



#### Greetings

When a palm-reader examines a hand they might say that they can read that a person presents themselves with confidence, though a shadow of self-doubt eclipses natural ability.! You appear confident on the outside, but at times you question yourself, your choices and capabilities. You might be impressed by their assessment, but actually this describes the way most people feel. Every confident person still feels insecure, every successful person has failures and every happy person can struggle at times. Self-esteem is the understanding of your value, your competence, your feelings of belonging, your self-worth.

There are a number of ways to increase confidence. Set realistic goals, focus on what you're good at, and avoid comparing yourself to others (they have their own problems). Look after your body, with good diet, regular exercise and enough sleep. Recognise that setbacks and being imperfect are part of being human, and treat yourself with kindness when you experience a setback. Look for positive ways to encourage yourself, avoiding negativity, and face your fears. Be prepared to say no, by knowing your boundaries. Surround yourself with positive people and stay away from people who act like a victim in a problem they created.

Welcome to this month's Westerly magazine. Be aware that council elections are due shortly, and that every vote counts in helping to decide the way in which the council makes decisions in providing for the local community. Now is the chance to hear from the candidates about how their proposals may affect you. Only half of adult New Zealanders now have a will, and you can read the article from the CAB on the importance of this. Gambling is an increasing problem in some age groups, and support is available for those whose lives are affected.

There is plenty in this issue to interest all our readers, from Graham's report on the property market, to issues around owning and looking after a property. Read the views of our local MP, and look out for events and activities on offer within our communities. Please enjoy browsing the magazine.

Have a happy August. John. Editor.



#### What's inside

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Please get in touch with Gabrielle today editorial@thewesterly.co.nz

ENQUIRIES / FEEDBACK:

John Williamson
P 021 028 54178

E jbw51red@googlemail.com

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### People & Places

## Flair: Where style meets purpose in Westgate

Hospice West Auckland has launched Flair, a high-end second-hand store here in Westgate, building on the traditional charity shop model by introducing a curated retail experience focusing on premium goods. The store specialises in quality fashion, accessories, homewares, furniture, art and collectibles, targeting consumers seeking unique items while supporting Hospice.

Unlike conventional op shops, Flair emphasises careful product curation and upscale presentation. "We believe second-hand shopping can still feel special, so we've created a space where you can enjoy the experience, discover beautiful pieces and treat yourself," explains Blanka Schuster, Chief Operating Officer at Hospice West Auckland. The emphasis on quality over quantity means visitors can expect to find genuinely special items that would typically command premium prices in traditional retail settings.

Situated in the heart of Westgate's booming retail hub, Flair offers more than just another shopping option – it's an opportunity to embrace sustainability while supporting local healthcare services. The circular economy model allows beautiful, pre-loved items to find new homes while generating crucial funding for Hospice care. In time the premises will also act as a community base to offer regular events, such as fashion evenings, art showcases and remembrance services.

Like all Hospice West Auckland stores, Flair welcomes donated goods - this is a place where designer items are given an encore. Special pieces are valued to their worth, finding homes where they'll be treasured just as much the second time around. However, all donations are accepted, as items not suited for Flair will be thoughtfully redirected across our network of stores.

Whether you're hunting for a vintage designer handbag, a unique piece of art, or that perfect furniture piece to complete your home, Flair invites you to treat yourself while making a difference. Combining style, sustainability and community support, this new addition to West Auckland proves that doing good can look exceptionally good too.

Flair - open 9am - 5pm, 7 days at 7B Topere Way, Westgate







## The All or Nothing Podcast with Dr. Heather Anderson



You may know her from her regular Ask Dr. Heather column featured in the Health & Beauty section, Dr. Heather is now launching her podcast called the All or Nothing Podcast. We caught up with her to learn more about this new very cool venture.

#### Tell us about your podcast - what is it about?

This podcast is dear to my heart as it really is an expression of my passion for cosmetic medicine and how it intersects with human nature. The industry is naturally superficial and often misses core issues we face when

considering cosmetic treatments. I discuss these in the podcast and how we can build beauty from the inside, so we can gain the most out of treatments and use them as an expression of inner beauty, rather than shielding aspects of ourselves we dislike.

#### Where did the idea for the podcast come from?

My patients often ask me to debunk cosmetic treatments as there is a lot of misinformation circulating and many feel they aren't worthy or embarrassed to have treatments, which I feel is a product of our society. The stigma of cosmetic treatments is slowly diminishing; however, I want to empower listeners to feel worthy on the inside and make informed, sensible choices, so they can feel great on the outside. The name of the podcast is the origin of my clinic name ALLOR, as a reflection of the podcast highlighting the underbelly of the cosmetic industry. It also comes from the phrase "all or nothing", where I live by the mantra of doing things thoroughly.

#### Where can people listen to your podcast?

They can listen on multiple platforms including Spotify, iHeartRadio and Youtube.

Links to the podcast are on our website at

https://www.allor.co.nz/media.





## EMBRACE VILLAGE LIFE

Whatever age, whatever stage, life is for exploring. At Ryman, our villages offer the freedom to choose your ideal retirement lifestyle.

Keith Park Village in Hobsonville offers a range of living options. Choose from independent living in an apartment or enjoy the added support of a serviced apartment. Our village care centre offers rest home, hospital and specialist dementia care.

The brand-new village centre includes an indoor heated swimming pool, gym, café, hair and beauty salons, movie theatre, and more.

Discover a retirement filled with opportunity.





#### **APARTMENTS AVAILABLE NOW**

Enjoy the best of retirement living with two bedroom apartments available now.

Apartments feature full-height windows, open plan living and stunning interiors, with seamless indoor-outdoor flow to a patio or balcony.

Choose either garden or park views from your apartment.

Apartments priced from \$895,000



#### SERVICED APARTMENTS AVAILABLE NOW

Experience the joy of assisted living in a serviced apartment.

We have brand-new one bedroom apartments available now which include a kitchenette, a bedroom with an ensuite, and a cosy living area.

Serviced apartments are located in the main building, allowing easy access to all the village amenities.

Serviced apartments priced from \$570,000

To view our show homes call Rosalind on 416 0750.

#### **KEITH PARK VILLAGE**

3 Scott Road, Hobsonville

People & Places

THEWESTERLY.CO.N7

#### Bamboo Spa



Bamboo Spa Limited is New Zealand's first Filipino-owned massage spa, inspired by the founders' homeland and dedicated to bringing the traditional healing art of Hilot to a wider audience.

Established in October 2016, Bamboo Spa opened its first branch in Henderson, Auckland, featuring eight massage bed cubicles and offering massage and body scrub services. Since then, the company has expanded significantly, now boasting 14 branches across New 7ealand

As the Home of Filipino Traditional Massage, Bamboo Spa remains committed to preserving and promoting Hilot, an ancient healing practice deeply rooted in Filipino culture. The founders—two passionate entrepreneurs and spa enthusiasts—brought their expertise from the Philippines to introduce this unique wellness experience to New 7ealand

Over the years, not only Filipinos but people from diverse backgrounds have embraced and appreciated the therapeutic benefits of Hilot, making it an integral part of their lifestyle.

Discover the soothing power of Filipino Traditional Massage at Bamboo Spa and experience relaxation like never before!

