Empowering pet parents is our passion. Our membership program offers online courses covering essential skills like pet first aid, dog training, preventative health, and even home massage techniques. Gain the confidence to proactively care for your pet’s well-being with expert guidance at your fingertips.

### 3. Extended Regular Consult Hours & Affordable After-Hours Care

We understand how tough it is to balance work, family, and pet care. That’s why we’re open 24/7, with extended regular consultation times until 8pm and competitive after-hours rates. No more missed appointments or stressing over emergency care—you’ll always find a caring professional ready to help, day or night.

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## Surf patrols step up for 2025



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

Paid patrols are usually on deck from about 10am

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

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

Beachgoers should check [www.safeswim.org.nz](http://www.safeswim.org.nz) for more information. The website also provides water conditions.

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

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

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

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

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

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

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

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

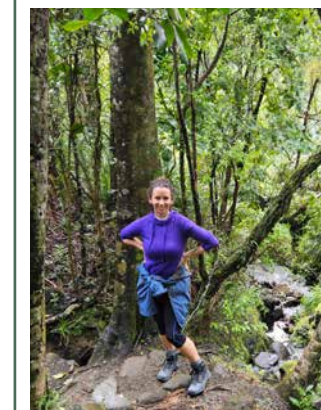
A “Surfers Rescue” website ([www.surfingnz.co.nz/surfers-rescue-24-7/](http://www.surfingnz.co.nz/surfers-rescue-24-7/)) has also been established by Dan Westerkamp who was surfing at Te Henga (Bethells Beach) about a year ago and helped a distressed surfer to shore. Dan says the surfer was out of sight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

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

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

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

## Introducing Gabrielle



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

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

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

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

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

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

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

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## Will Randhir Karma from NZTA Stand Up



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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Thank goodness someone’s actually thinking.**

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## Gently Loved Markets



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

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

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

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

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

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

## Mortgage Market & OCR Update

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

interest.co.nz

### Current Market Overview

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

reuters.com

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

mnimarkets.com

### Anticipated OCR Reduction

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

reuters.com

### Economic Considerations

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

reuters.com

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

### Strategic Recommendations for Borrowers

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

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

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

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

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

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## Food & Beverage

### Autumn Harvest Curry- With Kale Crisps & yogurt

#### serves 6- Ingredients

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

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

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

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

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

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

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

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

#### Kale crisps-

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

#### Kale crisps:

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

Credit- Garden to Table



Everything you need to know about property

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E [editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz)

W [Property-hub.nz](http://Property-hub.nz)

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# Property News

## How Ascend Financial Services can help

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

We cover all areas of lending including you home lending, business lending, asset finance. Anytime you require money, we can help.

### Reviews:

#### Teri Tisdall

Id like to recommend Ben at Ascend financial services.He made everything so stress free, he was super fast, and arranged a deal way more than I thought he would achieve. Interest rate is really good, and he had everything sorted. Should be more people like him about, as he cares, and also experienced beyond words in assisting with our needs. Thanks Ben.

#### Brian D

Ben was absolutely fantastic for us, very easy to deal with, understood our situation and came up with suitable options. He came highly recommended and didn't disappoint.

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## First Home Buying



By Tina White, Registered Legal Executive, ClearStone Legal

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Call Shelley or Taina at 09 281 3723 or email Shelley at [shelleyfunnell@hendersonreeves.co.nz](mailto:shelleyfunnell@hendersonreeves.co.nz). We are happy to help.



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## Rental Market Report

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

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

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

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

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

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

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

For a no-obligation chat call Graham McIntyre today on 0276320421, 09-8320832 or email [graham@wapm.co.nz](mailto:graham@wapm.co.nz)

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## Much fuss about trusts

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

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

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

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

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

## Why it pays to have a Mortgage Adviser on your side

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

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

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

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


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

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

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

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

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**Let's chat.**

## Would someone blow the whistle !



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

Since December 2021 with the introduction of the CCCFA (responsible

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

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

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

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

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

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

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# Area Property Stats

PROPERTY-HUB.NZ

25

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

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

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

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

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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.

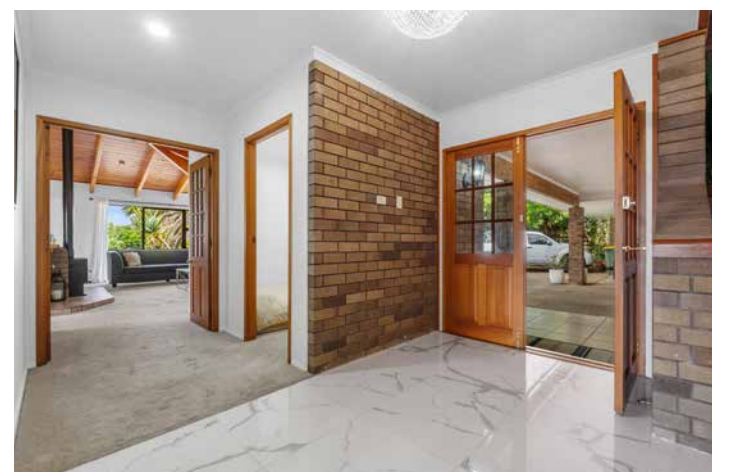
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Graham McIntyre  
Brand & Territory Owner  
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## Elevated Family Estate in Taupaki

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.

