

April 2026

The Westerly

FREE monthly community magazine
for Massey to Hobsonville Point

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

Get involved with an
EcoFest coastal clean-up



Greetings

Communication! 70 years ago, when I started school, the amount of paper used for dozens of tasks was considerable, lessons, projects, letter writing, practicing penmanship, notes, diaries, reminders! A satchel that grew heavier as the years passed and the work load increased. My high school grandson is loaded down with his chromebook and his lunch box!

Communication continues in a very different manner. We seem overwhelmed by emails from every direction. Personal and welcome contact with family and friends scattered throughout the country and world, old friends who find details 'on line' wanting to establish a link. The greater volume of work-based communications, enquiries, 'on line' shopping, leisure information, the list goes on and on.

Recent media has been investigating getting away from the immediate need to have instant data at the alert on our phones. The use of emails for almost every daily necessity makes me pause on that transition. Recent email communications I had from overseas contacts described the impact on their lives by abusive and negative messages they had received through their media businesses.

There are times when we all feel disappointed or aggrieved by a notification or article. How do we react to a hostile or negative message? hope that any reply I send is compassionate and considered. Do we spend time respectfully acknowledging the words sent to us, kindly stating our position to correct and clarify an enquiry or negative comment.

Do we extend our communication skills to the environment beyond our homes? Letter writing is fast dwindling to a rare occurrence. To receive a home-made card from a cousin overseas is a treasured event. Our grandsons were confused at the concept of writing a letter, finding an envelope, then a stamp before taking the communication to a Post Office for mailing. They are familiar with the occasional parcel or bank letter, but letters!

Embracing the myriad of changes we have lived through is mind boggling! I hope that we all can embrace changes and the rapid communication now available to us all.

This month your Westerly communicates so many aspects of the vibrant and varied community we share. Pick up an extra copy for a friend or neighbour or work colleague. Talk about the topics that spark an interest or alert you to a leisure activity. Help keep our neighbourhood buzzing!

Good wishes for a positive month. John. Editor.



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People & Places

THEWESTERLY.CO.NZ

Planting the future at Triangle Park community teaching garden



Something exciting is growing in Massey.

Triangle Park Community Teaching Garden is entering a new season with the development of our long-awaited Community Food Forest – a shared space where fruit trees, edible perennials, natives and companion plants will grow together to provide food, learning, and connection for generations to come.

What began as a small neighbourhood garden has become a thriving community hub. Each week volunteers of all ages come together to grow fresh kai, share skills, and strengthen local resilience. Now, with permission secured to expand into our new Food Forest site, we're preparing the ground, enriching the soil, and inviting the community to help shape this exciting next chapter.

Learn to grow your own food

Whether you're brand new to gardening or already growing at home, our garden is a welcoming, hands-on place to learn. We focus on practical, organic growing methods, soil health, composting, seed raising, pruning, and food forest design – all shared in a relaxed, supportive environment. No experience is needed. Just bring a willingness to learn.

Join our volunteer mornings on Wednesdays & Saturdays | 10am - 12pm

Triangle Park Community Teaching Garden 385 Don Buck Road, Massey

Come for an hour or stay the whole session. We provide tools, guidance, and good company. You'll leave with new skills, fresh air in your lungs, and often a little harvest to take home.

As we prepare for large-scale planting in our Food Forest, we're especially keen to welcome new volunteers – individuals, families, retirees, students, and anyone curious about growing food in West Auckland.

Triangle Park is more than a garden. It's a place to connect with the whenua, meet your neighbours, and be part of something positive and practical in our community.

If you've ever thought about learning to grow your own food – this is your invitation.

Come grow with us. Follow us on Facebook: Triangle Park Community Teaching Garden

Westgate woman paving the way for Women in Construction Week



Early March celebrated Women in Construction Week 2026 (visit aic-builds.org) and we'd love to shine the spotlight on Westgate woman, Jasmine Davis.

Jasmine (Jaz) is the Maintenance Controller at Kennards Hire Westgate. She's been in the construction and hire industry for 7 years. Her

day-to-day dealings lie heavily with machinery, something she genuinely enjoys (especially as machinery and construction runs in her family), but she has more career goals she wants to eventually reach.

Frankly speaking, Jaz is great fun. To get a glimpse of her personality, visit facebook.com/watch/?v=460043270015685. And she wants women to know that the construction industry can be just as fun.

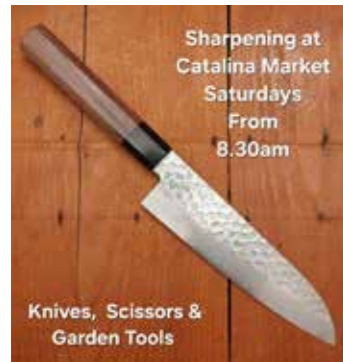
Jaz' thoughts on the construction industry

Jaz has found immense support, trust, and flexibility in working in the industry, with tight-knit teams that feel like family. To women outside of it, she knows that the industry might seem more intimidating from the outside than it actually is (as she says, "some of these guys could use a feminine touch!").

But she will always advocate for all women exploring construction for their careers and says to just take the leap. With the right initiative and willingness to learn, Jaz says that so much opportunity awaits. She is a strong believer that knowledge is everything, and thinks you can never stop learning.

Photo: Image of Jaz Davis

Mister Sharp Mobile Sharpening Service - Since 2010



Monday through Friday Lance operates as a Mobile Service parking outside your business or home, otherwise you can bring your items to him over the weekend at two locations.

Saturday mornings from 8.30am - Catalina Market at Hobsonville Point.

Sunday mornings on Garnet Road in Westmere next to Westmere Butchery from 10am

A time will be given and a text message when they are ready. Westharbour through to Hobsonville Point residents can leave your items on Saturday morning and have them dropped off after the market closes at 2pm.

I am always located down by the Ferry Terminal next to Fabric Eatery and on rough weather days I set up by the big glass doors for shelter. Mobile service requires a minimum spend of \$60 please. I bunch jobs together in areas/suburbs to minimise travel costs. No other charges.

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Black & White Coffee Cartel Westgate



Small-Batch Coffee, Big Flavours, Friendly Faces

Black & White Coffee Cartel in Westgate has quickly become a neighbourhood favourite. The café is celebrated for its small-batch roasted coffee, carefully

brewed to order for a rich, smooth flavour that keeps locals coming back morning after morning. Whether you're after a classic flat white, a refreshing cold drink, or a seasonal specialty, every cup is crafted with care to deliver consistency and taste.

Food is another highlight. From hearty brunch dishes to freshly baked muffins, scones, and a rotating selection of sweet and savoury treats, portions are generous, satisfying every appetite. There's something for everyone, whether you're grabbing a quick snack on your way to work or settling in for a leisurely weekend brunch with friends. Every dish is prepared with quality ingredients and a focus on flavour, ensuring that each visit leaves you full and happy. What truly sets Black & White apart is the friendly service. Staff greet you with a smile, remember regular orders, and make every visit a great one. The café works perfectly for a quick takeaway, a catch-up with friends, or even a quiet spot to get some work done, all while enjoying coffee and food made with care.

Exciting things are coming up for the season. Easter treats, Chef's specials, and new winter menu additions are on the horizon, offering fresh flavours, seasonal favourites, and a few surprises for your next visit. **Pop on down and see what it's all about, located at 33-47 Northside Drive, Westgate.**

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Black & White Systems Ltd
The Franchise Organisation Of Black & White Coffee Cartel
www.blackandwhitecoffee.co.nz

EcoFest



Auckland's sustainability festival, EcoFest, kicked off on March 22 and runs right through the school holidays this year. A multitude of sustainable events take place all over the region for one month

and as the online programme shows, West and Norwest Auckland is chock-a-block with workshops and activities for all ages and stages.

For example, there's ahiko, repair cafes and a toypekapeka (bat) sewing workshop in Te Atatu and the Peninsula, food rescue in Avondale and native seedling sessions in New Lynn. Henderson library offers a way to have fun with food scraps, and in the same neighbourhood, you can learn to care for the environment at Henderson Park or take part in a moth plant competition. One not to miss for young families is the kids' art festival at the Corban Estate.

Head north and you can take part in a wide range of Hobsonville cycling groups, volunteer at one of Greenhithe's Community Trust sessions ranging from bush explorations to coastal clean ups. In the Hūnua ranges there's a day's walk starting and ending at Camp Adair, then over in Muriwai you can learn to photograph nature on the beach. Children of all ages will love a night walk along the Piha coast to find Ruru or learn about our coastal birds. Torches a must.

These are just a small sample of events that are often free or low cost, usually only require a couple of hours

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22 March - 22 April
Tāmaki Makaurau / Auckland
ecofest.org.nz

to experience and open one's eyes to new sustainable horizons. This is central to EcoFest, which was formed thirteen years ago in West Auckland by EcoMatters Environment Trust. They were joined two years later by Kaipātiki Project, and three years ago, the Beautification Trust and Waiheke Resources Trust joined the team.

"Delivering this festival has taught us that, even attending just one event, can create a positive, impactful connection between each other and the environment," says EcoMatters CEO, Carla Gee. "Given the challenges happening in Aotearoa and in the rest of the world right now, we know that it's more important than ever to provide fun, light-hearted ways to sample sustainability together." image- Get involved with an EcoFest coastal clean-up, as shown here by the Herald Island Environmental Group

Ah yes, the classic 'click reconcile and hope' strategy



Many small business owners start out doing their own bookkeeping. It seems simple enough. A few transactions, a quick match in Xero, click "reconcile" and move on with the day feeling strangely accomplished.

If only it were that easy.

In reality, every one of those tidy little reconciled lines carries decisions about GST treatment, account coding, and whether the numbers actually make sense.

It's very easy to miss issues when you don't yet know what you're looking for.

Here are a few of the habits that quietly trip up small business owners.

Only opening the books when something feels wrong. Many small business owners only dive into their bookkeeping when the bank balance looks suspicious or the inbox starts filling up with financial reminders. By that point, small issues have had plenty of time to quietly multiply. Regular reviews make it much easier to spot

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unusual transactions, understand cashflow trends, and fix problems before they become expensive ones.

Assuming the software will take care of everything. Xero is brilliant. Automation saves hours. But software still needs oversight. Bank rules can misfire, transactions can be coded incorrectly, and duplicates sneak in when nobody is paying attention.

Getting GST treatment wrong. GST looks straightforward until it isn't. Entertainment, mixed-use purchases, deposits, and reimbursements can all be treated differently. Without regular checks, small mistakes can slip through and create bigger headaches later.

Saving the whole thing for the accountant. Accountants are excellent at what they do, but messy books turn year-end into a clean-up project instead of a strategic conversation.

In many cases, good bookkeeping pays for itself. Catching issues early, keeping GST correct, and avoiding year-end clean-ups can save small businesses a surprising amount over time and confidence in the data.

Strength training for every age: Why it's never too late to start



Strength training is one of the most powerful ways to stay healthy, mobile, and independent - no matter your age or starting point. Whether you're new to exercise or returning after a break, building strength offers benefits that extend far beyond muscle tone. It supports confidence, balance, and the freedom to keep doing the things you love.

As we get older, we naturally lose muscle mass and strength, which can affect mobility and everyday function. Strength training directly counters this decline. Even simple resistance exercises can improve bone density, joint stability, posture, and overall physical resilience.

Strength training doesn't need to involve heavy weights or a gym environment. Bodyweight exercises, resistance bands, light dumbbells, and functional movements like squats or step-ups are all excellent options. What matters most is consistency and gradually increasing the challenge as your body adapts.

For older adults, the benefits are especially meaningful. Strength training reduces the risk of falls, supports bone health, and helps manage conditions such as arthritis, diabetes, and cardiovascular disease. Many people also notice improved energy levels, better sleep, and greater ease with daily tasks.

At Hobsonville Physiotherapy, we regularly see people surprised by how quickly they feel stronger and more capable. With physiotherapist-guided programming, you can build strength safely and confidently, even if you're managing pain, recovering from injury, or starting from scratch.

You don't need to be fit before you begin, strength training meets you exactly where you are. Starting now is an investment in your long-term mobility, independence, and wellbeing. Our motto, Freedom in Movement, reflects our commitment to helping you stay active and capable at every stage of life.