Bamboo Spa Hobsonville is the 12th Branch across New Zealand and the 6th Branch in Auckland. Specializing in Filipino Traditional Massage perfect to relieve sore and tensed muscles and improve body wellness. Located in 106 Hobsonville Road, Hobsonville beside Tiny Voices Early learning Center, Hobsonville Primary school and National Mini Storage.

For bookings and appointment, message us on Facebook or call us directly at this number +64-098696056.



## What do you want from your local elected representatives?

Opinion by Linda Cooper, Candidate for Council and Henderson - Massey Local Board



When we vote for our Auckland Council representatives whether for the Ward Councillor or Local Board members we're choosing more than names on a ballot. We're selecting the people we trust to stand up for our communities, protect what we value, and make smart, fair decisions with our resources.

#### So what should we be looking for?

First, integrity. We need representatives who are honest, transparent, and accountable. People who own their decisions, communicate openly, and put community ahead of personal or political agendas.

Second, experience and understanding. Local issues are complex, from transport and planning to community safety and climate resilience. We want leaders who know how the Council works and can hit the ground running, not spend years learning the ropes.

Third, collaboration. Lone wolves don't get results. We need team players who can work with others, across Council, the Local Board, and the community – to make things happen. Respectful, constructive leadership builds bridges, not barriers.

Fourth, accessibility. Your representative should be someone you see at local events, who returns your emails or calls, and who takes the time to listen, even when it's hard.

And finally, vision. We deserve leaders who think beyond the next pothole who care about the long-term wellbeing of our children, environment, and community identity. They need to be brave and make the hard decisions that may not be popular now but preserve what we value, and make it better.

Strong local leadership isn't about making noise. It's about making a difference. When you vote, choose people who reflect your values, know the community, and are ready to serve – not just be seen.

Vote Linda Cooper



## Linda M COOPER

#### Linda Cooper for Auckland Council - Waitākere Ward.

Linda brings proven experience, deep local knowledge, and a strong commitment to our community. Linda has served West Auckland with integrity for years, advocating for responsible growth, improved infrastructure, and better public services. She listens to residents, takes action on concerns, and has a solid track record of getting results. Her leadership during past council terms has shown she can navigate complex issues while staying grounded in the values of the people she represents. Linda supports sustainable development, safer neighbourhoods, and better transport options for Waitākere. She's not just a politician — she's a long-time local who truly cares. With her balanced, practical approach and dedication to community wellbeing, Linda is the kind of leader who will continue to make a positive difference.

Vote Linda Cooper.



People & Places

#### Waitākere Forest & Bird 21st August, 7.30pm -9pm

#### Meet the candidates standing for the Local Board and Ward Council for Waitākere

The Local Body elections run from 9 September - 11 October, both for Auckland Council's governing body and the local boards. Forest & Bird's Waitākere branch is calling on local election candidates to prioritise protecting nature - from rivers and wetlands to coastlines and native wildlife.

"With climate change, extreme weather, and biodiversity loss accelerating, our councils play a huge role in shaping the places we live," says branch chair, Annalily van den Broeke. "We want all councillors to understand that clean water, resilient coastlines and healthy ecosystems matter and to be willing to act. We're not backing candidates, we're backing nature".

Effective council regulation means cleaner rivers, healthier ecosystems, less erosion, and healthy coasts. Poor council regulation results in unswimmable rivers, toxic shellfish, polluted beaches, more damage from erosion and flooding, and diminishing what remains of our natural areas. The choices elected councillors make over the next three years will impact on your quality of

life and the environment.

Forest & Bird Waitakere invites you to get to know the position of the candidates for the Waitākere Ranges Local Board as well as for position of Councillor for the Waitākere Ward. There will be a chance to ask your burning questions in regards to nature, as well as preset questions for the candidates.

We will conclude the formal part of the meeting at 8.30pm and during supper candidates will have opportunity to mix and mingle with those attending.

Venue: Ranui Community Centre, 474 Swanson Rd, Ranui. Non members welcome, free but koha appreciated to cover hall hire. For further information ph Liz 0274 762732 lizanstey@hotmail.com





#### **Safer Community**

## Batteries everywhere and fires too



#### WARNING

USING AN INCORRECT BATTERY IN YOUR E-BIKE CAN CAUSE A VIOLENT FIRE IN SECONDS.

Rechargeable lithium-ion batteries are increasingly found everywhere, from e-bikes and e-scooters to vapes and power tools. With this increase in rechargeable batteries, we are also seeing a significant rise of battery fire incidents in New Zealand and around the world.

Research shows that most people do not associate their everyday lithium-ion powered items with fire.

That is why Fire and Emergency are launching a new national campaign that aims to help people understand the fire risk associated with charging lithium-ion devices and how they can charge their devices safely.

Fire and Emergency will launch our first fire safety campaign to build awareness of the fire risk associated with charging lithium-ion devices.

The campaign makes use of the established visual language of a clean and attention-grabbing warning label to remind people of the danger hidden in everyday items they are familiar with, if not charged correctly. This campaign will focus on the risks of incorrectly charging e-scooters, vapes and e-bikes, however, will move over time to other devices and tools.

Incorrect charging, storage or use of Lithium-ion batteries may result in a process called Thermal Runaway.

Thermal runaway is a violent chain reaction of exothermic chemical reactions resulting in an uncontrollable increase in system temperature. Batteries and energy storage systems, which are integral parts of tech around us, are the main stage for this drama.

They sometimes fall victim to thermal runaway, turning a peaceful power source into a potential headache and health hazard. Understanding this reaction is a key step toward better battery safety.

#### Thermal runaway in lithium-ion batteries

Batteries are designed to store chemical energy, and during thermal runaway, this chemical energy is uncontrollably released. In lithium-ion batteries (LIBs),

#### Lithium-ion Battery Safety



thermal runaway can be caused by e.g. mechanical damage, external heat, short circuit, or overcharging.

Thermal runaway is characterized by very quick progress, and it can result in battery fire or even explosion. It results in the self-destruction of the battery.

#### Progress of thermal runaway

To get thermal runaway started, heat generation is needed. Heat is a normal by-product of electricity production: small amounts of released heat are typical when using lithium-ion batteries. So - heat generation and release doesn't always lead to thermal runaway. However, in addition to normal operation, heat generation can result from the abuse to the battery. The abuse can be either thermal, electrical, or mechanical, and can lead to a good amount of heat generation, potentially pushing the battery into thermal runaway.

Whether the battery stays chill or decides to dive head first into thermal runaway depends on the balance of heat generated versus heat dissipated to the environment.

When the dissipation of heat is larger than heat generation, thermal runaway doesn't start and the battery is still safe. Once heat generation takes the lead, the self-sustaining cycle of thermal runaway kicks in.

In this snowballing sequence, heat generation causes a rising temperature, speeding up the reaction rate, which, you guessed it, leads to more heat generation. Due to the positive feedback loop, the progress of thermal runaway is extremely quick.

The temperature of the battery cell can skyrocket to over 600 C. From the start of the thermal runaway, the battery might ignite or even explode within minutes.

To make things even trickier, thermal runaway generates oxygen, so a battery fire kicks off even without any help from external oxygen in the surrounding environment.