Featuring:

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

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

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

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

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





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

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319 Don Buck Road, Massey

3 Bed 1 Bath 2 Car

## Best in the West - Brick and Tile

Stop the Press:

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

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

By Negotiation



Graham McIntyre  
027 632 0421



421 Kiwitahi Road, Helensville

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

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

Guide  
\$790,000

Title issued.

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

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

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



Graham McIntyre  
027 632 0421







29 Sunny Crescent, Huapai

4 Bed 2 Bath 2 Car

## Hinuera stone on 1/2 acre - Beautiful setting

Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living. Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form. Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living. Hardwood flooring that takes your breath away. All bedrooms, bathroom and laundry off a central corridor. Master, ensuite and walk in wardrobe also enjoys slider access to north facing decking. Smart and sustainable services with solar hot water, wet back, ventilation and heat transfer systems, uncompromised insulation, and significant loft storage space which could see further development. Over 500 square meters of raised bed gardens, fruiting trees, delivers an orchard and market garden at your doorstep. A short stroll to shops, schools, park and transport links. So if you're a family looking for the good life - you've just found it.

**Guide**  
By Negotiation



96 Pomona Road, Kumeu

4 Bed 1 Bath 4 Car

## Beautiful, North Facing, Kumeu Lifestyle living

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

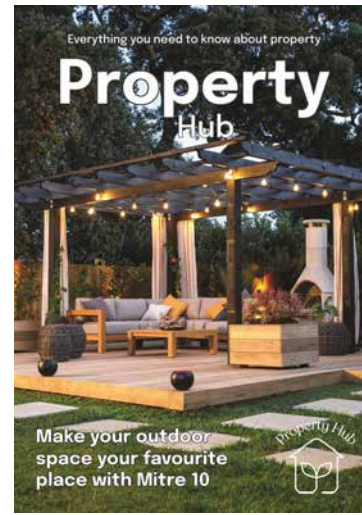
**Guide**  
Negotiation

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

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



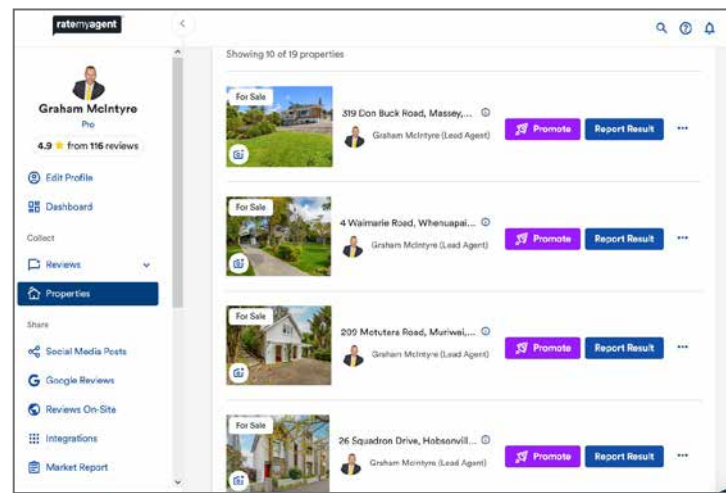
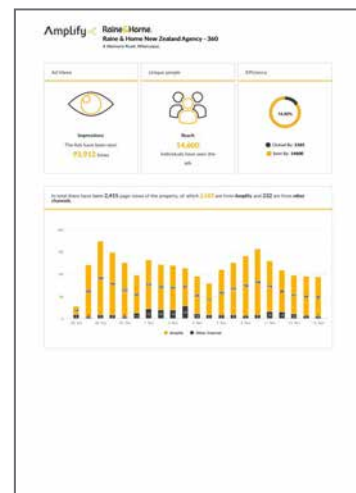
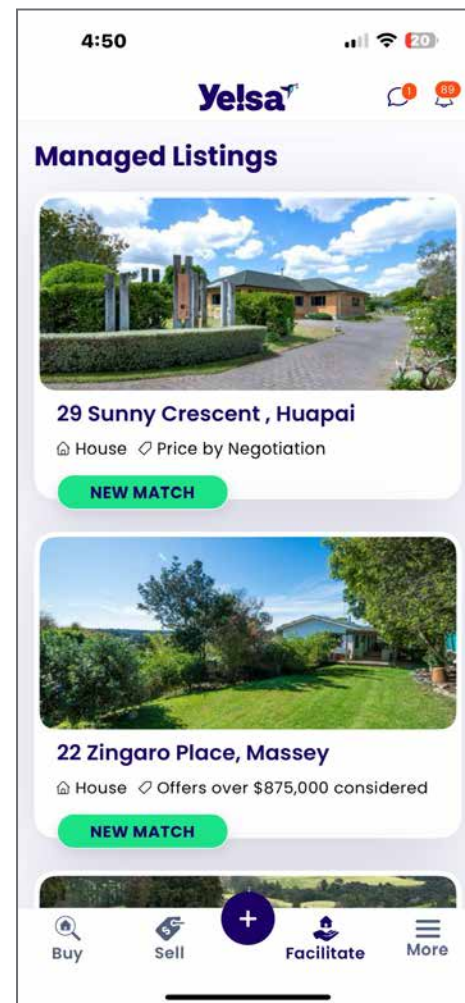