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Email: physio@hobsonvillephysio.co.nz

Waitakere Cake Decorators Club

The Massey Birdwood Settlers Association plays host to the Waitakere Cake Decorators Club on the second Saturday of every month.

The club meets in the hall from 9.30 AM to 12.30 PM every month except for January. And also have a "Big Day Out" once a year.

The club was formed over 20 years ago, and each month has a different theme. Just a visit to the club would leave you wondering whether the cakes are edible, works of art, or something to be eaten.

If you want to contact the club, email wcdc.president@gmail.com

If you want to hire the Massey Birdwood Settlers Hall on a long-term basis, then contact John Riddell at email masseybirdwood@gmail.com



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Bowel habits change with the seasons - When is it normal and when is it not?



Have you ever noticed your bowel habits change with the seasons? What's normal for summer might not be the same in winter, and sometimes these changes are worth paying attention to.

Seasonal shifts in bowel habits, influenced by diet, travel, activity levels, and stress are common and often nothing of concern. However, sudden or ongoing symptoms that don't improve with usual habits may point to something more serious, making awareness of early action important.

A colonoscopy is a safe and effective procedure that allows us to examine the inside of the large intestine (colon) and rectum. It can help identify issues such as

inflammation, polyps, or early signs of bowel cancer. A colonoscopy can offer reassurance and peace of mind when symptoms persist.

When should I have a colonoscopy?

Persistent constipation or diarrhoea, unexplained abdominal pain, blood in the stool, sudden changes in your usual bowel habits, or unexplained weight loss can be early signs of bowel cancer. In New Zealand, the incidence of bowel cancer is one of the highest in the world, and early detection often leads to better outcomes, highlighting the importance of understanding these symptoms.

At Waitemata Endoscopy, we aim to make taking a proactive approach to your gut health easy. We accept GP, specialist, and self-referrals via our website. Our experienced Specialists are able to perform most standard colonoscopy and gastroscopy procedures within 7 working days of receiving the referral.

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What are your options when the bank says no?



Getting rejected for a bank loan can feel like hitting a dead end, especially when you need financing for an important life goal, like buying a property or resetting your finances.

But a “No” from traditional banks doesn’t mean you’re out

of options.

Non-Bank lenders become valuable partners in your financial experience when traditional banks don’t fit your needs.

These alternative lenders fill significant gaps in the market, especially when you have self-employment or unique financial situations.

Though interest rates might be higher than traditional bank offerings, Non-Bank lenders provide essential stepping stones toward your financial goals. Many clients successfully transition back to traditional banks within two to three years through careful financial management and consistent payment history.

Success with Non-Bank lending comes down to choosing the right lender and maintaining strong financial habits.

Remember, a “no” from a traditional bank doesn’t mean the end of your borrowing journey.

With the right approach and guidance, Non-Bank lenders can help you achieve your immediate financial needs while building stronger banking relationships over time. We understand these decisions can seem complex, so feel free to reach out if you need a hand navigating your options.

If you’ve had a No and are looking for some support, let’s talk. I am available for an obligation free chat.

Stephen Massey – Mortgage Advisor and Non-Bank Specialist, Call 021 711 444, or check out my website loanmarket.co.nz/stephen-massey



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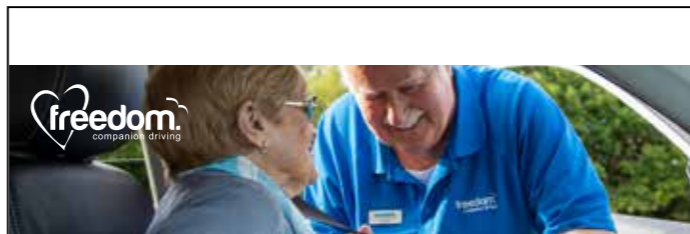
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Safer Community

Small habits, safer homes



As the nights grow longer and the air takes on that unmistakable winter chill, many of us start reaching for the things that make our homes warmer and more comfortable. Clothes dryers begin working overtime, and electric blankets quietly return to beds around the country.

But these seasonal comforts also come with risks that are easy to overlook. Each winter, preventable house fires are sparked by everyday appliances that simply weren’t used or maintained properly. A few simple habits can dramatically reduce the danger – and help ensure your home stays warm, safe and stress-free through the colder months.

The hidden fire risk in your laundry

Clothes dryers are among the most convenient appliances in the home – and one of the most underestimated fire risks. When you think about it, the ingredients are all there: heat, airflow and highly flammable lint.

That soft grey fluff trapped in the lint filter might look harmless, but it’s essentially fine, dry fibres from fabrics. Combined with static electricity and the heat generated by a dryer, it can ignite surprisingly easily.

The simplest and most effective prevention is also the easiest: clean the lint filter every single time you use the dryer. This prevents lint from building up and allows the machine to ventilate properly.

Good dryer habits go beyond the lint filter. Avoid overloading the machine, as packed clothing restricts airflow and traps heat inside the drum. Make sure there is adequate space around the dryer so warm air can escape through proper venting.

Another common mistake is opening the dryer before

the cycle has fully finished. Modern dryers include a cool-down stage for a reason – it gradually lowers the temperature and reduces the chance of hot fabrics igniting. Let the full cycle complete before removing your laundry.

Laundry rooms can also be tricky environments for smoke alarms. Steam and lint particles sometimes trigger nuisance alarms, so many safety experts recommend installing a heat alarm in the laundry instead.

Electric blankets: warm comfort, handled with care

Few winter luxuries rival the comfort of climbing into a perfectly warmed bed. Electric blankets make that possible in minutes – but only when used safely.

A good rule of thumb is age matters. Electric blankets more than five years old are significantly more likely to develop faults, worn wiring or insulation damage. If your blanket is older or showing signs of wear, it’s time to replace it or have it checked by a qualified electrician.

Before using your blanket for the season, test it for hotspots. Turn it on high for about 15 minutes, then switch it off and slowly run your hand across the surface. If you notice any unusually warm patches, the blanket should not be used.

How the blanket sits on the bed also matters. It should lie completely flat, with no bunching or folding. Twisted cords or tangled control wires are a surprisingly common cause of electric blanket fires.

While the temptation to leave it on overnight is understandable on a freezing evening, electric blankets should never be left on while you sleep. Use them to warm the bed, then switch them off before climbing under the covers.

Even the way you store your blanket in the warmer months can affect its safety. Instead of folding it sharply, roll it up loosely to avoid damaging the internal wiring.

Winter fire safety isn’t about dramatic changes – it’s about small, consistent habits. Clean the lint filter. Give appliances room to breathe. Check your electric blanket before the season starts. Turn it off before you sleep.

These quick checks take only minutes, but they can make all the difference when temperatures drop and heating appliances become part of everyday life.

A warm home should also be a safe one – and with a little attention now, you can enjoy the comforts of winter without unnecessary risk.



For information on any aspect of Fire Safety Prevention, give me a call.

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

graham.mcintyre@fireandemergency.nz

Graham McIntyre Chief Fire Officer – Waitakere Fire Brigade

House of Travel Hobsonville



While the past month has brought a few challenges to the travel landscape, one thing remains unchanged – Kiwis' love for exploring the world is as strong as ever. Every day, people are setting off on incredible journeys, creating lifelong memories and gaining new perspectives through the cultures and experiences they encounter along the way.

Travel is about discovery, connection, and inspiration – and even when the unexpected happens, it's reassuring to know you don't have to navigate it alone. That's where we come in.

Booking with a trusted travel agent means having real support when you need it most. Instead of long waits and uncertainty, you have someone who knows your trip, understands your needs, and genuinely cares about your experience. At House of Travel Hobsonville, we pride ourselves on being that reliable support. We're proud to have remained open throughout Covid, continuing to show up for our clients when it mattered most.

When you travel with us, you gain more than a booking – you gain an advocate. We work behind the scenes to manage the moving parts of your journey, liaising with airlines and suppliers to find the best possible outcomes. It can be a complex juggling act at times, but that's exactly what we're here for – so you can focus on enjoying the journey.

And what a world there is to explore. From the wonders of

South America and Antarctica, to the beauty of Canada and the Rockies, the charm of Tasmania, and the warmth of Samoa's islands – the possibilities are endless.

It's a powerful reminder that the Kiwi spirit of curiosity and adventure is alive and thriving.

Stay inspired. Keep dreaming. Plan ahead, stay flexible – and let us take care of the rest.

It's what we do best.

Buzz & the team at House of Travel Hobsonville, House of Travel Hobsonville

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Community News

The Power of Local Sponsorship



Strong communities are built when local businesses and community organisations support one another. Across New Zealand, clubs, schools and community groups rely on sponsorship to help provide essential equipment, uniforms and resources that allow them to continue their important work.

At the same time, many local businesses are looking for ways to build genuine connections within their communities while gaining meaningful exposure for their brand.

That's where Sponsorship.nz comes in. The platform helps connect businesses with community groups that need support, creating partnerships that benefit everyone involved. Businesses have the opportunity to sponsor essential gear or initiatives for clubs, schools and local organisations, while receiving guaranteed recognition for their contribution.

Each sponsorship includes agreed public acknowledgements, community shout-outs and testimonials, ensuring businesses are recognised for their support and commitment to the local area. It's a practical way for businesses to give back while building positive relationships and visibility within their community.

Alongside this initiative, Firesale.nz provides another helpful service for businesses. The platform allows companies to clear surplus, discontinued or end-of-line stock, helping reduce waste while creating value for both businesses and buyers.

Together, these platforms are helping strengthen local connections – supporting community groups while giving businesses opportunities to be recognised for their contribution.

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RNZAF Association

Providing comradeship and support for 80 Years

The Royal New Zealand Air Force Association was formed to provide companionship and fellowship for the 40,000+ RNZAF personnel who served during World War II, particularly those returning from service in Europe and the Pacific. The association offered support to RNZAF veterans and commemorates wartime service, acting as a vital link between former and serving air force personnel through annual meetings, reunions, and by preserving the history and aircraft of the RNZAF.

Formed in 1945 immediately after World War II it was incorporated under the Incorporated Societies Act in 1946. It got approval to include the title 'Royal' in its title in 1980 from the original name the NZ Air Force Association. It was created to serve the needs of returning air force veterans and their families, providing a sense of community after the war.

Its core mission was to provide fellowship and support for RNZAF veterans and to commemorate the service of the RNZAF, particularly during the challenging years of the war. The association grew dramatically to include members from various eras and backgrounds within the RNZAF, organising reunions, memorial events, and other social gatherings for veterans.

Where are WE:

There are Branches around New Zealand, the nearest to West Auckland is the North Shore Branch which meets every third Friday at the Birkenhead RSA for a meeting at 1100 with a speaker followed by lunch. Membership is open to all ex-RNZAF, Commonwealth air forces and those with an interest in military aviation and who support the aims of the association.

Contact Secretary Harold Nicholson via email: harold_nicholson@hotmail.com



RNZAF Association Attendees at the National Conference Christchurch 2025

RNZAF ASSOCIATION
(North Shore Branch)
Meeting third Friday every Month
Birkenhead RSA at 1100 Hours.
Contact Secretary: Harold Nicholson
Harold_nicholson@hotmail.com

Hire smart in 2026



Recruitment can be challenging, whether it is avoiding the wrong hire or navigating a lengthy process. My role is to understand your business goals, share insights, streamline your hiring, and introduce the right candidates to your team.

The Auckland hiring market is evolving, local businesses are focusing on strategic hires that make a real difference. Across North and West Auckland, SMEs are prioritising Sales and Operations, seeking people who can drive growth, support operations, and strengthen teams.

Sales Roles

Top-performing sales professionals open doors, build client relationships, and drive revenue. The right salesperson lifts team morale, boosts productivity, helps the business grow, and creates new opportunities.

Marketing Roles

From digital marketing to brand strategy, marketing hires are essential for building awareness, creating impact, and utilising technology. The right marketing professional amplifies your reach and makes every campaign count.

Administrative & Support Roles

Strong admin and office support keeps the business running efficiently. The right person ensures teams operate smoothly, freeing managers to focus on growth.

Momentum Matters

Attracting top talent requires engagement and speed. Candidates respond to employers who act decisively and communicate clearly. Businesses that move quickly and partner with a trusted recruitment consultant secure the best people and stay ahead of their competition.