If you have any concerns or questions about Lithium-ion batteries or thermal runaway please contact me directly and I can point you in the right direction.

Call Graham McIntyre, Phone 0276 320 421 or email graham.mcintyre@fireandemergency.nz



Graham McIntyre, Chief Fire Officer – Waitakere Fire Brigade AFS Intercultural Programmes New Zealand has helped over 20,000 Kiwi students swap their NZ school for a life-changing study abroad experience.

The choice is yours

Programmes range from four weeks for a short, intercultural deep-dive to 11 months for long-lasting full immersion.

With over 50 destinations, AFS has the globe pretty well covered. From Asia to Europe, Africa to the Americas - AFS can take you there.

Scholarships and grants

AFS is a mission-driven organisation and believes that intercultural exchange should be accessible to as many students as possible. A range of scholarships and grants are available to provide financial support where needed. It does cost money to go on an exchange, but don't think for a moment that it isn't doable.

The AFS experience

afs.org.nz

Participants on an AFS programme don't just visit places;



SUNDAY, 24 August 2025

Takapuna, Auckland

Taitamariki Hall, 8 Auburn Street,

2pm - 6pm

they live life in a new country. They become part of a volunteer host family, attend a local high school and form lifelong friendships.

Prepared through comprehensive orientations, looked after by robust support structures and accompanied by sound educational content, AFS participants become Active Global Citizens.

Why AFS?

AFS Intercultural Programmes is a volunteer-driven non-profit organisation that has been operating in New Zealand since 1947.

With over 75 years of experience, world-leading educational standards, 24/7 support and partners like the UN and the University of Pennsylvania, AFS has the expertise you need.

#### Round the World Student Exchange Expo

Sunday, 24 August 25

2pm - 6pm

#### Taitamariki Hall, 8 Auburn Street, Takapuna

The event will be supported by many returnees students who have been on an AFS exchange. They will be available to talk about their experiences and their host countries.

Whether you're interested in a high school study abroad programme, a short intercultural summer programme or hosting a student in New Zealand - come along and get advice from the people who've done it.





#### House of Travel Hobsonville – Plan now for 2026



Why not take advantage of the longer nights and colder days in August to start planning some exciting adventures for 2026. European flight early birds,

deals on tours and cruises are on the cusp of being released. We can discuss ideas and options with you now and come up with a plan ready to book to get the best value for your trip.

Some resorts have already sold out in the South Pacific for April 2026 School holidays. Our advice is don't goal hang waiting for a special that will never come out. Plan ahead to get the best deals, room availability and inclusions during peak times. Especially if you have a larger family.

A reminder that we don't need passports to book flights. So if you want to secure a flight ticket and your passport hasn't arrived yet don't worry about it. Call us.

Booking with us is so easy and convenient, whether you have time to pop in and see us in-store over the phone or in exchange of emails. We are well set up to make the process as easy as possible, no matter where you are. Some of our clients are even overseas.

With the security of a physical store, multi-award winning and experienced consultants, 100% Kiwi business owner operated, TAANZ bonded and local, who better to be your travel agent wingman? Your ideas + our knowledge = better holidays.

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

Cruise Centre 144 Hobsonville Point Road 09 941 3330



#### Digital Overload? Rethinking How Kids Learn Best



Over the last decade, schools have raced to integrate digital tools into the classroom. But now, some countries – including Sweden, a leader in education – are hitting pause. In 2023, Sweden announced a major shift back to printed books and handwriting, citing growing concerns about the impact of screens on learning.

So what changed?

Recent research suggests that while digital devices offer convenience, they may not support deep learning in the same way traditional methods do. A growing body of evidence shows that handwriting – especially when taking notes – enhances memory and understanding more than typing. Similarly, reading physical books improves comprehension and focus compared to reading on a screen.

In New Zealand, concerns are also rising about the amount of screen time students experience during the school day. From interactive whiteboards to ipads, it's not unusual for a child to spend six hours or more in front of a screen – before they even get home.

At Success Tutoring NorthWest, which has just opened in Westgate, sessions are intentionally device-free. Students work with pen and paper, use tactile learning materials, and build authentic connections with their tutors – all of which supports deeper thinking and better retention. It's a refreshing contrast to the digital overload many students face, and it's making a noticeable difference to how they learn.

With no contracts and flexible scheduling through the app, families can fit tutoring around their life. Success Tutoring NorthWest uses high-quality, NZ curriculumbased materials so your child gets targeted support to augment their learning at school. Whether your child needs a boost, a stretch, or simply a positive space to thrive, Success Tutoring NorthWest is ready to help. Book a free assessment now and see what a difference the right support can make. Success Tutoring NorthWest



## Finally the truth about caskets

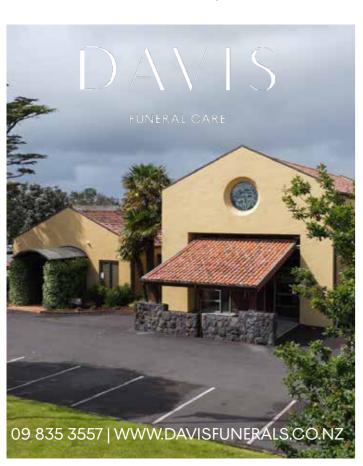


A question that we are occasionally asked is whether a casket is required for cremation.

From time to time, we also hear people say, when the time comes, "just put me in a cardboard box and cremate my body,"

or "just get rid of me." Whilst there is the bigger issue of considering and meeting the needs and wishes of the deceased and those left behind, for the purposes of answering this question, a good place to start would be to determine if there are any specific legal requirements.

In New Zealand, there are two pieces of legislation that provide guidance and set out the requirements in this regard. These are the Burial and Cremations Act (1964), and later Cremation Regulations (1973); the former outlining the legal requirements for cremation including use of a container suitable for cremation, and the later regulations specifying that the container must be fully combustible, and that it can prevent any leakage. The container or casket must clearly display the full legal name of the deceased, as this is required by the crematorium for the purposes of accepting the casket and positively identifying the deceased. As a side note, the return of the name plate is sometimes requested by families as a keepsake. This is perfectly in order and can be removed after verification and prior to the cremation.



Whilst the Act does not call specifically for the use of a casket, for many families, the need to provide a dignified and respectful farewell is essential, and a suitable casket serves this purpose. The final farewell/funeral service or viewing is after all the final lasting memory that family members will have of their loved one, says Michael Powell, General Manager of Davis Funerals. Caskets and shroud bearers are therefore a convenient, readily sourced, purpose built and meet all necessary legislative requirements says Powell.

Caskets come in a variety of materials, styles, finishes and price. Suitable caskets for cremation are generally made from timber, MDF (particle board) or cardboard or wicker and further, the use of a shroud wrapping the body placed on a suitable bearer board is also permissible. Reputable funeral directors do not sell caskets, instead, they listen to the family and in response, present all available options. Choosing the right casket is a very personal decision and such decisions are often made based on cost, appearance, or a memory they evoke of the deceased. A no obligation, free of charge discussion with a member of the Davis Funerals team will help ensure the right choice is made. Looking back over the years. I have also seen some fabulous home-made caskets, says Powell. It is strongly recommended however that you speak to your funeral director to obtain the right dimensions and necessary design considerations to facilitate safe handling of the casket at the crematorium. It should be noted that metal, glass, and explosive materials cannot be used in the construction of the casket or items made of the same placed as items in the

Have you got a question? The team at Davis Funerals welcome questions from readers. Feel free to drop us a note at mike@davisfunerals.co.nz.