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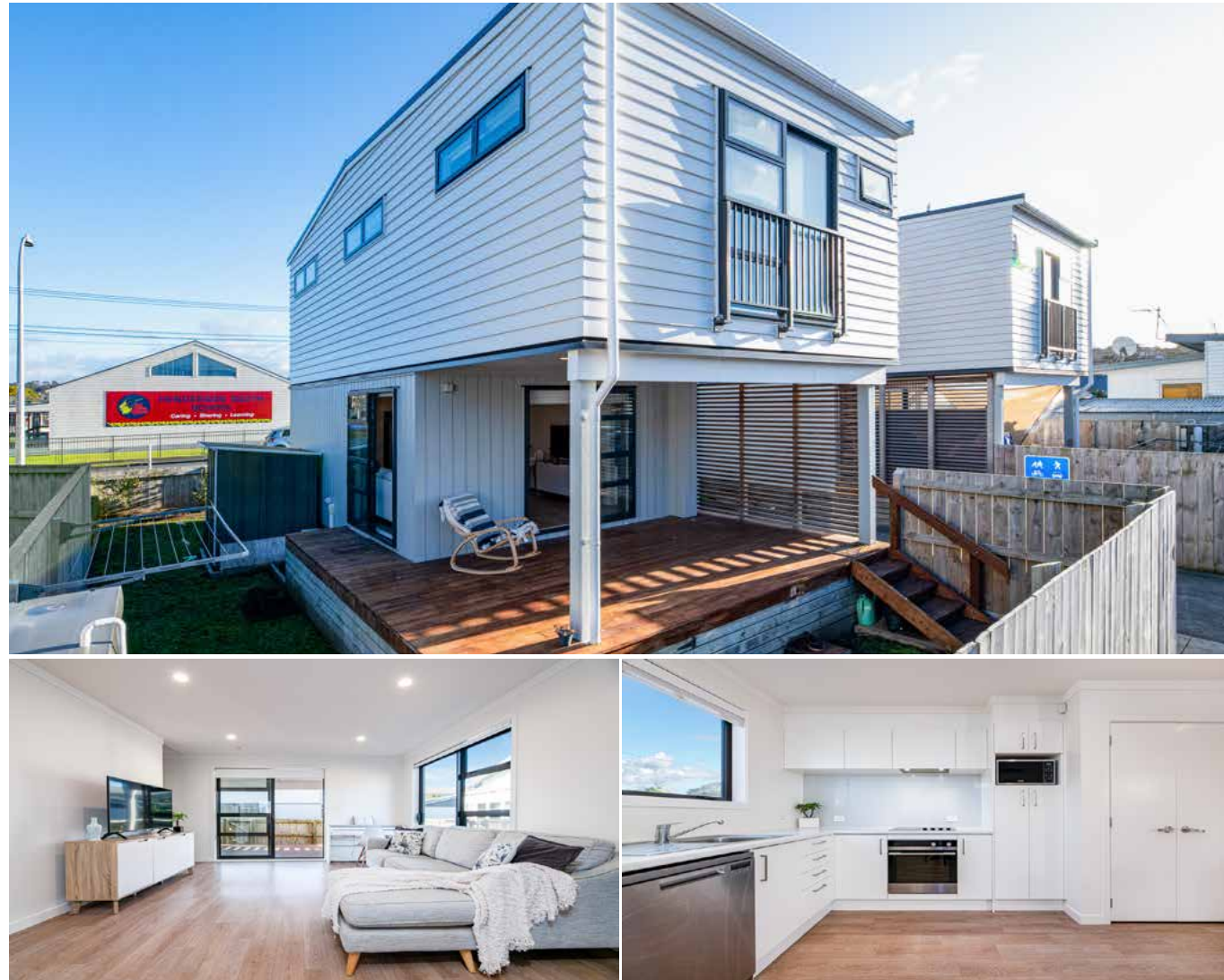
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31B Garelja Road, Henderson

3 Bed 2 Bath

## Standalone, newly born, with parking - Hello Henderson

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

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

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

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

A great investor option or first home buyer gaining a quality build and enjoy the equity gains as the market recovers.  
Motivated Vendor seeks engagement with all \$700,000 plus buyers.