How I Help

I streamline the recruitment process from start to finish. By sharing market insights and understanding your business, values, goals, and culture. I uncover the right candidates, manage communication, interviews,

referencing, to find a brilliant new addition to your team.

2026 is the year to hire smart.

The right sales, marketing, or admin professional does not just fill a role; they create momentum, strengthen teams, and drive your business forward.

If your business is ready for its next strategic hire, let's connect and make it happen.

Jess Cree, Senior Recruitment Consultant, Source & Select Recruitment, Hobsonville

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Partnering with North/West businesses to secure exceptional Sales, Marketing and Admin staff.

Davis Funerals

Every 22 minutes, a child under the age of 18 experiences the loss of a parent or sibling in the UK. This was a startling but actual statistic that I picked up from last week's FDANZ conference here in Auckland. This well-researched fact was delivered by keynote speaker John Adams. John is a funeral director from the UK who has successfully petitioned the UK government to introduce a formal grief education programme into UK schools.

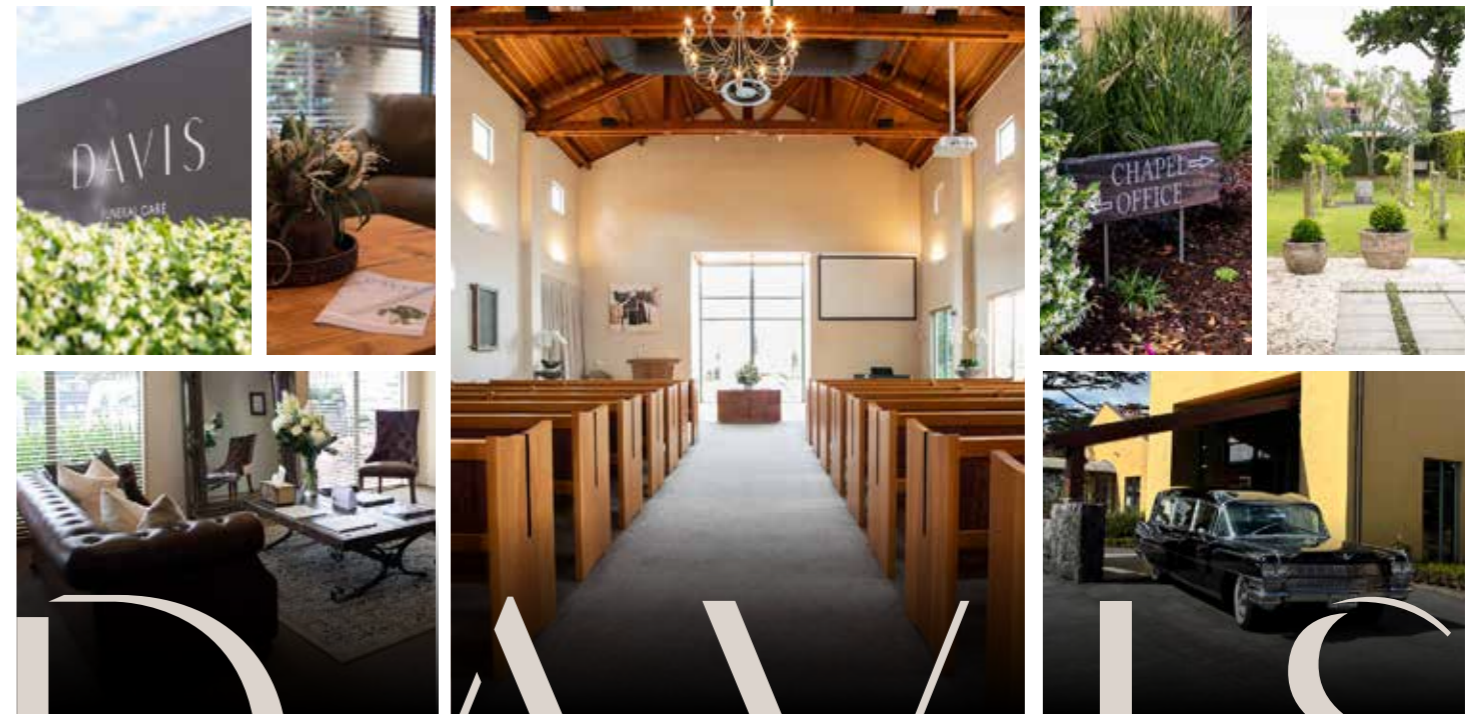
So, what happens here in New Zealand? As a Gen X myself, I grew up under the thinking that had been perpetuated for years; thinking that said children had no place being involved in the death of a family member or close friend. The premise for such this thinking was that it was inappropriate, they won't understand, we should not upset them and that kids are resilient and will just get on with it" says Michael Powell, General Manager Davis Funerals. It was not uncommon children to be told that nana's apparent disappearance was merely because she was taking a long sleep and she will be away for a very long time. How does a child reconcile that as they grow up?

Fortunately, more enlightened thinking today not only supports the view that it is okay and in fact healthy for us all to talk about death, but as a funeral director myself, it is heartening to see that increasingly children of all ages are being included in mourning of the loss of

a family member. This is a great start but only a piece of a much bigger picture in teaching children to cope with grief. The former exclusion suggested that death was only an adult-only matter, that it was bad, and something potentially to be feared, when in fact death is a natural event.

We must not assume children won't understand. Whilst certainly very young children may not fully appreciate the impact of a death they will grow up and increasingly feel the loss. It is therefore healthy for children to be present at funerals, viewings, to be able to leave messages and letters in the casket of the family's loved one, and most importantly that they are taught to understand grief and equipped with tools, mechanisms, and support to help them, says Powell.

If you would like to know more or like to obtain further information and free resources to help manage this with your children, we warmly welcome you to contact us.



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Community News

Chasing the Northern Lights:



There are few experiences on Earth as quietly breathtaking as witnessing the northern lights. Known scientifically as the aurora borealis, these luminous waves of color dance across the night sky in a spectacle that feels both ancient and otherworldly. For many travelers, seeing the northern lights is more than a trip—it's a pilgrimage to the edge of the world in search of wonder.

So come and join us next year as we travel with NCL Prima from Reykjavik around the top of Iceland through Scandinavia and ending in Southampton. This is a 10 day trip departing on 09 September and ending on 19 September. The balcony cost is only \$6700.00pp share twin and includes Onboard Credit – USD\$100 per cabin.

Free at Sea Beverage Package per person, 4 x Specialty Meals per person (max 2 persons), USD50.00 Shore Excursion (Applied to passenger 1 only) – per port.

Gratuities, port taxes and Govt fees. We still have a few more cabins so if you would like a copy of the flyer give Lesley a call 09-4161799 or email

lesley.johns@travel.helloworld.co.nz



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Food & Beverage

Good From Scratch



Tomatoes are one of those ingredients that remind us why growing food matters. Picked straight from the vine, still warm from the sun, they taste completely different from what you'll find in the supermarket - sweeter, juicier, and bursting with flavour.

At Good From Scratch, Michael Van de Elzen's garden-to-plate

cookery school and farm kitchen in the picturesque Muriwai Valley - our tomatoes are grown right here on the farm and used throughout our kitchen. They find their way into fresh seasonal dishes, slow-simmered sauces, and carefully crafted preserves.

One of the best things about tomato season is its abundance. Suddenly there are more tomatoes than you know what to do with and that's when the preserving begins. Bottling, roasting, and cooking them down into passata, chutneys, and tomato chilli jam allows us to capture a little taste of summer to enjoy long after the season has passed.

End of Summer Tomato Tasters

Prep time: 5 minutes

Cook time: 30 minutes

Serves: 6-8

Ingredients

- 2 cans cannellini beans
- 20 tomatoes, halved
- 300ml sunflower oil
- 6 stalks rosemary
- 6 cloves garlic
- Sea salt



Method:

- 1-Preheat the oven to 200°C.
- 2-Place the tomatoes on a tray and sprinkle with sea salt. Roast for 25 minutes, or until they begin to break down.
- 3-In a small saucepan, gently heat the sunflower oil with the rosemary and garlic to around 75°C. Turn off the heat and allow to infuse and cool.
- 4-Drain the beans and place them in a blender with the roasted tomatoes. Blitz until combined.
- 5-With the blender running, slowly drizzle in the rosemary-infused oil (holding back the garlic and rosemary stalks) until smooth.
- 6-Season to taste and serve at room temperature.

Come and experience Good From Scratch for yourself. Join one of our monthly supper clubs, explore our thriving kitchen garden, or roll up your sleeves and take part in a hands-on cooking class - there's something for everyone.

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Michael Van de Elzen's farm based cookery school. Hosting hands on cooking classes, private dinners and events.

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Employer Pro:

Employment law updates for employers



A series of legislative changes have been passed impacting workplace relations. The Employment Leave Bill has also been introduced, which is set to replace the Holidays Act 2003. Employer Pro ensures employers stay informed of their rights and legal obligations, offering business focused employment law and compliance support through affordable memberships.

The Employment Relations Amendment Act 2026 has introduced the following changes:

- A \$200k income threshold precluding unjustified dismissal claims. This is subject to a 12-month transition period for existing high-earning employees.
- A new 'gateway test' for independent contractors. This better protects employers against worker status challenges where they comply.
- Stronger protections against personal grievance claims where an employee commits serious misconduct.
- Enhanced clarity and protection around 90-day trial periods.
- Other changes that provide more certainty and protection to employers.

The Employment Leave Bill has been introduced. It is set to replace the Holidays Act 2003 later this year with a simpler leave framework. Key proposals include moving annual leave to an hours-based accrual system, simplifying how sick leave and other entitlements are

calculated, and introducing clearer rules for paying leave based on ordinary pay.

You can find more information about these legal updates on our website. We also offer free one-off advice to employers who are not members.

Our Employer Protection Packages provide employers with access to experienced employment relations and HR consultancy support without the cost typically associated with engaging lawyers or large consultancy firms.

Key advantages of our model are experience, affordability and accessibility. Members can access over 100+ employer focused resources.

Take advantage of our Special Launch Pricing, providing employers with a range of competitive Employer Protection Packages for affordable employment law support. Join Employer Pro today.

Employer Pro provides employers with deep employment relations expertise and commercially focused support.

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Paying GST when purchasing a property

When purchasing a property, the parties to the sale and purchase agreement elect whether the purchase price includes GST or not. A vendor such as a developer may be GST registered. Accordingly, the purchaser will be liable for GST on the purchase price (unless the price is agreed to be GST inclusive). Zero rating can be a possibility where:

- the vendor is GST registered at settlement;
- the purchaser is GST registered at settlement;
- the purchaser (or any associated person) will not be using the property as a principal place of residence; and
- the purchaser will use the property to make taxable supplies.

Importantly, residential rental is not a taxable supply. Therefore, even a GST registered purchaser may not claim the transaction to be a zero-rated transaction.

Given the value of properties in New Zealand, GST issues can have a big financial impact on a property transaction. We recommend that when buying or selling a property that you obtain advice on any tax issues before signing the agreement.

For more information on this or any other legal issues contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 412-6000.

Auckland housing market shows price reset as buyer choice expands

Raine & Horne

Auckland's residential property market showed a shift in momentum during February, with sales activity easing and prices falling, while the number of homes available for sale continued to climb.

According to the latest REINZ data in Auckland, 785 residential properties were sold in February, compared with 824 in January – a decline of 4.7% for the month. Despite the drop, February's sales were still the strongest for the month since 2021, suggesting underlying buyer activity remains relatively healthy.

Where the market changed most noticeably was in pricing. Both the median and average selling prices fell significantly during February, reflecting increased competition among sellers and greater choice for buyers.

The median selling price dropped by \$96,000, falling 9.6% from \$1 million in January to \$904,000 in February. This marks the lowest median price recorded by the agency since July 2020.

The average selling price saw an even sharper decline, dropping \$155,797 (13.3%) from \$1,169,773 in January to \$1,013,976 in February – the lowest level since September 2020.

At the same time, the supply of homes on the market continued to grow. New residential listings reached 2,252 in February, representing an 8.6% increase compared with February last year. As a result, total housing stock rose to 6,159 properties, up 2.7% year-on-year.

This is the highest number of homes available in February since 2010, highlighting a significant shift in market dynamics.