#### **Community News**

## New community based roles in Rodney

The Rodney Community Team is a new Auckland Council team funded by the Rodney Local Board. The purpose of this team is to deliver some of the community priorities that local people have told us will make Rodney an even better place to live.

#### We would expect to see

- new play, leisure and recreation programmes and activities for all parts of the community
- more resourcing and support for arts, culture and events
- interesting and fun placemaking activations in towns and villages
- improved community spaces in the main centres our towns have a heart
- more support for local skills development, training and learning programmes
- increased support for social enterprise and local economic development
- increased support for community leaders and champions.

At the core of the team are five Community Facilitator roles, each based in a different community across Rodney. The Community Facilitators will work alongside local people and community groups to facilitate and deliver community led initiatives, events, programmes and activities. They will have a budget to support this work and it is expected they will work in ways that are empowering of local communities and enhance local leadership.

We are currently looking for a Community Facilitator for the wider Kumeu area. If you are interested, please contact Sue Dodds.

sue.dodds@aucklandcouncil.govt.nz 021863326

## Melasma & pigmentation: A sign of internal inflammation

By Sarah Tumulty - Your Skin Nutritionist, SWAN Skin, Wellbeing & Nutrition

Melasma is often misunderstood as a simple skin concern, but it's actually a reflection of internal inflammation—especially within the liver. This pigmentation shows up as brown or grey patches, commonly across the forehead, cheeks, and upper lip. These facial zones are linked through skin mapping to liver stress, making melasma more than just a surface-level issue.

It's most commonly triggered by liver damage caused by hormone-based medications such as birth control pills or antidepressants, and hormonal changes during pregnancy-especially after the age of 30. While hormone imbalances and sun exposure can worsen the condition, the underlying cause is often the liver's reduced ability to process hormonal waste. In some cases, yeast overgrowth in the gut-encouraged by hormonal changes-may also contribute to persistent melasma.

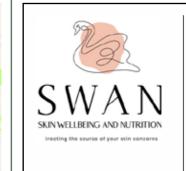
At SWAN Skin, Wellbeing & Nutrition, I take a holistic approach using the Osmosis Beauty protocol, which targets both internal healing and topical repair. Internal support with Osmosis supplements like Immune Activator and Regenerate focuses on reducing liver inflammation and repairing. Topically, products such as Catalyst serum and Rescue Epidermal Repair work to repair DNA damage and calm the skin-without the irritation or rebound effects of harsh lightening creams.

In the clinic, I offer professional skin treatments tailored to support barrier repair and pigment correction using a non-inflammatory approach. These include customised skin infusions and gentle protocols designed to nourish and strengthen the skin from the inside out.

Rather than suppressing symptoms, this method addresses the root cause - restoring balance, calming inflammation, and supporting long-term results.

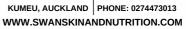
To learn more or book a personalised skin consultation, visit SWAN Skin, Wellbeing & Nutrition. Your skin holds the map—let's start decoding it.





- Skin & Digestive Consultations
- Skin & Nutrition Plan with Guidance
- Advanced Skin Treatment Facials
- Reflexology Facials
- Holistic Skin Mapping
- Hair Testing: Food Sensitivity & Nutrition
- Practitioner Grade Products
   Teen Skin Advice
- Swedish Relaxing Massage

Sarah Tumulty - Your Skin Nutritionist functional skincare practitioner & nutritionist





#### What's Your Style Personality?



At Zubu, we know style is deeply personal. It's not about following trends-it's about finding pieces that make you feel confident, comfortable, and completely you. So, what's your style personality? Take our quick quiz.

#### 1. When you get dressed in the morning, you want to feel:

- A) Polished and timeless
- B) Effortless and relaxed
- C) Bold and creative
- D) Comfortable but still stylish

#### 2. Your dream wardrobe is full of:

- A) Blazers, crisp shirts, tailored pants
- B) Flowy dresses, earthy knits, vintage finds
- C) Prints, colour, statement pieces
- D) Soft knits, easy pants, versatile basics

#### 3. Your go-to accessory is:

- A) A structured leather bag
- B) A wide-brim hat or chunky scarf
- C) Bright earrings or a bold necklace
- D) A crossbody bag and sneakers

#### **Your Results**

Mostly A's - The Classicist

You love timeless elegance. Clean lines, neutral tones, and structured pieces fill your wardrobe. Pair a tailored blazer with wide-leg trousers for instant sophistication.

Mostly B's - The Bohemian

Relaxed and effortless, your style is layered and textural.



Flowy dresses, chunky knits, and earthy tones are your go-to.

Mostly C's - The Creative

Bold and fearless, you love colour, prints, and unique cuts. A vibrant dress or statement coat is your style signature.

Mostly D's - The Modern Minimalist

You value comfort but still want polish. Soft knits, easy shapes, and quality basics are your staples.

Whatever your style personality, Zubu has pieces to make you feel amazing. Pop in-store myself and the team will help you find your perfect match.

#### August Sweet Deal



#### 30g of Jellybeans - Sour or Party Mix

Eco-packed and fully branded!

Treat your clients with a biodegradable, woodpulp-based "plastic" pouch-customised in full colour with your brand front and centre.

- -MOQ: 200 units
- -Just \$1.00 each (ex. GST)
- -August Bonus: Get 50 extra packs FREE!

The perfect giveaway for trade shows, events, and promotions-because everyone remembers who gave them lollies.

Check out the full range at treats.nz

SmashingPromotions.nz - where branding meets treats.



#### **Community News**

#### A simple test that can offer reassurance

By Mr Shahed Yassaie, Colorectal Surgeon and Endoscopist

Noticing fresh bleeding after going to the toilet can be concerning, and it's something many people experience at some point. While haemorrhoids are often the cause, it's important not to make assumptions without proper

Flexible sigmoidoscopy, also known as a "Flexi-Sig" for short, is a quick and minimally invasive procedure that examines the lower part of the bowel. This is the area where most causes of bright red bleeding and rectal symptoms arise. Unlike a full colonoscopy, it doesn't require a lengthy bowel prep or sedation. A simple enema beforehand is usually enough.

For suitable patients, this test can offer rapid clarity. It not only helps to rule out more serious conditions but can also provide an opportunity to treat haemorrhoids at the same time. Techniques such as rubber band ligation or injection can often be performed during the procedure.

Flexible sigmoidoscopy isn't always the right test for every patient, but for those with bright red rectal bleeding or persistent symptoms, it's a focused, low hassle, and

often, a faster way to get seen for answers and your peace of mind.

If you've been putting off getting checked, this might be a straightforward first step worth discussing with your doctor.

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

Mr Shahed Yassaie, Colorectal Surgeon and Endoscopist.





With new Specialists and increased capacity, Waitemata Endoscopy can provide greater access to timely and quality care. Our experienced team are dedicated to providing exceptional endoscopy care at every opportunity.