**Guide**  
Negotiation



18 Peters Lane, Taupaki

## Sun kissed, north facing house and land package

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

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

**Guide**  
Negotiation







199 Nixon Road, Taupaki

5 Bed 2 Bath

## A home where memories are made - Taupaki

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

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

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

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

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

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

**Guide**  
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26 Squadron Drive, Hobsonville

2 Bed 2 Bath 1 Car

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

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

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

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

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

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

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## Home & Garden

### Yes, you should spread mulch on your garden in March



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

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

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

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

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

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

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

Central Landscape Supplies Swanson, 598 Swanson Road 09 833 4093

### Autumn Gardening with Mitre 10 MEGA Westgate & Henderson

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

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

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

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

Happy gardening everyone!

**w**  
wallerprojects

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Please visit our website [www.Greeniebins.co.nz](http://www.Greeniebins.co.nz) for pricing details and suburbs we service

## Tiny home for sale



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

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

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

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

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

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

Built with care and precision by an LBP Registered Builder. Every element of construction is certified, ensuring high standards of quality and craftsmanship.

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## Whenuapai Garden Club

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

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

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

## Autumn Garden Prep: Essential Tips for New Zealand Gardens

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

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### Paul Miller

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**Waimauku Garden Club**



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

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

Moira at [mcpwgc23@gmail.com](mailto:mcpwgc23@gmail.com). Ann 0210357406.

**Kumeu Community Garden**

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

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

It truly takes a village to raise a garden!

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

Thanks very much!



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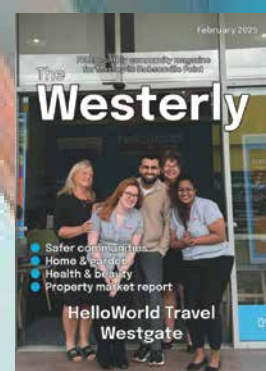
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[editorial@kumeucourier.co.nz](mailto:editorial@kumeucourier.co.nz)

## Touch of the Tropics



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

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

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

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

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

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

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

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

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

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

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

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

**We look forward to seeing you soon.**



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# Autumn Garden

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# Young Learners

## Swing Baby Swing

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

### A Sensory Experience Like No Other

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

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

### Promoting Brain Development

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

### Emotional Regulation and Focus

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

### A Simple, Fun, and Free Activity

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

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





# Why Outdoor Play is Essential for Children Under Five



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

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

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

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

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

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



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

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

### REASONS FOR TAKING LAND

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

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

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

### YOUR RIGHT TO OBJECT

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

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

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

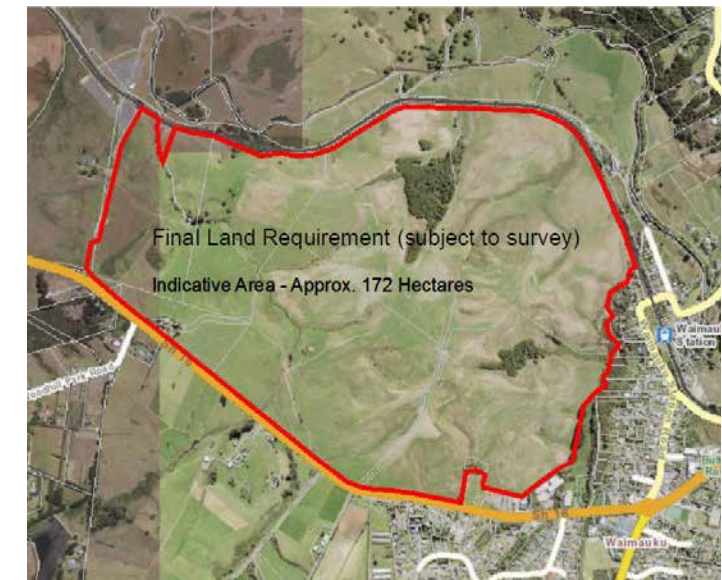
7. Any person requiring further information in respect of this notice (including the proposed terms and conditions of the lease) should contact Auckland Council's negotiating agent, Frances Ting, Principal Property Advisor, Level 12, 135 Albert Street, Auckland Central, Postal Address: Private Bag 92300,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

### SCHEDULE ONE

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

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

### SCHEDULE TWO



Dated this 9th day of December 2024

SIGNATURE:

Philip Richard Wilson  
Chief Executive  
Auckland Council





# Aged care

## Valentine's Day at Craigweil House



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

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

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

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



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## Aged Care

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

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

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

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

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

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

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

Join us in celebrating 10 years of exceptional care!

- For more information or to arrange a tour

- [www.kumeuvillage.co.nz](http://www.kumeuvillage.co.nz)

- 09 412 9112 - [info@kumeuvillage.co.nz](mailto:info@kumeuvillage.co.nz)





# KUMEU VILLAGE

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# Health & Beauty

## Ask Dr Heather

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

- Anon, Whenuapai

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

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

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

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



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



# ALLOR

COSMETIC MEDICINE

Dr Heather Anderson  
0222626762  
[enquiries@allor.co.nz](mailto:enquiries@allor.co.nz)

72 Waimarie Rd  
Whenuapai  
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## Health & Beauty

# Savour Summer: A guide to heartburn-free indulgence!

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

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

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

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

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

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

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

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

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

Surgeon & Endoscopist, Waitemata Endoscopy

To learn more, see [www.waitemataendoscopy.co.nz](http://www.waitemataendoscopy.co.nz)



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

[www.waitemataendoscopy.co.nz/referrals](http://www.waitemataendoscopy.co.nz/referrals)

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URGENT APPOINTMENTS AVAILABLE



## Men's haircare at Zash Hair



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

But sometimes, achieving great results can be a struggle.