The combination of rising stock levels and falling prices is creating favorable conditions for buyers, who currently have a wide range of properties to choose from across

the region. With the median sales price at \$904,000 and the average price just over \$1 million, these are among the lowest monthly price levels seen since the market peaked in 2022.

As housing supply begins to better match demand, more buyers who previously felt priced out of the market are now taking a fresh look at purchasing.

For many prospective homeowners, the current market may represent a window of opportunity – one where improved affordability and increased choice are beginning to rebalance Auckland's property scales.

For a free and without obligation market sales appraisal, give Graham McIntyre a call on 0276320421, Country Living Realty Ltd t/a Raine & Horne Kumeu - Hobsonville

Thinking of selling your home?



Put your property in the spotlight with Graham McIntyre

When it comes to selling your home, presentation and exposure are everything. With Graham McIntyre, your property

receives a level of marketing that few agents offer – designed to capture attention and attract serious buyers.

One of Graham's standout strategies is the use of exclusive four-page editorial spreads in the Kumeu Courier and Westerly magazines. These professionally written and beautifully presented features showcase your property in a way that feels more like a lifestyle story than a traditional advertisement – creating stronger engagement with potential buyers.

Together, these publications reach over 50,000 readers throughout the local community, providing exceptional exposure to motivated buyers already interested in the area. Your home is not just listed – it is featured,

celebrated, and promoted to a wide and relevant audience.

With Graham McIntyre, you benefit from:

- Premium four-page editorial property features
- Exposure to 50,000+ local readers
- High-quality storytelling and photography
- Targeted marketing in trusted local publications
- A strategy designed to make your home stand out

If you're considering selling and want your property presented at its absolute best, talk to Graham McIntyre about a marketing approach that truly elevates your home above the rest.

Your home deserves more than a listing – it deserves a feature story.

Get in touch today for a no obligation appraisal

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Project spotlight: Mangawhai coastal living - Powered by Blackout Electric



Set in beautiful Mangawhai, this contemporary home blends warm textures, clean lines and seamless indoor-outdoor flow. Blackout Electric was proud to deliver the electrical work that enhances both the design and functionality of this stunning coastal build.

The lighting throughout the living space was carefully considered to complement the home's neutral palette and natural materials. Feature pendants add warmth and sculptural interest, while recessed lighting keeps the ceilings clean and understated. As daylight pours through expansive glazing, the space feels open and calm - and when evening falls, layered lighting creates a soft, inviting atmosphere perfect for entertaining or relaxing.

Precision was key in the custom cabinetry and media wall, where concealed wiring and thoughtfully positioned outlets maintain a sleek, minimalist finish. Outdoors, strategic lighting and weather-conscious fittings ensure the exterior areas are just as functional and welcoming after dark.

At Blackout Electric, we believe great electrical work should integrate seamlessly into the architecture - supporting the vision without overpowering it. This Mangawhai project reflects our commitment to detail, quality workmanship and delivering electrical solutions that elevate every home we're part of.



Quality interior painting built on proper preparation



When it comes to repainting the inside of your home, proper preparation makes all the difference. Focus On Painting specialises in interior repainting for Kiwi homes, delivering quality workmanship and tidy finishes designed for everyday living.

Every project starts with careful preparation. Walls, ceilings, and trims are checked for cracks, dents, and nail holes, which are filled and sanded to create a smooth surface before painting.

GIB stopping and plastering work can also be carried out where required, helping ensure walls and ceilings are properly prepared before painting begins.

Different homes and rooms require different systems. Whether it's walls, ceilings, doors, or skirting boards, the correct preparation methods are used before applying quality paints suited to interior spaces.

Work is carried out with care and attention to detail, with floors and furniture protected throughout the job. Each project finishes with a full clean-up so your home is left tidy and ready to enjoy.

For added peace of mind, all painting work is backed by a 3-year workmanship warranty, giving homeowners confidence in the quality of the finish.

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Ten years of knowing your neighbours



Every autumn, on streets across West Auckland, something simple happens. Tables and chairs get dragged outside. Kids take over the road. Someone brings too much food. And for a few hours, neighbours who might only usually exchange a nod sit down and talk with each other.

That's Neighbours Aotearoa - a national campaign to connect communities street by street - and this year marks a decade of it happening in partnership with the Whau, Henderson-Massey and Waitākere Ranges Local Boards.

Since 2015, Community Waitākere has administered Neighbours Aotearoa funding on behalf of the three local boards, distributing small grants of up to \$200 to streets and community groups wanting to bring people together. Around 70 events happen each year. Over ten years, that's roughly 700 deliberate acts of neighbourliness across West Auckland.

Some streets have been doing it since the beginning. What started as a funded nudge has become something they just do - a rhythm the community created and continues to hold up year after year.

"We've been having these events for 15 years now. I've watched young people start families - some of those kids are teenagers now. I even had my 60th birthday under this tree." - JB, Street Organiser

The kaupapa is straightforward but serious. Connected communities aren't just happier - they're more resilient. That kind of social infrastructure doesn't build itself. It takes local boards who back it, neighbours who organise it, and communities who turn up for each other.

Seven hundred events later, it's still just tables on streets and too much food - and that's exactly the point.

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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
Coatesville						
	Waymau Lane	\$2750000	5	306	10600	\$3300000
	Coatesville-R Hway	\$1675000	3	165	5160	\$1811250
Helensville						
	Commercial Road	\$400000	2	60	289	\$440000
	Makiri Street	\$450000	1	45	0	\$455000
	Nelson Street	\$1650000	6	376	2028	\$1590000
	Karaka Street	\$700000	3	92	445	\$720000
	Garfield Road	\$750000	3	123	0	\$710000
	Green Lane	\$820000	3	130	926	\$890000
	Nelson Street	\$760000	3	90	702	\$840000
	Old North Road		4	264	10000	\$1825000
	Alf Access Road	\$1680000	4	274	20000	\$1770000
Herald island						
	The Terrace	\$2100000	4	310	827	\$2200000
	Twin Wharf Road	\$1425000	4	192	842	\$915000
Hobsonville						
	Joshua Carder Drive	\$1075000	3	135	171	\$1060000
	Nugget Avenue	\$990000	3	113	181	\$975000
	Station Street	\$910000	2	104	0	\$952000
	Turbine Way	\$2000000	4	265	325	\$1625800
	Riroriro Road	\$640000	5	186	244	\$1265000
	Hastings Street	\$1225000	3	175	266	\$1180000
	Plover Road	\$1175000	4	160	258	\$1170000
	Catalina Bay Drive	\$1475000	4	267	135	\$1526500
	Onekiritea Road	\$740000	2	81	0	\$723000
	Nevill Road	\$1250000	3	160	154	\$1270000
	Buckley Avenue	\$1250000	3	173	0	\$1260000
	Picnic Point Road	\$660000	4	210	210	\$1230000
	Kerewhenua Cres	\$900000	3	132	134	\$915000
	Peihana Road	\$870000	2	98	110	\$804000
	Bannings Way	\$1450000	5	226	759	\$1685000
	Jack Seabrook Rd	\$2075000	4	216	259	\$1870000
	Irving Place	\$1425000	4	220	362	\$1460000
	Bannings Way	\$920000	3	170	0	\$930000
Huapai						
	Ara Kakara Avenue	\$1175000	3	161	535	\$1150000
	Sunny Crescent	\$1625000	4	240	1514	\$1590000
	Parlane Drive	\$1450000	4	270	803	\$1500000
	Tapu Road	\$1475000	4	251	700	\$1500000
	Kahika Grove	\$1475000	4	228	1081	\$1690000
	Tokay Place	\$850000	3	140	605	\$875000
Kumeu						
	Papatupu Way	\$750000	2	99	88	\$690000
	Fred White Drive	\$1375000	4	235	606	\$1320000
	McIndoe Road	\$1325000	4	209	603	\$1280255
	Access Road	\$2125000	0	0	13700	\$1290000
	State Highway 16	\$3025000	4	272	14000	\$2575600
	Nellie Drive	\$725000	2	94	113	\$710000
	Vinistra Road	\$1200000	5	185	400	\$1210000
	Tarras Road	\$1100000	4	163	407	\$1063000
Massey						
	Don Buck Road	\$640000	2	75	60	\$582500
	Cyclarama Crescent	\$820000	4	83	0	\$785000
	Alidade Place	\$830000	3	80	647	\$780000
	Puwaha Street	\$840000	3	84	217	\$780000
	Tellin Close	\$910000	3	300	511	\$955000
	Don Buck Road	\$670000	3	80	385	\$690000
	Horokaka Street	\$850000	3	96	200	\$813000
	Horokaka Street	\$850000	3	94	171	\$768888
	Waimumu Road	\$840000	3	150	0	\$775000

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
	Royal Road	\$1085000	3	100	809	\$1000000
	Flagstaff Place	\$650000	2	60	0	\$540000
	Waimumu Road	\$1100000	4	120	1418	\$1035000
Parakai						
	Parkhurst Road	\$640000	3	84	506	\$690000
	Kaipara Portage Rd	\$2025000	3	310	0	\$1115000
	Jelas Drive	\$850000	0	0	642	\$790000
	Alice Street	\$1600000	4	235	809	\$1585000
	Lloyd Road	\$2785000	5	305	36000	\$2435000
	Pohutukawa Parade	\$1625000	4	285	800	\$1875000
	School Road	\$1475000	4	236	827	\$1355000
Waitakere						
	Waitakere Road	\$875000	3	135	883	\$945285
	Wairere Road	\$1050000	3	72	43200	\$820000
	Waitakere Road	\$1250000	4	228	1566	\$1295000
	McEntee Road	\$840000	2	93	1012	\$830000
	Mildon Road	\$1590000	9	320	12500	\$2000000
Wes Harbour						
	Fitzherbert Avenue	\$1050000	3	80	672	\$1050000
	Fitzherbert Avenue	\$1025000	3	110	684	\$950000
	Ballini Rise	\$955000	3	130	0	\$1121000
	Peterhouse Place	\$1125000	3	100	1024	\$940000
	Picasso Drive	\$1855000	4	315	666	\$1441500
	West Harbour Drive	\$1000000	4	174	0	\$975000
	Clearwater Cove	\$1070000	4	157	456	\$1050000
Westgate						
	Manarini Road	\$700000	2	78	100	\$675000
	Toetoe Street	\$575000	4	n/a	0	\$1135000
	Tahetoka Street	\$385000	2	91	91	\$709000
	Tihema Lane	\$1075000	3	181	210	\$1040000
	Tahetoka Street	\$475000	2	n/a	150	\$749000
Whanuapai						
	Oyster Drive	\$1150000	3	148	320	\$1175000
	Whenuapai Drive	\$730000	2	93	142	\$785000
	Oyster Drive	\$760000	2	86	103	\$745000
	Nils Andersen Road	\$880000	3	130	183	\$880000
	Nils Andersen Road	\$1225000	5	241	309	\$1240000
	Rigby Drive		5	210	W345	\$1370000

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

Graham McIntyre on 027 632 0421

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

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“Baby, can I drive the car?”

Fuel prices rising. Cost of living feeling stretched. Household budgets under pressure.

Sound familiar?

And yet, property values are quietly ticking upward. It's a mixed picture, and if you're buying, refinancing, or selling, it pays to understand what's really going on.

The latest Cotality Home Value Index shows national property values increased 0.2% in February - the strongest monthly gain in four months. The national median now sits at \$806,697. Here in West Auckland, the average value is \$917,487.

So with all this economic noise, what actually drives mortgage rates, and where are they heading?

The OCR

The Reserve Bank's Official Cash Rate is the foundation of New Zealand's interest rate environment. When the OCR drops, borrowing costs typically follow. After nine cuts since mid-2024, rates are significantly lower than their recent highs. However, most economists are predicting that the OCR has now bottomed out.

Inflation

The Reserve Bank targets inflation between 1-3%. When inflation runs hot, the OCR rises to cool spending (and mortgage rates with it). With inflation now back under control, the pressure has eased, but global uncertainty means this could shift.

Fixed vs Floating Rates

Fixed rates offer certainty, floating rates offer flexibility. With a growing number of borrowers now locking in longer terms, the market is signalling that rates may not fall much further.

These moving parts interact differently for every

borrower, and your deposit size, loan structure, and rate type will significantly affect what you pay over time. In an environment of uncertainty, getting it right matters more than ever. That's where having professional advice to help you navigate your finances makes a real difference.