Appointments are available within 7 working days for most standard Colonoscopy & Gastroscopy procedures by matching you with the availability of our Surgeons & Gastroenterologists\*

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

> > www.waitemataendoscopy.co.nz Or call us on (09) 925 4449

> > > // 53 Lincoln Rd, Henderson // 212 Wairau Rd, Wairau Valley





### Food & Beverage

#### Chunky Vegetable & Barley Soup with Garlic Sourdough Croûtons



To make Dairy-free omit parmesan | To make Vegan omit parmesan | To make Gluten-free omit barley (and use cannellini beans or GF pasta) Is there any dish more humble and nourishing than a vegetable soup? With ten different vegetables and loads of fresh herbs stirred in at the end, this

soup is packed to the brim with goodness. Make sure you use some fresh oregano and marjoram if you have it. The addition of barley makes it substantial enough for a main course; you could also use orzo pasta or cannellini beans. Then all that's needed is a drizzle of good-quality extra-virgin olive oil and some crunchy, garlicky croûtons. It keeps well in the fridge over a few days and freezes well for those nights you need instant warming up.

#### Ingredients

- 3 tablespoons olive oil
- 1 large onion chopped
- 1 leek (white part) finely sliced
- 2 stalks celery sliced (reserve a handful of celery leaves)
- 2 carrots peeled and diced 2cm
- 3-4 cloves garlic chopped
- 2 tablespoons thyme and/or rosemary chopped
- 400 g pumpkin peeled, diced 2cm
- -1/2 cup barley rinsed and drained
- -400 g crushed tomatoes can
- 1 tablespoons chipotle sauce
- 1 litre vegetable stock
- 2 courgettes sliced 1cm-thick
- 150 g green beans chopped
- 1 handful spinach or silverbeet leaves chopped

- -1-2 tablespoons lemon juice
- ½ -1 cup mixed herbs (e.g. parsley, coriander, oregano, marjoram) chopped
- olive oil extra-virgin (to drizzle)

#### GARLIC SOURDOUGH CROÛTONS

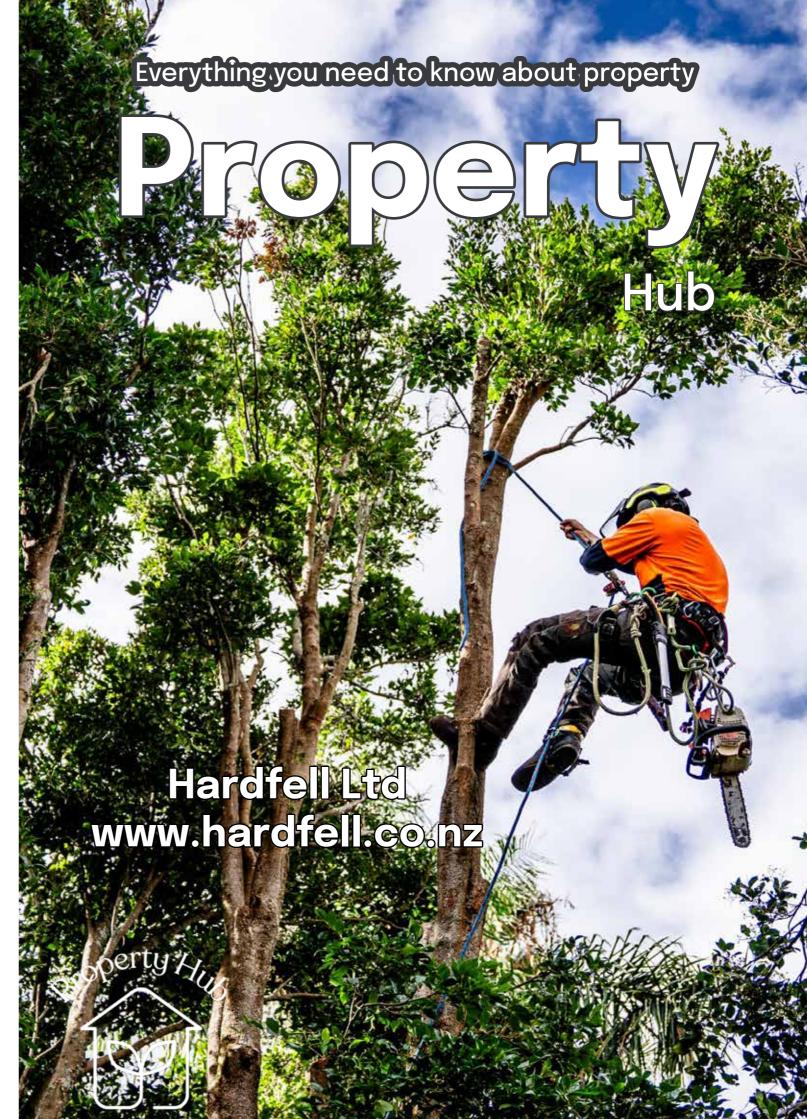
- 4 slices sourdough bread cut or torn into 2cm pieces
- 2 tablespoons olive oil
- 4 cloves garlic finely chopped
- 2 teaspoons thyme leaves chopped
- 1/4 cup parmesan finely grated

#### Instructions

- 1- Heat olive oil in a large pot on medium heat. Cook onion and leek for 6-8 minutes until soft.
- 2- Add celery, carrot, garlic, thyme/rosemary and pumpkin and continue to cook for a further 4-5 minutes.
- 3- Add barley, tomatoes, chipotle sauce and vegetable stock, simmer for about 15 minutes until pumpkin and barley are tender.
- 4- While soup is cooking, toss sourdough with olive oil, garlic, thyme and parmesan on a tray lined with baking paper and season with salt and pepper. Bake at 180°C for 15 minutes until golden and crispy.
- 5- Add courgettes, green beans and spinach/silverbeet (if using) to soup and continue simmering for 3-4 minutes until tender. Stir through lemon juice and herbs and season to taste with salt and pepper.
- 6- Ladle soup into bowls, drizzle with extra-virgin olive oil and top with croûtons.

#### Nadialim.com





## What's inside

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

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### **Property News**

## Maximising the value of your investment property – without cutting corners

By Rachel - Private Residence Property Management

Getting the best return from your investment property isn't just about rent - it's about smart, consistent management. In the current market, cutting corners might seem tempting, but in the long run, it can cost more than it saves.

Presentation matters. You don't need to fully renovate, but clean, neutral, and functional homes attract better tenants and reduce vacancy. Fix the little things – worn handles, tired curtains, scuffed walls – they make a big difference.

Stay compliant. Meeting Healthy Homes standards, keeping smoke alarms in working order, and maintaining safe, dry housing isn't just legal – it keeps your insurance valid and your tenants happy. It also means fewer disputes and a better long-term return.

Price it right. The highest rent isn't always the best rent. Overpricing can leave you vacant for weeks. A well-priced property with a quality tenant is almost always the better outcome.

Maintenance pays off. Proactive maintenance helps protect your asset and signals to tenants that the home is cared for – which usually means they'll treat it the same way. Don't wait for things to break.

Screen thoroughly. Good tenants are the foundation of a successful rental. At Private Residence, I meet all prospective tenants in person – no open homes – to make sure they're the right fit for the home and the owner. Manage smart. Whether you self-manage or outsource, having good systems and support makes all the difference.