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

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

body since it is a part of that too!

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

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

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

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

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

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

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

Call or message us today on 021814663



# Area Columnists

## Focused on a fairer deal for Kiwis

By Cameron Brewer - MP for Upper Harbour



Our Economic Growth Minister, Nicola Willis, has put the supermarkets on notice. She wants more competition beyond the two big players, Foodstuffs (New World, Pak'nSave, and Four Square) and Woolworths New Zealand (which also includes SuperValue and FreshChoice).

This Government not only wants a better deal for Kiwi grocery

shoppers, but everyone who pays a power bill. We need reform and more competition in our electricity sector as well.

Then there's the four big Australian banks - ASB, BNZ, ANZ, and Westpac. We need a market disruptor there too and we will help deliver it - perhaps a supercharged Kiwibank boosted with New Zealand-sourced capital? We all know bank fees and charges are too high, it's too difficult to change banks, and at any rate, why bother because they're all the same.

Recently, the Prime Minister made me chair of the Finance & Expenditure select committee, with it conducting a banking inquiry. My first action was to invite the four big banks back before the committee this month. We still

have many questions before we make recommendations for change.

Banging some heads in our supermarket, electricity, and banking sectors will deliver greater competition and help lessen cost of living rises. It shouldn't be so expensive to live in New Zealand!

The good news is that within three years inflation has fallen from 7.3% to 2.2%, and subsequently interest rates are falling. Lower mortgage payments can mean hundreds of dollars extra in the back-pockets of many Upper Harbour residents every month.

As well as reducing the cost of living, our Government is singularly focused on economic growth - essential if we are to deliver New Zealand's growing population better health, education, and other essential public services. Our work has only just started!

## Upper Harbour Local Board update

It may feel a little late, but Happy New Year! I hope you had a great holiday season.

2025 is set to deliver exciting projects. In Scott Point at the beach, new signage will highlight the historical significance of the pottery, along with added seating and picnic tables. Te Kori Scott Point Stage 1 is nearly complete and will open later this year, though future stages await funding. I personally think we should reassess project phasing to prioritise key needs e.g. should we focus on finishing the sports fields or the hard court first? What are the needs and are there quick wins? The community days hosted by Connected Neighbourhoods Trust at Observation Green have been a huge hit and many residents have enjoyed meeting their neighbours and learning about crime prevention.

## Who will be the next Youth MP for Upper Harbour?

A unique opportunity to learn first-hand about our democracy, influence government decision-making, and have your voice heard

**Cameron Brewer** MP for Upper Harbour  
UpperHarbourOffice@parliament.govt.nz

Funded by the Parliamentary Service. Authorised by C Brewer, Parliament Buildings, Wellington.





In Whenuapai, work is underway to improve public access to Brighams Esplanade, adding a lovely coastal walkway. Planning has also begun for council-owned land designated for sports fields. We need solid assessments to ensure future facilities meet community needs, particularly for high growth sports like indoor activities.

A swimming pool remains a major priority. Funding has been allocated in FY26 for site selection and partnership exploration, with \$14.8M set aside from FY30. This will be a huge win for Hobsonville and Whenuapai. While the pool will likely be in the Henderson-Massey Local Board area, the funding is driven by rapid growth and Upper Harbour Local Board's advocacy. We're trying to accelerate the timeline to meet current demand.

Council elections are this year—if you're considering a Local Board role, feel free to reach out. It would be great to see fresh faces involved!

These opinions are my own, please feel free to reach out with concerns or comments. Anna Atkinson (Chair or Upper Harbour Local Board). [anna.atkinson@aucklandcouncil.govt.nz](mailto:anna.atkinson@aucklandcouncil.govt.nz)

## Help for seniors with technology in Hobsonville Point



If you're a senior and you'd like some help with your phone, laptop or tablet, there's now a free weekly service available in Hobsonville Point. From March, the friendly volunteers from Digital Seniors will be at the

Headquarters Building every Wednesday afternoon from 12-2pm. You can just drop in and get free one-on-one help with learning how to do what you'd like to do. All of our volunteers are police-vetted so you can feel safe.

Digital Seniors is a charity that launched in 2018 from the Wairarapa and came to Auckland's North Shore in 2022.



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Seniors are among the most digitally disadvantaged in New Zealand. Most services, communications, and entertainment are online. We find out that technology can help ease many common problems for seniors, including loneliness, lack of mobility, and deteriorating health. Many seniors are enjoying the social connections, fun, and conveniences technology brings.