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North West Auckland rental market update – February 2026



Recent data from Realestate.co.nz shows that average asking rents across New Zealand have continued to soften, reflecting a shift towards more balanced conditions in the residential

rental market.

The national average asking rent in February was \$629 per week, down from \$634 in January and \$642 in February last year. Two years ago the national average sat at \$651 per week, meaning rents have eased by around \$22 per week over that period.

While the decline is modest, it highlights a gradual cooling after several years of strong rental growth.

Auckland rents remain stable but slightly lower year-on-

year

In Auckland, the country's largest rental market, the average advertised rent fell slightly from \$686 in January to \$682 in February.

Compared with February 2024, Auckland's average asking rent is around \$37 per week lower, reflecting increasing rental supply across parts of the region and greater choice for tenants.

Despite this softening, Auckland remains one of the strongest rental markets in New Zealand, supported by ongoing population growth and housing demand.

What we're seeing in North West Auckland

Across North West Auckland, including suburbs such as Hobsonville, Massey, Westgate, Whenuapai and Kumeū, the rental market remains active but is becoming more competitive for landlords than it was during the tight conditions of 2022-2023.

A key factor influencing the local market is the ongoing delivery of new housing stock, particularly townhouses and terrace homes in growth areas such as Hobsonville Point and the expanding residential zones around Westgate.

Many of these properties are investor-owned new builds entering the rental pool, which has increased the number of listings available to tenants.

Rental supply continues to rise

Nationally, there were 7,504 properties advertised for rent on Realestate.co.nz at the end of February, representing a 6.2% increase compared to the same time last year.

We're seeing a similar trend locally across North West Auckland, where more rental listings are coming to market, particularly:

- Newly completed townhouse developments
- Recently purchased investment properties
- Owners choosing to rent properties while waiting for the sales market to strengthen

This increased supply means tenants currently have more choice, and properties that are priced above market expectations may take longer to secure tenants.

What this means for landlords and investors

For investors in North West Auckland, the rental market remains healthy but more balanced than in previous years.

Well-presented properties that are priced in line with current market conditions are still attracting strong tenant interest, particularly homes with:

- Off-street parking or garages
- Low-maintenance outdoor areas
- Modern kitchens and bathrooms
- Easy access to motorway links and employment hubs around Westgate

However, landlords should expect a slightly longer leasing timeframe in some cases, especially where multiple similar new-build properties are competing in the same area.

Outlook for the coming months

As we move into the autumn rental season, the market is likely to remain relatively stable, with rents expected to hold steady or soften slightly in areas where supply continues to grow.

For North West Auckland, the long-term outlook remains positive. The area continues to benefit from:

- Significant infrastructure and retail investment around Westgate
- Continued population growth
- Ongoing residential development

These factors continue to support strong underlying demand for rental housing in the area.

For landlords, the key in the current market is accurate pricing, strong marketing, and quality property management to ensure properties remain competitive and tenanted.

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64 Worsnop Way, Stillwater

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generous sliders and access to patios.

The flat is nestled by the double garage and is a studio style with bathroom/ laundry combined. It has a small kitchenette and has internal access if required to the main house. The minor is also brick, with an open plan kitchen/dining/ lounge with a generous slider. The two bedrooms share a central bathroom, with a storage room and a garage providing options for toys and tools.



Featuring:

- 2 Houses- Home & Income
- 7 bedroom, 4 bathroom
- 3 living
- 2 garage
- Land area 2 Hectares
- Floor area 312 sqm
- 2014 Platinum Home
- A short distance to Albany, Dairy Flat and Silverdale



For more information on this property call:
Graham McIntyre on 027 632 0421
or email: graham.mcintyre@kumeu.rh.co.nz

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Beautiful, North Facing, Kumeu Lifestyle living

96 Pomona Road Kumeu

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.

For more information on this property call:

Graham McIntyre on 027 632 0421

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Featuring:

- 4 Bedroom
- 1 bathroom
- Land area 3,298 Hectares
- Floor area 140 sqm
- 2 Garage
- Lifestyle property
- Freehold
- Enquiries over \$1,900,000



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G.J. Gardner. HOMES



Land, 2 houses, sheds

180 Taupaki Road Taupaki

Over 4 hectares (10 acres) of flat to gentle sloping land, where you look over your estate providing ease of management. The house sites are elevated away from any superimposed flood mapping by council and within a countryside living environment. Subdivision is a possibility and a letter in support of this is available.

Two houses, shedding and double garage are linked by the drive and offer a window into the past, but provide a great opportunity for the future. This cluster of old and new, provides a canvas to develop and to label your future, with character and possibility a-plenty. Shedding is a mix of old and new with options for the new owner to consider what is important to them and their future on the land. This is the first time in 55 years that this block has been offered up to market. We welcome your inspection and your feedback on if it may fit within your future plans.

For more information on this property call:

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



Featuring:

- 3 bedroom & 1 bathroom
- Land area 4,3313 Hectare
- Floor area 110 sqm
- 1 Living & 1 dining
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- Lifestyle property
- Close to Kumeu shops, cafes, library, supermarket
- Subdivision options



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Home & Garden

A local merchant that gets the West

Ask any local builder where they get their gear, and chances are Western ITM comes up pretty quickly - and for good reason.

With local stores in Kumeu and Whenuapai, Western ITM has become a go-to for tradies, renovators, and DIYers right across the North-West. These aren't just yards full of timber - they're places where people know your name, understand the job you're doing, and want to help you get it right.

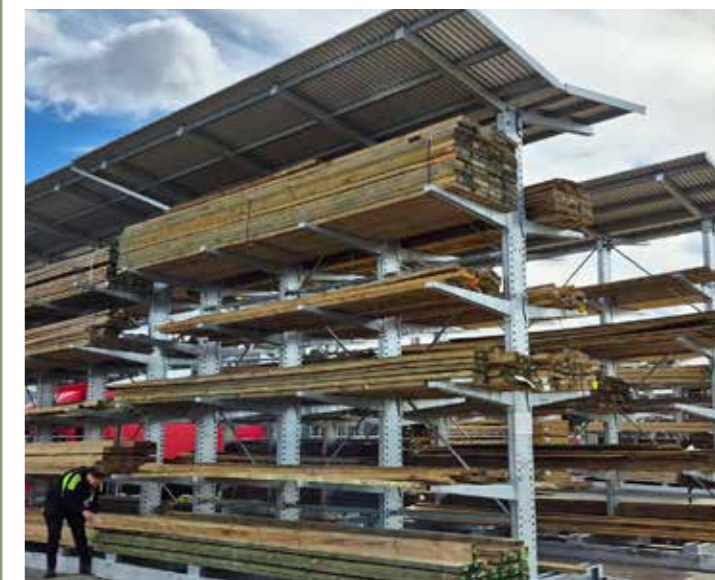
Whether you're building new, renovating, or considering a minor dwelling project, Western ITM has the right products and advice to ensure your project is a success. From high-quality frame and truss, timber, panel, power tools and hardware supply, to custom-designed pole sheds, our team is focused on making your project easy from the moment you get in touch.

Winter chills are on the way, and now's the time to stock up on bulk products from Whenuapai ITM - untreated pine firewood \$60/m³, untreated pine sawdust \$20/m³, untreated woodchips \$30/m³ and mixed-grade bark \$15/m³. Free one-hour loan trailers are available, as well as

hire caged and tandem trailers. Delivery straight to your home or site can also be arranged.

So, whether you're framing a house, tackling a reno, or just need some honest advice, Western ITM in Kumeu (154 Main Road) and Whenuapai (2 Airport Road) is worth a visit.

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Waimauku Garden Club,



We had an adventurous journey North to Omaio Gardens, a Maori name meaning place of peace, quiet tranquility. Set over 18 acres the main garden is nestled amongst NZ native bush.

We were warmly welcomed to share a delicious morning tea in the courtyard and hear the history of the

garden of International Significance from Liz Morrow. The location is stunning. We got to enjoy exploring bush trails filled with surprises of sculptures and vistas overlooking the beautiful Kawau Bay. We travelled to Omaha Bay vineyard to share platters for lunch and wine tasting for those wishing to imbibe. The estate has views over the sea to Great Barrier Island and an art gallery to browse through. Following lunch we were dropped off in Matakana village for a stroll around the shops and indulge in an ice cream before boarding the coach to head home after another awesome day.

Feel free to contact any off us: Ann(0210357406), Gail(021344070), Maree(0274963006), Moira (0274989154), Monique(021646220), Sandi(0273184514).

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They're ideal for properties with limited

access, sloping blocks, or where major changes to landscaping or structures aren't an option. By elevating part or all of the pool, the installation can adapt to the property's layout.

While often chosen for practical reasons, above ground pools still deliver a premium look. With the right design, they can become a standout feature of the backyard, fitting seamlessly with decking, retaining walls, and landscaping.

Not all pool builders can offer above ground solutions. These installations need specialised engineering, structural design, and experience to ensure the pool is stable, safe, and visually seamless.

Whether you're after an above ground or in-ground fibreglass pool, Richard and his team at Narellan Pools Auckland West can help you find the right option for your home.

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Whenuapai floral and garden circle



Members met as usual at the Village Hall in Whenuapai and, among the news of the welfare of members, they learned that longtime member, Gladys Murphy, passed away recently. There were plans for a memorial service. Trips were discussed in detail, and in particular whether it was feasible for some members to take their own cars rather than the bus. After much thought and consideration was given to the matter, it was deemed financially better for all to travel as a group whenever possible. Just two members had March birthdays.

Guest speaker was Lorraine from St John about Medical Alarms. Two types were shown with a waterproof necklace for around home which has a 300 metre range and a heavier water-resistant form for when out and about from your home. Both include GPS and free Ambulance service. If Doctor approved, the cost can be covered by WINZ and added to the Pension payment. There is also a wristband form compatible with a Pacemaker. All would bring peace of mind to the wearer and family members.

After questions were asked and answered, it was back to our regular format. Blooms and produce were admired and judged, raffles drawn and handed to those with the winning numbers, then home baked treats enjoyed with afternoon tea, coffee or fruit juice with a social time before the group disbursed.

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

Until next time, happy gardening from Mary Anne Clark

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Stormwater system maintenance – the quiet hero protecting your home

Most homeowners rarely think about their stormwater system... until something goes wrong. But just like your roof, gutters, or plumbing, your stormwater network quietly works behind the scenes every day to protect your home from flooding, erosion, and costly damage.

Your property's stormwater system is designed to move rainwater safely away from your house, driveways, and landscaping. Over time though, pipes can become blocked with silt, tree roots, leaves, and debris. When that happens, water has nowhere to go – and that's when problems start. Overflowing drains, soggy lawns, damaged driveways, and even water entering your home can all be signs your stormwater system needs attention.

Regular maintenance is the key to preventing these issues. A professional inspection can identify blockages, cracked pipes, root intrusion, or collapsed lines before they turn into expensive repairs. Clearing drains and ensuring everything flows correctly helps your system



perform exactly as it should – especially during heavy Auckland rain events.

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Our team of highly trained Ninjas are experts in stormwater systems and drainage diagnostics. Armed with state-of-the-art equipment including CCTV cameras, high-

pressure jetting units, and hydro excavation technology, we can quickly locate and eliminate problems lurking underground.

But what really sets the Ninjas apart isn't just our gear – it's our approach. We pride ourselves on fast response times, clear communication, and doing the job right the first time. Our team works efficiently, respects your property, and keeps you informed every step of the way.

Think of us as your stormwater system's silent guardians – protecting your home from the hidden dangers beneath the surface.

So if your drains are slow, your yard is flooding, or you simply want peace of mind before winter rains hit, call in the Drain Ninjas. Because when it comes to drainage... it pays to have Ninjas on your side.

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Home & Garden

Autumn home readiness: West Auckland it's time to get winter-ready

At Mitre 10 MEGA Westgate and Henderson, autumn is one of our favourite seasons. As the days get shorter and temperatures start to ease, we see our community shift into preparation mode- ready to make homes warmer, safer, and more comfortable before winter settles in. And this is exactly where we love to help.