At Private Residence, I work closely with owners to protect their investment, keep tenants happy, and take the stress out of property management – without ever cutting corners.



## Does your will do what you want?

If a person dies leaving behind a valid will, but it does not properly dispose of all their assets, then the remaining assets will be distributed intestate under the Administration Act 1969 ("Act"). This could happen if the deceased forgets to deal with an asset in his or her will, or if a beneficiary no longer exists when the deceased dies. The relevant part of the estate will then be divided among the surviving spouse, children, parents, and other next of kin, depending on the circumstances.

For example, Mr A decides to leave his assets to his family trust to look after the next generation. A few years after signing his will Mr A and the other trustees of the family trust decide to wind up the trust. Unfortunately, Mr A forgets to update his will which still has the family trust as the beneficiary of his estate – but it no longer exists. Mr A's estate will now be distributed pursuant to the intestacy laws under the Act. In many situations this may not be a problem as the people who end up inheriting under the Act may be the same as if the family trust inherited the estate. However, sometimes this may not be the case and the estate is distributed in a way that the deceased never intended.

This is why it is good practice to regularly check your will to make sure it properly disposes of your assets. If you are uncertain about the distribution of your assets upon your death or need to update your will, you can contact Kemp Barristers & Solicitors at info@kempsolicitors. co.nz or 09 412 6000.



#### Elyse Crowther, Senior Registered Legal Executive at ClearStone Legal

#### Wills - when you should review yours?



Wills are often one of those documents people put in place and then promptly forget about. However, to ensure they still meet your needs and wishes, they are something you should look to review every 5 years, as well as after any significant life event.

If you have married, then you must update your will as marriage revokes your will unless it was made in contemplation of marriage.

Other significant life events which should prompt a review are divorce or separation, the birth of children, someone named in your will dying, if you have set up or wound up a family trust, or your assets and debts have significantly changed.

Key elements of your will to consider as time goes on are:

- 1. Your executors their age, their ability to take on the role, and their personal circumstances.
- 2. Specific gifts do you still have the items you intended to gift, or are there new items you now wish to record?
- 3. Beneficiaries have any of them predeceased you, are the shares still appropriate?
- 4. Guardians do your children still require guardians and are those appointed still the right person for this role?
- 5. Funeral instructions have your wishes in this regard changed?

If you think it might be time to review your will, feel free to give one of our team here at ClearStone Legal a call to talk it through - on 09 973 5102.



#### Property Market Report August 2025



REINZ House Price Index and sales volumes both down in June

House prices declined for the fourth consecutive month in June, according to the Real Estate Institute of NZ's House Price Index (HPI).

Across the entire country, the HPI declined by 0.8% in June compared to May, and that fallowed monthly declines of -0.6% in May, -0.3% in April and -0.6% in March.

How ever the HPI was up by 0.3% compared to June last year but remains down by 16.3% from the market peak in late 2021.

The HPI declined in all regions of the country in June compared to May.

The national median selling price was \$770,000 in June, up 0.5% compared to May but unchanged from June last year.

The HPI adjusts for differences in the mix of properties sold each month and is regarded as the most reliable indicator of price movements, while the median price is not

The number of properties sold in June was mixed based on suburb, area and region.

The REINZ recorded 5865 residential property sales in June, down 20.6% compared to May but up 20.3% compared to June last year.

Auckland prices are fluctuating based on house/townhouse/apartment supply however is down .6% for the month, and almost 2% over the last quarter, while Auckland properties trade at 22.3% down from peak prices of 2021.

As interest rates come down, buyers affordability increases. As more Aucklanders move to the South Island and Australia for better living conditions, the supply of homes for sale increases which provides more choice and in turn reduces prices. The net migration to Australia has been 30,000 over the last 12 months, but no data is available on internal migration.



#### **Property News**

If you are moving country or island and would like to weigh up options to rent or sell your home, we can provide a seamless solution to provide appraisals on both and provide service to you whether you are in New Zealand or overseas. Further you may test the sales market and seamlessly move your asset into the rental pool is the price doesn't make it viable. Likewise you can transition back to selling in one or two years when the market is stronger.

Call me, Graham McIntyre AREINZ directly 0800 900 700, via text at 027 632 0421, or email at graham.mcintyre@kumeu.rh.co.nz. Country Living Realty Ltd, t/a Raine & Horne Kumeu-Hobsonville Licensed REAA (2008)

#### Auckland's Rental Rollercoaster



A mixed bag of rental activity this month as the market grapples with changes in demand and supply.

#### SUPPLY CHANGES

Healthy Homes Standards and the progression of MBIE to audit and review compliance of all rental properties whether in private management or professional management has certainly reduced the volume of rental properties on market. This has been good for the support trades that need the work-flow especially as the new build market is soft. Professional property management companies welcome this development as it provides a level playing field for all homes offered for rental. It also directly penalises Landlords that avoid the responsibility of investing in their rental offering over profit taking will need to rethink this default position.

#### PRICE DROPS

In certain suburbs where Developers have been active in saturating the supply of rental property into the market, we have seen prices fall sharply but are starting to firm up as developers reduce their build activity. Price drops throughout Auckland range from 1.5% down for 2 bedrooms through to 6.6% down for 3 bedrooms.

Over 2100 properties were available in Auckland in June 2025 with the average days on market being 21. Median price for two bedrooms down to \$640pw, three bedrooms at \$775pw and four bedrooms at \$940pw

Tenancy services show a reduction in bond lodgement (average rent) over the last 6 months which are in line with the rental market correction being seen above.

#### QUALITY IMPROVEMENTS

With the progression of Healthy Homes Standards (and auditing) more rental properties are being improved with better insulation and draft reduction. This will move most rental properties to achieve better performance and a reduction in heating costs. The work done to improve the thermal qualities of a home makes a massive difference to the Tenant, improving health and reducing power consumption.

At West Auckland Property Management, we appreciate the role we play, ensuring we have a property of high quality, a Tenant that feels supported, and respects the property, while ensuring that the income delivered back to the Property Owner is maximized. That's why we only charge 6.5% property management fee, not the 8.5% that others do.

Contact me today, Graham McIntyre - phone 0276 320 421 or email graham@wapm.co.nz



\$899 plus GST & disbursements Call now 022 1077 800 office@landlawnz.com www.landlawnz.com

#### Personalised Property Management Solutions

Residential rental property advice that's timely, accurate, and measured, to ensure your property gets the attention required. It's a process that builds on 25 years of success and succession.

Ph 09 832 0832



## How to make the most of Interest rate cuts in your mortgage repayments



With interest rates on the decline, many mortgage borrowers find themselves at a crossroads pondering how to maximise the benefits of these interest rate cuts.

If you are coming off a rate that is currently higher than what's on offer, the decision whether to reduce your mortgage

repayments or maintain the same repayment amount can weigh on your mind.

Conversely, if you've recently refixed your mortgage at a higher rate, should you break now and refix on the lower rate?

Cutting your repayments vs. maintaining them

Choosing between reducing mortgage repayments or maintaining them is a pivotal decision for borrowers who are coming off a higher rate.