We're here to support seniors to feel comfortable and empowered with technology and allow them to learn at their own pace in a friendly environment. Our coaches are respectful and patient and happy for seniors to write things down as they go or practise it until they're happy they've got it. We learn a lot while we are coaching too. It's about working together to figure things out. Whether it's exploring the internet, staying up to date with the news, downloading an app, connecting with loved ones, shopping online or even joining a dating app, we can help seniors learn how to do what they want to do.

Digital Seniors is funded in several different ways and we're grateful to Upper Harbour Local Board for their support. Find us Wednesdays 12-2pm, Headquarters Building 214 Buckley Avenue, Hobsonville. No need to book, just drop in. For more information visit [www.digitalseniors.co.nz](http://www.digitalseniors.co.nz) or 0800 373 646

## Vigilance against wildfire risks



Wildfires around the world have brought global attention to fire risk. While Auckland's cooler, damper climate provides some natural protection, climate change is intensifying conditions that could increase the likelihood of fires, particularly with the shift from last summer's El Niño

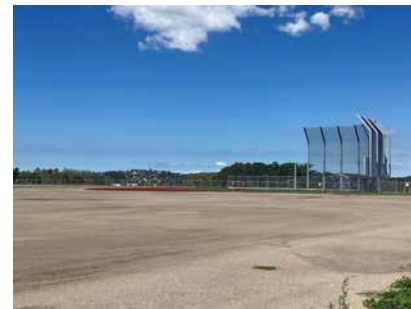
to La Niña, bringing drier and windier summer months. Auckland Council say recent reports of informal "bush cleaning" by community members in urban local parks – where decaying wood and understorey plants are removed – have raised concerns. These practices can inadvertently increase fire risk by encouraging invasive plant species, which are often more flammable than native vegetation. In other countries, bush cleaning can be a way of preventing fires and encouraging seeds to germinate, as well as to clear old vegetation to let light in, but many New Zealand forest species prefer damp conditions and shade to germinate. The Council is taking proactive steps like controlling highly flammable invasive exotic species like hakea where they can.

Auckland Council urges residents and park visitors to take these steps to help protect Auckland's natural spaces: Respect fire bans: check current restrictions and avoid activities that could spark fires, such as using open flames or discarding lit materials. Be mindful of conditions: windy days significantly increase fire risks;

refrain from activities that could ignite dry vegetation. Support native ecosystems: avoid removing native plants or undertaking unauthorised "clean-ups" in reserves; healthy native vegetation helps buffer fire spread. Manage vegetation at home: for those living near rural or parkland areas, maintain defensible space around properties by removing flammable materials like dry grass, leaves, and twigs; replace highly flammable species with lower flammability alternatives. For updates on fire safety visit [checkitsalright.nz](http://checkitsalright.nz). For information on low inflammatory plants for planting, visit

<https://www.checkitsalright.nz/reduce-your-risk/low-flammability-plants> but note that the list includes weed species which should be avoided.

## Te Kori Scott Point



After three years of construction, the Upper Harbour Local Board is counting down towards fully opening Te Kori Scott Point park later in the year. This first stage of the park includes two sports fields, a baseball diamond,

toilet and changing facilities, carpark and open space areas. Over the past few months, work has focused on the park boundary at Squadron Drive, preparation of the sports fields ready for sowing, additional concrete paths within the park, and infilling of the former stormwater pond within the field 1 area.

A new boardwalk on the southern boundary has been completed, giving additional access to residents of Keith Park Retirement Village. Two sand carpet sportsfields are being constructed for drainage adjacent to the baseball diamond, and over the coming months the fields will be completed and sown with kikuyu grass. This is best sown during the summer, and the fields are being watered regularly. Sportsfield lighting is planned for the field and baseball diamond.

Underground services have been installed along Squadron Drive, and construction of the road berms, car parking bays, cycle path end footpath are progressing



**RYAN JACKSON**

M: 027 498 6202. E: [ryan@treehouseprint.co.nz](mailto:ryan@treehouseprint.co.nz)

P: 09 810 8609.

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well. Site offices have been relocated from Clark Road to Squadron Drive, and the original site prepared for grass sowing in the autumn. The Craigs Way extension and roundabout has been opened, providing a link to Joshua Carder Drive, which will be extended to Squadron Drive in due course. Over the coming months, work will focus on completing the footpath alongside Squadron Drive, establishing the sportsfield turf on fields 2 and 3, infilling the stormwater pond, completing the sports field platforms next to Clark Road, and preparing areas for planting. Construction of the first stage of the park should be completed this year.

If you would like a quarterly newsletter about Te Kori, please email [scottpoint@aucklandcouncil.govt.nz](mailto:scottpoint@aucklandcouncil.govt.nz)

## Shocking' revelations: the tūi, the pōhutukawa, and the mystery of south Titirangi



For two summers, south Titirangi locals were left scratching their heads over an unsettling sight: an alarming number of dead tūi beneath the same majestic pōhutukawa tree. As the tree burst into its iconic crimson bloom, attracting a chorus of nectar-feeding birds, it also seemed to be the site of an "avian whodunit".