Every year, we meet hundreds of customers who walk through our doors unsure where to begin with their seasonal home maintenance. That's where our team steps in. One of the biggest priorities heading into autumn is weatherproofing, and we're stocked with everything you need to seal up those sneaky draughts and prevent moisture entering your home. Whether it's gap filler, weather seals, or outdoor paint for quick touch-ups, our team can guide you toward the right products for your home type, no guesswork required.

We also know this is the season when gutters become a hot topic. Fallen leaves and stormy days can quickly lead to blockages, so we encourage customers to get ahead of the curve. From gutter cleaning tools to long-lasting gutter guard systems, our teams at both Westgate and Henderson are always happy to talk through what will work best for your home-because a small bit of prep now often prevents big issues later.

Inside the home, we're seeing more people leaning into warmth and energy efficiency. Our in-store range of heaters, heat pump maintenance essentials, and insulation products has something for everyone and every budget. Autumn is the perfect moment to clean filters, check cables, and make sure your heating choices are ready before the chilly evenings arrive. And if you're not sure which heater suits your space, our staff love helping customers compare options to get the safest and most efficient fit.

Of course, autumn is also planting season, and our garden centres come alive with customers who are ready to refresh their outdoor spaces. Whether you're starting a winter vege patch, choosing soil conditioners, or repairing a sun-tired lawn, we're here to offer advice and stock the essentials. Broccoli, kale, beetroot, and onions are autumn favourites, and our seedlings give your garden the best start.

What we're most proud of, though, is how autumn brings out a sense of community. We see families prepping their homes together, DIY beginners learning new skills, and long-time customers returning for their yearly checklist. Being part of that seasonal rhythm is something we value deeply.

At Mitre 10 MEGA Westgate and Henderson, our goal is simple: to help you feel confident and prepared as we head into winter. Whether you're tackling a full project or just crossing off a few maintenance tasks, we've got

the tools, the products, and the people to help you get it done-properly, safely, and with local support you can trust.

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Young Learners

“Me do it” The importance of Independence for toddlers

If you live with a one or two-year old, you've probably heard the phrase, “Me do it!” more times than you can count. While it may test your patience when you're already late, this fierce determination for independence is actually one of the most important parts of toddler development.

At this age, children are wired to try things for themselves. When they attempt to dress themselves, arms stuck in the wrong holes, shirts on backwards, pants only halfway

up, they're not just “helping.” They're building fine motor skills, coordination, balance, and body awareness. They're also learning persistence. That sock might win the first round, but most toddlers will happily wrestle it again tomorrow.

Pouring their own water is another big milestone. Yes, sometimes the table gets a drink too. But as they carefully tilt the jug and watch the cup fill, they're learning control, concentration, and cause and effect. Too fast? Splash. Slow and steady? Success. These early science experiments are powerful learning moments disguised as everyday tasks.

Serving themselves food with tongs might look ambitious for such little hands, but it strengthens grip, hand-eye coordination, and focus. It also encourages children to listen to their bodies. When they choose how much to put on their plate, they begin developing awareness of hunger and fullness cues, an important lifelong skill.



Young Learners

Putting on their own shoes (even on the wrong feet) teaches sequencing and spatial awareness. First the foot goes in, then the strap goes over. Pushing their chair in after leaving the table introduces responsibility in a simple, concrete way. It shows them they are part of a community and that their actions matter. And brushing their own teeth, even if you follow up with a "parent turn" – helps establish independence and healthy routines from an early age.

So what is all this really teaching them? Confidence. When toddlers are trusted with small responsibilities, they begin to believe, "I am capable." They learn problem-solving, patience, and resilience. They experience what it feels like to try, struggle a little, and eventually succeed.

These small daily tasks also build the foundations for school life. Independence at home translates beautifully to the classroom. A child who practices dressing themselves is more prepared to manage their coat and bag at school. A child who serves themselves and cleans up understands routines and shared spaces. Following steps during tooth brushing or tidying up strengthens early executive functioning skills, like memory, attention, and self-regulation.



Most importantly, independence gives children a sense of ownership. They are not just being cared for; they are active participants in their day. It won't always be neat. It definitely won't always be quick. But those spills, backward shoes, and slightly soggy toothbrush moments are signs of growth. By allowing toddlers to try, we're not just getting through the day, we're raising capable, confident little humans who are getting ready for school and for life.

Free school holiday fun at NorthWest

Step into a prehistoric world of fun these school holidays at NorthWest Shopping Centre with our FREE Dinosaur Discovery.

Week 1: Monday 6 – Friday 10 April, 11am – 2pm

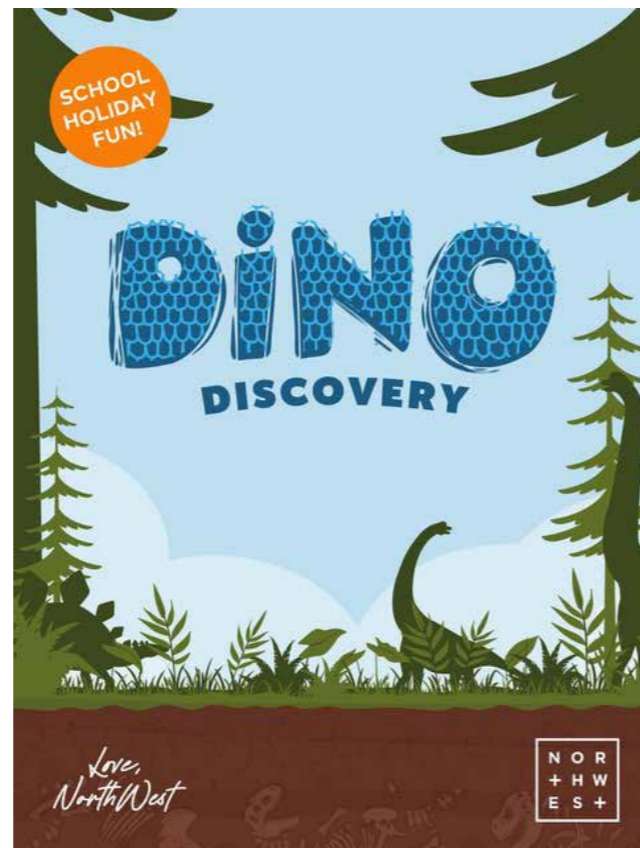
Kids can paint and decorate their own 3D dinosaur to take home.

Week 2: Monday 13 – Friday 17 April, 11am – 2pm

Decorate a dinosaur keychain with colourful stick-on diamonds.

Find Dino Discovery in Centre Court, in front of Customer Services.

For more information, visit northwestshoppingcentre.co.nz.



Aged care

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At AJ Motors, we focus on keeping the process clear and simple. If you have a car you're no longer driving, we're happy to have a conversation and see if we can help.

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Aged Care

Grey Power endorses proposal to keep cash local

Grey Power has long advocated against the loss of cheques and decreasing banking services nationally, but particularly in our rural areas. The release of the Reserve Bank's Consultation paper on Tuesday was a welcome breath of fresh air for all those disadvantaged by the reduction in services from the banking sector over the past decade. NZ has lost around 40% of its bank branches, and many of those remaining work on reduced hours.

Grey Power National President Gayle Chambers stated "While there are significant advantages in embracing the digital age, the ongoing withdrawal of services nationwide has seriously disadvantaged our seniors and those in rural areas. The Reserve Bank is to be congratulated for proposing a solution that could restore greater equity to those who have suffered the most from the diminished social conscience major banks have shown." The Reserve Bank research amongst 10 rural towns clearly showed the adverse impact on individuals, businesses, and communities where access to cash was severely limited.

Their recommendation to address the issue is basically to introduce a cash services standard with a minimum number and defined locations nationwide for ATMs that would allow customers of any bank to make withdrawals, deposits (including coins), and swapping of cash - eg \$50 converted into \$10 notes and \$2 coins. These services would be provided free of charge. Grey Power urges all members and the general public to participate in the Reserve Bank feedback survey directly on-line (<https://consultations.rbnz.govt.nz/rbnz/access-to-cash>). The survey site contains background papers and information on the proposals in more depth.

Pampering and Celebrations at Craigweil House



Residents at Craigweil House recently enjoyed a special Spa Day in celebration of International Women's Day, a heartfelt way for staff to thank and honour the wonderful women in our care. The lounge was transformed into a relaxing spa-like space, creating a calm and welcoming atmosphere for the occasion. Residents were given their own spa-style vouchers and invited to enjoy a range of pampering treatments. Staff prepared gentle hand spa sessions with manicures, while some residents also chose to relax with soothing facials. The day was filled with smiles, laughter, and a sense of being

Aged Care

truly appreciated. Experiences like this are especially meaningful for older adults. Taking time for self-care and relaxation can help support emotional wellbeing, boost confidence, and provide a sense of normality and enjoyment. Activities that involve gentle hand care and facial treatments can also stimulate the senses and encourage social interaction, which are both very important for maintaining quality of life in later years.

The celebrations continued at Craigweil House with St Patrick's Day. Residents and staff joined in the fun by wearing green and helping to make festive decorations around the home. The day was topped off with a special afternoon tea, giving everyone a chance to enjoy good company, share some laughs, and celebrate together.

If you would like to learn more about what Craigweil House can offer you or your loved ones, please feel free to drop by or give us a call on 09 420 8277. We would be happy to welcome you.

Kumeu SeniorNet

Kumeu SeniorNet is helping local seniors confidently navigate today's digital world. The club offers friendly, patient tuition in computers, tablets, and smartphones, covering everything from emailing and online banking to internet safety. Members learn at their own pace in a supportive environment where no question is too small. Beyond practical skills, SeniorNet fosters connection and inclusion, helping reduce isolation by enabling members to stay in touch with family and friends. By building confidence and independence, Kumeu SeniorNet plays an important role in ensuring older residents remain active, informed, and connected in our community. We

meet at 10.00am on the 1st Wednesday of the month at St. Chads Church, 7 Matua Road, Huapai. We would love to see you there.

Keeping You Moving, Your Way



At Kiwi Rehabilitation, we know how important it is to stay mobile, comfortable, and independent in everyday life so you can keep doing the things that you care about! Whether you're looking for something brand new, need a repair, or want a more affordable option, our team is here to help.

Did you know we buy and refurbish pre-loved mobility equipment? It's a

great way to give quality equipment a second life while making mobility aids more affordable for those who need them. If you're looking to upgrade and trade in or have equipment you're no longer using, get in touch, we'd love to chat. Speaking of upgrades, we stock a wide range of mobility scooters, wheelchairs, lift chairs, walkers, walking sticks and daily living aids - all available for hire or purchase.

If your current equipment just needs a little TLC, our experienced technicians can help with that too! We have lots of servicing and repair options - From flat tyres and faulty lights to routine maintenance, we'll make sure your equipment is safe, reliable, and ready to keep up with you!

No matter where you are on your mobility journey, our friendly team is here to help you find the right solution.

Visit our website or contact us today -because at Kiwi Rehabilitation, "He Tangata - it is people", and people always come first.

www.kiwirehab.co.nz

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Health & Beauty

Functional Skin Practitioner & Nutritionist



SWAN Skin Wellbeing & Nutrition advanced non-inflammatory skin therapies. Sarah Tumulty

Exosomes: One of the most exciting advances in modern skin repair

A powerful technology called exosomes is changing the way we support skin repair and rejuvenation.

Exosomes are tiny particles naturally released by our cells that help cells communicate with each other. Think of them as microscopic messengers carrying signals that guide the skin to repair, regenerate and function more effectively.

Inside these tiny bubbles are important ingredients such as proteins, growth factors and genetic signals that support healing and tissue repair. Because these ingredients are protected within the exosome, they remain stable as they travel through the skin.

Exosomes are incredibly small – around 30-150 nanometres – allowing them to move easily through the skin's outer layers. Once they reach skin cells, they deliver signals that can stimulate processes such as collagen production, improved circulation and cellular renewal. This is why exosomes are becoming one of the most exciting developments in modern skin treatments.

They can be particularly beneficial for concerns such as:

- Aging skin and loss of firmness
- Fine lines and wrinkles
- Pigmentation and uneven skin tone
- Redness and inflammation
- Skin repair and barrier support

Interestingly, this technology is not entirely new. Osmosis Beauty, the professional skincare line used at SWAN Skin Wellbeing & Nutrition, has been incorporating exosome-derived growth factors into its formulations for several years, particularly in its StemFactor serum, designed to support skin repair and rejuvenation.