It can be enticing to reduce your repayments in line with the lower rate as it can provide financial relief in the short term; on the other hand, maintaining the same repayment level despite lower interest rates, will help you pay your loan off faster, and substantial savings on interest costs over time.

You can also look at a "split" approach, where we restructure your lending by splitting your mortgage across different interest rates so you can still take advantage of paying your mortgage down faster.

Working alongside an experienced Mortgage Adviser will give you the upper hand when it comes to maximising interest rate cuts.

Should you break now and refix at the lower rate?

A Mortgage Adviser can perform a cost-benefit analysis, as breaking a fixed-term loan can incur a break fee which could negate any potential savings from switching to a lower rate.

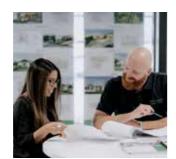


We may also look at whether refinancing your loan to another lender to take advantage of a lower rate would be of benefit, as a cash contribution could potentially outweigh the break fee and other costs as well.

The key message here is that everyone's situation is different and a Mortgage Adviser is best placed to help you evaluate factors such as cash flow needs, future financial plans and the potential for interest savings.

To make the most of your next rate reduction, Stephen Massey - Loan Market, Call 021 711 444 or check out my website loanmarket.co.nz/stephen-massey

## Thinking of building a new home? Read this first



Building a home or development project is a big decision. It's not just about creating a structure, it's about creating the place where your life and memories happen. A place where you feel good the moment you walk through the door.

It's also about having a quality home built as you envisaged, within a set timeframe and to a defined budget - a true value proposition. We understand that. At Signature Homes West, our award-winning team brings decades of building experience, industry-leading service, and the most robust build guarantees. This combination ensures a positive building

Signature Homes West is a full-solution team. We work together to make sure every part of the new build journey is completed to meet your standards. Listening is our superpower.

journey, peace of mind, and a fabulous result.

After your enquiry and initial introductions, our sales consultants and architectural designer will meet with you to understand your vision. Through collaboration, we tailor everything to suit your lifestyle and budget. We can develop your concept using pre-designed Signature plans, or create something from scratch. Our process is

• Property Law
• Business Law
• Employment Law
• Debt Collection
• Wills

• Property Law
• Family Law
• Family Trusts
• Estates
• Wills

• Wills

• Property Law
• Family Law
• Family Trusts
• Estates
• Wills

• Wills

• Property Law
• Family Law
• Family Trusts
• Estates
• Wills

• Wills

• Ph: 09 836 0939
• Smithpartners.co.nz

#### **Property News**

thorough because it needs to be, it ensures an accurate reflection of your goals.

From there, the details are refined, fittings and fixtures are selected, and our quantity surveying team provides fixed and final pricing. The only changes from that point are variations requested by you. This offers peace of mind and is a valuable tool when working with your lender. Your personal project manager, builder, and our production team will see your home through to completion, move-in date and beyond.

When selecting a build partner, we encourage thorough due diligence. We provide a checklist to help guide you through this process, ensuring the tough questions are addressed and making it clear what's included in pricing and, more importantly, what's not. We're happy to review alternative pricing and provide a comparison so you can make informed decisions. Knowledge brings power and ultimately gives you control over your project.

Our Signature team brings local expertise and tailored solutions for a wide range of new build projects and developments. We welcome all enquiries and look forward to brainstorming with you. As a guide, here are some of our key services:

- House and land packages
- Design and build
- Knockdown and rebuild
- Subdivide and build
- Multi-unit dwellings
- Minor dwellings
- Development opportunities

We'd love to hear from you and help guide your next project to success. Get in touch with our local team - let's build something brilliant together. saleswest@signature.co.nz | 0800 020 600

#### We welcome Kiri Barlow to West Auckland Property Management

We're pleased to introduce Kiri Barlow, a highly experienced Senior Property Manager who brings over a decade of expertise in both residential and commercial property management.

Kiri joins our team with a strong background in facilities and property services, having successfully managed a wide range of portfolios across Auckland. Her in-depth knowledge of the local market, combined with her strategic and detail-oriented approach, allows her to deliver tailored management solutions that protect and enhance the value of every property under her care.

Kiri is known for her professionalism, excellent communication, and calm, proactive manner. She takes pride in building strong, lasting relationships with property owners and tenants alike, ensuring every aspect of your investment is handled with precision and care.

With Kiri overseeing your property, you can expect a high standard of service, clear reporting, and confidence that your asset is in capable hands.

"After purchasing West Auckland Property Management in October 2024, it is great to bring on people of such high calibre and capability to assist our property owners, tenants and regulators to achieve better outcomes" says Gail McIntyre, Business Owner.

Call Kiri today on 09 8320832 / 0274998415 or email office@wapm.co.nz







### **Area Property Stats**

STREET

SUBURB

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.

BED FLOOR AREA m2 LAND AREA m2

SUBURB	STREET CV	RFD	FLOOR AREA m2	LAND AREA m2	SALE PRICE
Helensville					
TICICITOVIIIC	Rongomai Street \$730000	3	75	337	\$740000
	Nelson Street \$1650000	6	376	2028	\$1590000
Hobsonville	11010011011001		010	2020	¥100000
HODGOTIVIIIC	Hato Road \$1775000	5	254	301	\$1460000
	Kaman Seasprite Rd \$840000	2	95	113	\$779000
	Isitt Road \$1200000	3	160	154	\$1210000
	Harvard Street \$1500000	4	223	448	\$1571000
	Peihana Road \$970000	3	165	0	\$964000
	Walter Merton Rd \$1025000	3	130	165	\$1015000
	Cochrane Rd \$1200000	3	160	0	\$1225000
		5	260	348	\$1225000
	Craigs Way \$1575000 Poaka Rd \$1215000	3	148	275	
			161		\$1185000
	Tuatua Rd \$1130000	3		179	\$1115000
	Liquidambar Drive\$1800000	4	267	422	\$2200000
	Jack Seabrook Rd\$1275000	3	173	0	\$1230000
	Spotted Dove Rd \$1675000	4	250	339	\$1630000
	Hobsonville Rd \$1100000	3	211	405	\$1112000
	Walter Merton Rd \$880000	3	100	139	\$850000
	Onekiritea Rd \$1100000	4	138	246	\$1135000
	Waterlily Street \$1275000	4	210	200	\$1230000
	Tarakoi Rd \$810000	2	92	114	\$750000
	Teal Way \$1735000	4	229	478	\$1610000
	Aviation Drive \$1652000	5	259	355	\$1585000
Huapai					
<u> </u>	Trigg Rd \$1100000	3	214	1251	\$1225000
	Main Rd \$770000	3	96	600	\$950000
	Trigg Rd \$1325000	3	114	601	\$1113000
	Josh Rd \$1325000	4	207	603	\$1295000
Kumeu		<u> </u>			
Kamba	Koraha Rd \$1800000	5	262	9385	\$2350000
	Weza Lane \$820000	4	87	819	\$820000
	Lewis Younie Rd \$1325000	4	197	600	\$1290000
	Dida Park Drive \$700000	2	82	0	\$620000
	Riverhead Rd \$990000	3	86	875	\$885000
	McIndoe Rd \$1300000	4	202	577	\$1388000
	Larmer Drive \$1325000	4	227	649	\$1380000
	Zadar Street \$420000	0	221	216	\$400000
	Accolage Boulevard \$1075000	4	146	300	\$990000
Massey	Accorage boulevard \$1075000	4	140	300	Ψ990000
wassey	Moire Rd \$760000	2	90	0	\$625000
	Ambar Ridge Ave \$880000	3	162	194	\$900000
	Jezero Drive \$920000	4	107	323	\$901000
	Beauchamp Drive \$960000	3	100	775	\$880000
	Claverdon Drive \$1150000	3	100	607	\$830000
	Birdwood Road \$1560000	6	210	3	\$1820000
	Zingaro Place \$820000	3	362	73	\$750000
	Don Buck Rd \$1150000	4	911	220	\$1070000
	Don Buck Rd \$1600000	5	1927	320	\$1000000
	Raelene Place \$640000	3	820	0	\$550000
	Baumea Rise \$1500000	4	226	460	\$1260000
	Carillon Place \$1050000	3	129	602	\$865000
	Papai Lane \$900000	3	100	150	\$830000
	Horokaka Street \$970000	4	139	171	\$960000
	Don Buck Rd \$870000	2	105	462	\$680000
	Keegan Drive \$760000	3	415	90	\$784000
	Flagstaff Place \$1150000	4	282	642	\$1210000
	Allington Rd \$1050000	3	100	685	\$1115888
	Kokotea Rd \$850000	3	96	191	\$770000
	Puhikawa Street \$830000	3	97	182	\$834000
	Halloran Place \$740000	3	85	403	\$560000