David Blake, a community resident and conservation

enthusiast, was the first to sound the alarm. "When I found the first ones, I thought it might be poison. It was heartbreaking," he shared.

But poison was ruled out when he called in the experts at Auckland Council, and the investigation eliminated every imaginable culprit—from bird flu to BB guns. The real breakthrough came thanks to Auckland Council's senior ecologist Sarah Gibbs, and her colleagues. "We tested everything and got nowhere until a Massey University vet, Dr Alvaro Wehrle-Martinez, carried out a postmortem on the tūi and confirmed the cause - electrocution. Mystery solved: it turns out power lines running through the iconic pōhutukawa tree in south Titirangi were the problem."

Tūi, in their nectar rich excitement, were brushing against the power lines, turning a festive feast into a deadly misstep. Arborists trimmed the pōhutukawa back from the wires to protect both the tree and its feathered



diners. "It's not ideal to trim such a magnificent tree," acknowledged Gibbs, "but this way, the tui can safely enjoy their summer smorgasbord."

The case closed with a sigh of relief and some new learnings, while preserving the treasured Titirangi pōhutukawa, an essential food source for nectar-eating birds - as part of the local ecosystem. And so, south Titirangi's summer soundtrack continues, a little less 'shocking', but just as sweet.

Image credit Callum Hill on Unsplash

## Hobsonville events



World of Cultures is a council celebration across the region taking place over two weeks. As part of this Connected Neighbourhoods Trust is having a celebration at Headquarters Park - celebrating the diverse community of Hobsonville.

We hope for this to be a chance for people to come together, celebrate where they are from as well as connect together with where they now live - part of the Hobsonville community.

C'mon Hobby, Let's Celebrate! A Taste of Cultures!

Saturday, March 22nd, 2:30 - 4:30pm Headquarters Park, 213 Buckley Avenue.

Join us at Headquarters Park for a festive community party celebrating the vibrant sights, sounds, and flavours that make up Hobsonville's diverse community. It's a relaxed afternoon gathering for everyone who calls Hobsonville home.

- Bring a plate of your favourite 'finger food' from your country to share.

- Feel free to wear clothing that represents your heritage

Come ready to connect, celebrate, and enjoy the many cultures that bring our neighbourhood to life.



We have our playgroup and coffee group both on Wednesday mornings and our English for Migrants group on Thursdays. All are free. All run following the school term timetable.

Check out our website neighbourhoods.nz or Facebook page.

### Happy Hobbys' Playgroup - Wednesday 9:30 - 11am.

A fun place for children to play and explore while parents/care-givers can connect, find friendship and support. The session includes time for music, craft and free play.

### Coffee and Chat, Wednesday 10am

Our free social coffee group is open to everyone and is held in the Baffin Lounge every week (during term time) from 10am - 11am. This group provides a great opportunity for anyone wanting to meet others in the community in a friendly and relaxed setting.

### English for Migrants

An informal, conversational class where you can make friends and practice your English in a safe, friendly environment. 10am - 11:15am at Headquarters Building 214 Buckley Avenue.

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## Big Year for Massey Birdwood Settlers Association

It is a big year for the Massey Birdwood Settlers Association, which is celebrating 100 years of serving Massey residents.

In 1925, the Association met in the lone school building of the Massey Birdwood Primary School.

The objectives of the Association were and still are, the general advancement and improvement of the district of Massey and Birdwood in Auckland, to cooperate with statutory bodies in looking after affairs of the district and secure maximum fair expenditure of general rates tenured, to pursue any activity with object of establishing improving and preserving social cultural and sporting entities and natural unique environment to provide suitable premises for meetings and carrying on the work of any for the purpose of carrying into effect the objects of the society.

Over the decades since the Association has demonstrated its commitment to its objectives by helping with the establishment of the Whenuapai Bus Company to serve Massey residents and continues to this day in improving public transport by providing AT with survey material.

In the 1950s, the original Massey Hall was built on the corner of Don Buck and Redhills Road.

In the 1970s, the Association helped start a library, a voluntary library in a cupboard in the hall. It expanded to occupy the area of the hall where the Redhills Community Kindergarten now is.

Executive member Warren Flaunty went door to door in the 1970s, boosting the paid-up membership of the Association by some 600 members and preventing a quarry from being established along Redhills Road.

During the 1980s and the first half of this century, the Association ensured that the three roundabouts in Don

Buck Road (corners of Royal Road, Triangle, and Redhills Road) were formed.

The Redhills Road roundabout required the sale of some of the front carpark of the Association to the then Waitakere City Council. John Riddell, as Secretary of the Association and as a Massey Community Board member, was on the negotiation team with the Department of Conservation and ensured carparks from the roundabout to the first corner in Redhills Road (carpark entrance for the playing fields) were part of the agreement.

If you would like to hire the hall or the Den for long-term use or join the Association, contact John Riddell by email at [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com). Check out the website or the Facebook page <http://masseybirdwoodsettlers.org> or <https://www.facebook.com/masseybirdwoodhall/>.