At SWAN Skin Wellbeing & Nutrition, I incorporate exosome infusion treatments in clinic, often supported with technologies such as infusion therapy and LED light therapy. Using targeted homecare, such as StemFactor serum, helps continue supporting the skin's natural repair processes between treatments. Because exosome therapies support the skin's natural repair processes, they fit beautifully within a non-inflammatory regenerative approach to skin health, helping the skin repair rather than forcing damage to create change.

If you're curious whether exosome skin therapies may benefit your skin, personalised skin consultations are available at SWAN Skin Wellbeing & Nutrition in Kumeu.

Mobile Audiology in Your Community

Clearer hearing doesn't have to mean clinic visits. Audiologist, Lisa Greene, at Hear 4U, offers mobile audiology care—hearing aids, hearing tests, wax removal, and hearing-aid maintenance—right in your own home. With over 25 years of experience, she helps make everyday

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all delivered at your doorstep. Ph 021 209 2687

Ask Dr. Heather



My hands make me look older. Is there anything that can be done? Anon, Kumeu

Hands are one area that often goes unnoticed until the contrast with other areas becomes obvious with ageing. This is because

the backs of our hands have very little natural fat. As we age, that small amount reduces further. The skin becomes thinner, making veins and tendons more visible.

Hands are also exposed constantly to sunlight, washing, environmental stress and daily movement, which all accelerate collagen loss. Unlike the face, the skin here produces less natural oils and has less structural support. Over time, this combination leads to volume loss and a hollow, crepey appearance. The great news though is that there are treatments that can help.

Radiesse® is one of the most reliable options for ageing hands. It works by stimulating your own collagen production over time, improving skin quality and firmness. This helps tighten and thicken skin, leading to a more youthful appearance, where your hands match the way your face looks.

Skincare (including sunscreen) applied to your hands as part of a daily routine is also recommended to minimise ageing and maintain results. Other skin treatments such as microneedling and chemical peels can also be used to boost collagen production and minimise pigmentation.

Ageing hands are common but signs of ageing don't need to be. With a little care and consistency, your hands can glow just as much as the rest of you.

ALLOR
COSMETIC MEDICINE

Dr. Heather Anderson
72 Waimarie Rd, Whenuapai
M: 0222626762
www.allor.co.nz

Dr. Heather Anderson is a Cosmetic Medicine and Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai and features in the All or Nothing Podcast (available on Spotify, Youtube and iHeartRadio). If you have a question for Dr. Heather you would like answered anonymously, please email askdrheather@allor.co.nz

Bold new frames arrive at For Eyes



For Eyes in Kumeu is excited to introduce a vibrant new spectacle frame range: Specs by Prue. Designed in collaboration with beloved chef and TV personality Prue Leith, the collection reflects the same bold personality and colour that fans recognise from the popular TV show The Great British Bake Off.

Dame Prue is famous not only for her culinary expertise but also for her distinctive fashion sense, particularly her striking eyewear. Her new frame collection celebrates that signature style with bright colours, confident shapes and thoughtful details.

"I'd rather spend money on glasses (and necklaces!) than on shoes and handbags," says Prue. "I mean, where do your shoes and handbags spend most of their time? Under the table, that's where. Whereas glasses and necklaces are where people look – bang in their eyeline."

The collection includes subtle design touches that reflect Prue's culinary roots. Signature black-and-white chequered temple tips reference classic chefs' trousers, while two small stars on the sides of each frame are a nod to Michelin stars.

Fans will soon see Dame Prue wearing pieces from the new collection in upcoming television appearances, including the sequel series to The Great British Bake Off and the show Prue Leith: My Cotswold Kitchen.

When it comes to choosing glasses, Prue encourages people to be adventurous. "Be a bit brave and force yourself to put on a pair that you think is too bold for you," she says. "Then have a look in the mirror and if it makes you smile, that's the one for you."

To view the new range, visit For Eyes in Kumeu Shopping Village or phone (09) 412 8172 to book an eye examination.

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Modify your mind in Muriwai



Our mind is like a computer or smartphone because it is programmed and programmable. We see and use the apps or programs (Conscious Mind), but we don't always know how it works in the background (Subconscious Mind). We use face filters, but do we really know how they work?

It is the same with us humans and our habits - we see them and act them out (Conscious Mind) but don't always know why we do them or have them (Subconscious

Mind). We are eating/drinking too much, procrastinating, binge watching TV, lacking confidence, not exercising as much as we think we want, even feeling anxiety. Sometimes we have an idea why and other times we are baffled as to why we keep doing these habits repeatedly when we don't want to.

If we have a habit or behaviour we don't want, it is because somewhere in our life we programmed ourselves that way, and it is now running in the background just like all the apps on our phones.

If we update the software on our phones, computers, even watches, why not update the software of our mind? To do that we must understand it and how it can be updated. Hypnotherapy is a great way to release old habits and behaviours by understanding how your mind has been programmed. We access your subconscious mind to find and modify unhelpful programs or write new ones.

Get in touch so we can chat about modifying the programs of your mind.

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“Nothing works anymore”: Why many women gain weight during Perimenopause



“I eat healthy. I cut carbs. I eat less. I do everything right... but nothing works anymore.”

These are some of the most common things I hear from women in their 40s and 50s. Many are busy professionals juggling careers, family responsibilities, and little time for themselves. They try cutting calories, skipping meals, or doing more cardio hoping the weight will shift.

Yet despite their efforts, the belly fat keeps creeping up. Sleep becomes broken. Energy crashes in the afternoon. Cravings feel hard to control. Many women feel bloated, on edge, irritable, and anxious without understanding why. Over time many begin to feel ashamed, confused, frustrated, and completely fed up. The problem isn't a lack of discipline - your biology is changing.

As oestrogen declines during perimenopause, your body is operating in a different hormonal environment and needs a different strategy. It also becomes less sensitive to insulin, so the same meals that worked in your 30s can trigger larger blood sugar spikes in your 40s and 50s.

When this happens repeatedly, insulin rises - and insulin's job is simple: to store energy. Over time the body becomes more efficient at storing fat, particularly around the abdomen. One simple strategy that can help stabilise blood sugar is taking a 10-minute walk after a meal. This helps move glucose into the muscles to be used for energy rather than stored.

The encouraging news is that small changes can make a big difference. With the right strategy, you don't have to suffer through perimenopause.

If you'd like help getting clear on what may be driving your symptoms and where to start, I offer Menopause Nutrition Clarity Sessions designed to help you walk away with a simple plan.

GET IN TOUCH https://linktr.ee/nutrix_health

Feel Like Yourself Again Through Menopause

Janey Carr
Health & Nutrition Coach
https://linktr.ee/nutrix_health

Area Columnists

‘Life jackets for all’ now tested with the public



By Cameron Brewer - MP for Upper Harbour

Submissions have re-opened on my Lifejackets for Children and Young Persons Bill, following Parliament's Transport and Infrastructure Committee's decision to seek further public input on the proposed law change. The select committee is keen to explore expanding the scope of my private member's bill. If changed, it would effectively mean mandatory life jackets for all Kiwis on recreational craft six metres or less, not just for children under the age of 15.

Strong feedback from water safety experts and submitters in recent months has prompted the committee to re-open submissions, given it would be an out-of-scope amendment.

I want to thank Tuia Waitākere, formerly Sport Waitākere, for their ongoing commitment to this kaupapa. Chief executive David George (pictured) tells me their local life jacket hub continues to be very busy. Based in the old Massey library, next to the YMCA Gym and Leisure Centre on Don Buck Road, the hub provides free, short-term access to life jackets for local families and schools. I encourage individuals, water safety organisations, boating groups, and anyone interested in this issue to have their say on the possibility of ‘Life jackets for all Kiwis’ on small boats. It's important we get the legislation right and strike the right balance. However, frankly, the statistics point to too

many middle-aged men, in particular, continuing to drown in tragedies involving small boats. Public submissions on the proposed amendment are open for six weeks and close at midnight on 15 April. Have your say, or at the very least email my office with your views.

Finally, as you'll see in this month's advertisement below, we are hosting a Seniors' Morning Tea, with neighbouring MP, Hon. Chris Penk, as our guest speaker. This is a free event and open to all seniors in Upper Harbour - just let my office know for catering purposes.

Sport Waitākere becomes Tuia



After more than 30 years supporting West Aucklanders to live active and healthy lives, Sport Waitākere has a new name - Tuia Waitākere.

The change reflects both a strong legacy and a kaupapa that has grown well beyond sport. Over three decades, the organisation has played a vital role in strengthening participation in sport and physical activity across Waitākere. That work now spans community sport, arts, movement and culture - always focused on supporting people to live and do well in ways that make sense for their own communities. Tuia draws from the kupu tuia - to weave, bind and bring together. The tohu takes inspiration from te taiao; angular lines representing the ridges of the Waitākere Ranges and flowing curves representing the awa, woven together to embody tuia. The name was developed through ongoing engagement with mana whenua Te Kawerau ā Maki, whose endorsement reflects a shared commitment to connection, place and collective responsibility across Waitākere. The journey

SENIORS' MORNING TEA

Hosted by Cameron Brewer MP | Guest speaker Hon Chris Penk

Monday 20 April, 10am
Hobsonville Bowling Club
1 Memorial Park Lane, Hobsonville

Scan here to RSVP

Or RSVP to P: (09) 416 3249
E: UpperHarbourOffice@parliament.govt.nz

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

has been steady and deliberate – shaped over many years by the people and places the organisation works alongside. With a refreshed vision of a Waitākere where everyone lives healthy, active and well for themselves, Tuia Waitākere is a community movement: led by the people, for the people of West Auckland. tuiawaitakere.org.nz

Community nights at Stihl Shop Westgate: supporting local, one event at a time



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

Our STIHL SHOP Westgate: Cut & Kick-Back Events are designed to be simple, fun, and rewarding. Your school, club, or organisation sets an entry fee and sells tickets to supporters (100% of the proceeds you keep). From there, we take care of the rest. Guests will be welcomed with a drink on arrival and treated to a generous grazing platter to enjoy throughout the evening. Our knowledgeable team will run live demonstrations covering handy tricks, maintenance tips, and essential safety advice – perfect for anyone who wants to get more out of their outdoor power equipment.

To make the night even more special, attendees will have access to exclusive in-store specials available only during the event. And because these nights are all about giving back, 5% of all sales made during your event will be donated directly to your fundraising efforts. Whether you're raising money for new sports gear, school resources, community projects, or a cause close to your heart, we're here to help you make it happen in a relaxed,



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enjoyable setting.

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

Let's build something great together – one community night at a time.

Want an App to help with your Health and Safety?

Securo is pleased to announce the launch of our new Health & Safety Management App, bringing the full functionality of our online system directly to your mobile device. Everything you can do on your PC or laptop is now available on the go, giving you instant access whether you're in the office or out in the field.

The new App consolidates our Online System and App into a single login, providing a streamlined and easy-to-use platform for managing your health and safety tasks from any device.

Key features available in the new App

The App includes "Quick Action" reporting along with the full suite of system features, including:

- Hazard Register – Identify and track potential hazards
- Hazard Control Plans & Hazard Matrix – Manage risk levels and control strategies



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.



www.securo.co.nz 0800 55 33 44

securo

- SOPs – Create and access essential safety procedures
- Document Library – Access templates and forms
- Toolbox Meetings – Schedule and record safety meetings
- Incident Reports & Register – Record and monitor incidents
- JSA Forms – Complete safety assessments on-site
- Vehicle Inspections – Log vehicle safety checks anywhere
- Staff/Site Inductions – Deliver digital inductions for staff and visitors

Additional features include geo-location tagging to capture incident locations and photo uploads to attach images directly to reports.

Getting started- Clients can access the new system via our website at www.securo.co.nz by clicking the New App button. To receive your username and password, please email secteam@securo.co.nz with your Client ID. The App works on any device. As it has been built using modern technology, existing system data (except company contact details) cannot be migrated. The current App will remain available for 12 months to allow time for transition.

For new clients contact Securo Consultant John Riddell securo4@securo.co.nz or visit www.securo.co.nz or phone Securo Head Office on 0800 55 33 44. For more information. hotmail.com.