## Henderson Station lifts not fit for purpose

Many of us are excited to see Henderson train station being upgraded - and with it, the station lifts. The lifts have been constantly breaking and out of service over the past four years and desperately needed replacing.

The lifts are a vital part of the station's role in enabling all members of the community to get to work, study, shopping and family and friends. But consider people who can't climb stairs, who have a stroller or wheelchair, or who need to bring their bike on the train for onward travel.

Three cheers for new lifts so we can all get where we're going. Or can we?

Here's the problem. Against the advice of Bike Auckland and disability advocates, Auckland Transport is replacing the lift with a new lift of the same size. That's around 1.39 by 1.6 metres. Put simply, it's too small.

Many motorised mobility aids like powerchairs and mobility scooters would not fit in this lift size. And it's worth noting that bikes are used as mobility aids for some people.

Is it illegal to install a lift this small? It's certainly not recommended. The engineering design code for public transport rail infrastructure specifies that all stations must have access to the platform via a combination of stairs, a 26-person lift or pedestrian ramp. A 26-person lift would be around 2.4 by 1.8 metres. The engineering design code for cycling infrastructure also includes the specification that lifts for bikes "should have a minimum dimension of 1.2 by 2.3m".

In short, Auckland Transport should have taken the opportunity of replacing the lift to replace it with one which is fit for purpose. Small lifts in train stations are not illegal. But they are short-sighted. Henderson deserves better. Bike Auckland [bikeauckland.org.nz](http://bikeauckland.org.nz) Bike Auckland is a non-profit working for a better region for people on bikes.

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## Distance families: Distance or Distant?



The words “distance” and “distant” often feature in conversations, research, and writing about intergenerational, geographically separated families.

While the two terms are related, their meanings differ subtly and are frequently, yet unintentionally, mixed up.

Distance refers solely to geography. Distant can refer to geography and/or the quality of a relationship.

As the founder of DistanceFamilies.com and the author of the Distance Families book series, I’ve often witnessed this mix-up. The confusion is understandable. The words are so similar, and furthermore it’s easy to assume that geographical distance automatically equates to emotional distance. However, one of my strongest messages is that distance families don’t have to be distant. I’ve met countless parents and grandparents who proudly share that they are closest to the family members who live the furthest away. Why? Because all parties—often led by dedicated and intentional distance sons and daughters—make extraordinary efforts to stay connected. This effort goes beyond simple communication; it involves thoughtfulness, consistency, and creativity from all sides to nurture those bonds.

The idea that physical separation must lead to emotional disconnection is a myth. Modern technology, combined with intentionality and effort, makes it possible for families to maintain meaningful and fulfilling relationships regardless of distance. So, never feel that geographical separation must lead to emotional distance. With intention, effort, and open communication, distance does not have to mean distant. Families who prioritize their connections can still thrive.

HelenEllisisaHobsonvillePointresearcher,anthropologist, veteran of Distance Parenting & Grandparenting. Helen is the author of ‘Being a Distance Grandparent’ and ‘Being a Distance Son or Daughter’, the first of a three-part intergenerational book series highlighting the ‘how it is’ and ‘how to’ of Distance Families. She will publish ‘Being a Distance Grandchild’ in 2025.

## Sayers Says It

By Rodney Councillor Greg Sayers

Sometimes I am asked about the difference between a Local Board member and a councillor. Local Boards are elected to provide local governance, enabling democratic decision-making for communities within their area. In contrast, councillors focus on Auckland-wide strategic decisions, maximizing the council’s ability to deliver across the city.

Rodney has nine elected Local Board members (part-time) and one full-time councillor. Both serve to represent the best interests of ratepayers, not the Auckland Council, often challenging the bureaucracy.

Local Boards make decisions about local reserves and parks, with associated accountability. For example, the Rodney Local Board supports community groups, landowners, and schools in managing pests, plants, and animals. It also carries out native planting and stream restoration in parks and public land. Local Boards help people collaborate for a better quality of life, provide community facilities, plan township growth, ensure accessible transport networks, and protect the environment. They spend local rates locally.

I have worked closely with Mayor Wayne Brown to push for changes that allow Local Boards to spend more rates locally. As a result, Rodney’s budget was recently increased for local community facility investments, a great win for our area.

With Auckland Transport restructuring, the goal is to devolve specific transport functions to Local Boards. This means more local influence on parking policies, speed limits, and road interventions like speed bumps and pedestrian crossings. If elected members make poor decisions, they are held accountable by ratepayers, unlike the Auckland Transport Board. This shift will increase both responsibility and accountability, improving how the Supercity operates.

With these greater future responsibilities will also come greater accountability – which democratically, will be a significant improvement upon how the Supercity has been running to date.

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Robert, winner of Lottery No. 142



**“We would encourage anyone to buy a ticket. It’s real people who win, from all different backgrounds and places. And it’s an affordable way to support a good cause.”**

Henk & Marijke, winners of Lottery No. 140

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