Discoverers informal Church Easter 2026



We warmly invite the community to our Easter programme:

Good Friday 3 April 2.30 - 4.30pm

Art at Easter: Walk through

Browse traditional and contemporary Easter themed images at your leisure and

enjoy hot cross buns and a cuppa. Catalina Room: Headquarters, 214 Buckley Terrace, Hobsonville Point

Easter Sunday 5 April 6.30am

New life at Easter - Dawn reflection

A quiet reflection on Easter Sunday followed by refreshments. Catalina Room: Headquarters (# which will feel like 7.30am due to daylight savings ending that day)

We are an inclusive church. All are welcome.

Church... but not as you know it.

For further details please contact Richard Small

Email Richardsm@Methodist.org.nz Phone 021 385-748

From assumptions to action: how Aucklanders can better prepare for flooding and storms



A new Auckland Council-commissioned report shows that many Aucklanders are making assumptions about flood risk that could be putting them in harm's way.

The 'Renting and Climate Change in Tamāki Makaurau/Auckland' report found that tenants often expect landlords to share hazard information, and that many renters, landlords, and property managers incorrectly rely on experience with storms when assessing how climate hazards might affect a home.

Nancy Baines, Auckland Council - Principal Flood Risk, says the findings are a timely reminder of the importance of simple, trusted information.

"Aucklanders want to make good decisions about their homes, whether they're renting, buying, or managing a property. Tools like Flood Viewer (search "flood viewer tool" at aucklandcouncil.govt.nz) help people get a clearer picture of potential flooding risks, and the Auckland Climate Action website aucklandclimateaction.nz) makes it easier to plan with confidence."

The report shows that greater awareness of Council's online resources could help Aucklanders feel more informed about potential flooding or storm impacts, but many people are unaware of long-term adaptation measures.

FloodViewer provides easy to access and understandable local insights into the potential risk of flooding and is updated with the latest data. It includes explanations about the types of flooding and helpful videos and guides on next steps people can take to prepare.

The Auckland Climate Action website provides guidance to support renters in finding and maintaining healthier, more climate ready homes. The resource outlines what to look for before applying for a rental and provides practical tips for dealing with common issues like dampness, heat, and energy use, helping households improve comfort and resilience as the climate continues to warm.

To access the report visit knowledgeauckland.org.nz

Photo credits 1. Auckland Council 2. Unsplash

Forty Years of Care



Hospice West Auckland, our hospice, is celebrating 40 years serving our community. Rena Owen, Angela Bloomfield, Joe Naufahu, Fleur Saville, Simon Dallow and

Te Radar all have a connection to the west and are encouraging all of us, those who know Hospice West Auckland is worth its weight in gold, to give towards the charity's Annual Appeal. It's on now.

As of November last year, Hospice West Auckland has created He Whare Korowai - a "Home from Home" in Te Atatū. This welcoming, purpose-built space allows patients to receive specialist care close to their community and, whenever possible, return home again. For those who cannot remain at home, it provides comfort, dignity and expert support for both patients and their whānau.

Our community's support will help He Whare Korowai and Hospice West Auckland's community care team keep delivering the best end-of-life care possible. The charity hopes to raise \$100,000 from this appeal so every donation, big or small, will count! Visit hwa.org.nz to donate and Happy 40th Anniversary Hospice West Auckland!

Castle and Becket



Our two bunnies became the inspiration for several books. Castle and Becket were brother and sister Dutch rabbits living in Westgate. My husband suffers from an autoimmune disease, so both rabbits became therapy pets helping with emotional and physical support when he felt fatigued, anxious, stressed, or worried. Their affection for us was unconditional.

Regarding personality, Castle was Becket's protector; Becket was Castle's emotional support. Castle searched out Becket for companionship. Castle protected Becket from predators. Thumping their feet alerted us to problems.

Rabbits are a cross between a cat and a dog to look after - aloof like a cat but as soppy as a dog. Rabbits enjoy chewing anything - carpet, wires, wall corners, wallpaper need protection.

Indoors we set up cardboard box areas with tunnels for playing, resting, or eating hay. Garden wise we had lavender, rosemary, and blackberry bushes, with lemon

and lime trees for chewing or for lying under. We seeded suitable herbs and vegetables. Interactive feeding toys - lifting, sliding, uplifting lids for a reward, feeding balls, or hay filled cardboard tubes kept them active. Hand-feeding lawn grass with an herb selection helped the bonding process.

Both rabbits loved cuddles but preferred to be ground-based. Evenings meant long cuddles before bedtime. Castle and Becket staring at us at night meant 'Time for bed!' In the morning, gnawing on the baby-gate that kept them safe in their bedroom overnight meant 'Let us out!'

Monthly routine included vet visits and physio. Yearly vaccination given against the rabbit hemorrhagic virus. Medication given by syringe. Importantly, spaying both rabbits gave them a longer life.

Visit Youtube: Rabbits have fun and relax, or website: garypaulstephenson.com. Click 'Bunnie the Bunny' link. Books are available via Amazon.com. Names changed to overcome any copyright infringement.

Visit us at Ages of Pages Book Fair, Claudelands Event Centre, Hamilton - 2nd May 2026. For further details, see websites: garypaulstephenson.com or agesofpagesbookfair.com. See you there!

What is cyberbullying?

Cyberbullying (also referred to as online bullying) is when individuals use the internet to harass, intimidate, or target others. It can take place over various platforms such as social media, messaging apps, gaming platforms and through email or texts. Cyberbullying can really affect how someone feels. Because it can happen both online and at school, it can seem like there's no break from it. Often things that happen online impact our offline experiences as well. Mean messages, being left out of group chats,



people pretending to be you, or getting picked on again and again can make you feel sad, worried, or like you don't belong. Even things, like being deliberately left on "read," can still hurt.



Advice for young people: Drama and gossip are not essential parts of life. If you are being bullied or harassed online, reach out for help and advice, regardless of your

situation. Examples of cyberbullying include being shamed or called names online, receiving repeated unwanted messages, spreading rumours and lies about you, using fake accounts to mock you or being hacked or impersonated by someone else.

Tips to help you deal with online bullying: Don't reply, talk to someone you trust, collect evidence such as saving screenshots or recordings of the bullying incidents. You can block harmful content - most social media platforms allow you to report, block, or unfriend offenders. Contact Netsafe for advice and support (netsafe.org.nz). For immediate safety concerns, call 111. Remember, cyberbullying is never your fault, and everyone has the right to feel safe and supported.

For further advice visit netsafe.org.nz and search "cyberbullying". Image credits: Netsafe



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Grey Power calls for stronger protections as Medimap cyber breach raises serious concerns for older New Zealanders



Grey Power New Zealand is expressing deep concern following the recent cyber-attack on Medimap, a digital health platform widely used across aged care, disability services and community healthcare.

The breach, which resulted in unauthorised access and changes to patient records, has understandably shaken confidence in systems many older New Zealanders rely on every day. Some records were altered, including names and personal details, and in a small number of cases people were incorrectly marked as deceased. As a precaution, Medimap was taken offline, forcing many care providers to revert to paper systems while investigations continue.

Grey Power National President Gayle Chambers says the incident highlights how vulnerable seniors can be when digital health systems fail.

“Older people already face challenges navigating healthcare services. Many live with multiple conditions and depend on accurate, shared information between doctors, pharmacists, carers and families. When that information is compromised, it doesn’t just affect privacy – it affects confidence, wellbeing, and peace of mind.”

For many seniors, online health platforms are no longer optional conveniences. They are essential tools that support medication management, care coordination, and communication with providers.

Grey Power is calling on health providers, technology companies and government agencies to urgently strengthen cyber security standards, ensure transparent communication with those affected, and provide practical support for seniors and families navigating the aftermath of this breach.

The organisation is also urging clear accountability, regular updates, and a long-term commitment to protecting digital health systems – particularly where vulnerable populations are involved.

“Technology plays an increasingly important role in healthcare,” Gayle Chambers said. “But it must always be backed by strong protections, clear responsibility, and a genuine commitment to keeping people safe. Protecting health information is fundamental to dignity, trust and quality care – especially for older New Zealanders.”

Paint Aotearoa pink for Pink Shirt Day 2026



Get ready to join the sea of pink! On Friday 15 May, thousands of New Zealanders will stand together to stop bullying and celebrate diversity for Pink Shirt Day 2026. Celebrated annually around the globe, Pink Shirt Day began in

Canada in 2007 when two students took a stand against homophobic bullying after a new student was harassed for wearing pink. The Mental Health Foundation of New Zealand has run this campaign since 2012. Learn more about the Pink Shirt Day kaupapa at pinkshirtday.org.nz . Pink Shirt Day is funded by your donations. By donating to Pink Shirt Day, you’re helping create a kinder, more inclusive Aotearoa, where everyone feels safe, valued, and unafraid to be themselves. Whether at school, work or home, it is time to Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora – Speak Up, Stand Together, Stop Bullying.

This year’s official t-shirt features a joyful new design by Wellington-based artist Bonnie Brown of Studio Bon. Grab yours from Cotton On stores nationwide, with 100% of net proceeds going to the Mental Health Foundation to help fund vital programmes for schools, workplaces and communities that lift mental wellbeing.

Being an Upstander has never looked so good. Wear pink, spread kindness and help create an Aotearoa where everyone feels safe, valued and respected.

The details:

What: Pink Shirt Day 2026

When: Friday 15 May

Where: Everywhere across Aotearoa

Action: Wear pink, be an Upstander, create a fundraising event, donate

More info and how to get involved: pinkshirtday.org.nz

Connected



Coffee and Chat- weekly 10am Wednesdays (term time)

Many people move into or downsize in the Hobsonville area and are looking for ways to connect, meet others, and put down roots in the community. Our Coffee & Chat group is a warm, welcoming space where everyone is invited to come along for a relaxed catch-up and conversation. From this group, many new friendships and activities have grown – including regular outings, shared lunches and dinners, a weekly quiz team at Little Creatures



Hobsonville, and new groups like mahjong and knitting. We finish each session with a quick update on what’s happening locally and ways to get involved or to have your say in the community. If you’d like to feel more connected

and grounded in Hobsonville, come and join us.

Happy Hobbys’ Playgroup - weekly Wednesdays 9:30am - 11am (term time)

Our free community playgroup is a relaxed and welcoming space for young children and the adults who care for them. It’s a great place to meet other parents, caregivers, and grandparents while the little ones explore and play. We begin with a short music session, followed by What’s in the Box? where we discover a different letter of the alphabet each week. The rest of the morning is unstructured play, with plenty of toys and outdoor space for activities like water play, sand play, and a messy play day once each term. Come along, make some connections, and enjoy a fun morning together.

English for Migrants - weekly 10am Thursdays (term time)

Our English for Migrants group meets weekly during term time at 10am on Thursdays. The group focuses on conversation and connection, helping people build confidence in English while making new friends in a welcoming environment. As we chat, we explore useful vocabulary and often invite local organisations to visit and share information that helps people better understand life in Aotearoa New Zealand. Guests have included Ethnic Police, Drowning Prevention Auckland, the library mobile van, and community groups sharing topics such as food waste and caring for our local environment. We also enjoy learning about each other’s cultures through celebrations and hands-on activities – from cooking Korean food and baking ANZAC biscuits to creative crafts and cultural presentations.

Waitakere Forest and Bird 2026 Lecture series

Thursday 16th April 7.30 pm

The knowns and unknowns of sleeping in the city - Disturbing bird sleep and what it means for their survival

Join us for a talk by University of Auckland PhD student Kanya Patel who is exploring how sleeping in the city affects birds. We all know that sleep is important and that even just one bad night of sleep can affect us for several days. Birds sleeping in the city are surrounded by bright lights, traffic noise and people. However, we know almost nothing about how much they are affected and what happens when they don’t get enough sleep.

In this talk, Kanya will summarise what we know so far about sleep disturbance in birds and what we really need to find out.

Kanya has previously been involved in projects examining plastic ingestion in seabirds and carbon fluxes in Mānuka-dominated ecosystems. Join us to find out what we know about the nighttime life of our backyard birds.

Venue: Ranui Community Centre 474 Swanson Rd, Ranui. Non members welcome, join us for supper to chat with like minded people, free but koha appreciated to cover hall hire. For further information ph Liz 0274 762732 lizanstey@hotmail.com



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