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
	Paretao Street	\$865000	3	103	141	\$840000
	Tiriwa Drive	\$620000	2	74	88	\$600000
Muriwai						
	Domain Crescent	t \$1675000	4	383	809	\$1515000
	Motutara Rd	\$1250000	3	140	938	\$1162750
	Constable Rd	\$2150000	2	63	47000	\$1940000
Parakai						
	Parkhurst Rd	\$590000	3	82	0	\$585000
	Te Moau Avenue	\$1000000	6		1011	\$1040000
	Springs Rd	\$420000	2	59	0	\$380000
	Colwill Rd	\$810000	3	80	0	\$670000
Riverhead						
	Riverhead Point D	r \$1850000	4	276	800	\$1800000
	Leebank Crescer	nt \$2025000	5	195	1039	\$1862000
	Ada Lane	\$1525000	0	0	10600	\$1530000
	Queen Street	\$930000	2	65	0	\$845000
	Applemoors Way	\$2150000	4	292	1907	\$1410000
	Floyd Rd	\$1575000	4	253	801	\$1725000
	Riverhead Point D	Dr \$2075000	5	314	650	\$2900000
	George St	\$1300000	3	216	775	\$1730000
Taupaki						
•	Nixon Rd	\$2625000	3	150	40000	\$2210000
Waimauku						
	Sarah Todd Lane	\$1025000	4	138	2010	\$1175000
	Muriwai Rd	\$940000	4	111	875	\$860000
	Buttercup Place	\$1250000	4	190	1933	\$1255000
Waitakere Township	•					
·	Wairere Rd	\$1650000	3	212	10000	\$1510000
	Burnham Rd	\$960000	4	104	923	\$950000
	Wairere Rd	\$1425000	3	146	34000	\$1632500
	Sunnyvale Rd	\$1500000	4	277	3580	\$1540000
West Harbour	<b>,</b>					
	West Harbour Dr	\$1000000	4	180	371	\$1011000
	Javelin Place	\$1080000	4	190	0	\$1295000
	Picasso Dr	\$1175000	4	162	159	\$1065000
	Horizon Way	\$1175000	3	240	489	\$1050000
	St Catherine Cres		3	100	646	\$1170000
	Kayle Glen	\$770000	2	100	114	\$700000
	Vermeer Place	\$1025000	4	142	0	\$1040000
	10.711001 1 1000		•		_	7101000

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

#### Raine & Horne's commission rate:

2.95% up to \$590,000

(Not 4% that others may charge)

1.95% on the balance

Plus \$490 admin fee

All fees and commissions + GST

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

### Raine&Horne®

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Graham McIntyre
Brand & Territory Owner
027 632 0421





### BRING US YOUR WISH LIST

We can make your new home unique to you!

No matter what you're looking for, bring us your ideas and we'll work with you to create a home uniquely suited to you and your lifestyle.

If you're thinking of building, talk to your local GJ's team today about building you a home that we can all be proud of!

Bring us your wish list to start your new home journey today.

09 412 5371 / gjgardner.co.nz

G.J. Gardner. HOMES



#### This Step-by-step guide

The purpose of this guide is to provide a simple understanding of the process involved in selling your property. It is a guide that has foundation information which you will find useful but it also has some areas highlighted by a yellow light bulb \*\vec{v}\* that suggests additional information is sought relating to your individual situation and circumstance.

You can also visit our Real Estate Association portal at <a href="www.settled.govt.nz">www.settled.govt.nz</a> which provides tools and tips on what to do and what to consider during the selling and buying process. This site provides comprehensive checklists, tools and videos to help you through the selling process.





#### Thinking about selling

The first step in selling your property is deciding *when* and *if* you want to sell. Consider your motivations, where you plan to move, and the time and effort involved. Financial preparation is also key - budget for this change and understand your financial position. We do offer free-to-market marketing options however we encourage that a shared investment in marketing delivers a bigger buyer pool and in turn more competition for your property.

Visit <u>www.sorted.org.nz</u> for money advice, tips, tools, and guides to help you manage your finances. Additionally, consult with your accountant or solicitor for financial clarity and planning. Identifying a trusted solicitor or conveyancer early is essential.

Build a small team of trusted individuals - family, friends, or professionals with integrity - who can provide advice and support throughout the process. This team can boost your confidence and ensure you make informed decisions. A team can act as a reasoning group to ensure you stay true to your WHY.



#### Preparing to sell

Start preparing your property for the market by addressing deferred maintenance, repairing leaks, and ensuring cleanliness. Buyers are interested in the property, not your belongings, so decluttering is crucial. Box up non-essential items and consider storage options.

For mature sellers needing assistance, Age Concern Auckland provides some excellent support with decluttering and organising. Ref: www.ageconcernauckland.org.nz.

Ensure your property's lawns and gardens are well-maintained/ presented. If your property is tenanted, establish open communication with your property manager before making decisions or signing documents.

To stay organised, work through checklists tailored to selling your property. For the latest checklists, email Graham at **graham.mcintyre@kumeu.rh.co.nz**, and they will be sent to you promptly.



#### Why Graham McIntyre?

Graham McIntyre is a proven, consistent high performer with nearly 20 years industry experience and was part of the Mike Pero Real Estate brand for over 10 years before it was purchased by Raine & Horne. His independently verified testimonials on Rate My Agent showcase his empathy, compassion, and unwavering commitment to achieving optimal results for his clients. By collaborating with all reputable agents and brands, Graham ensures that competition delivers the best outcomes for his clients.

Scan the bar code for more details





#### Understanding your obligations

You and Graham will discuss your responsibilities and his obligations, including:

- A Comparable Market Analysis of your property.
- The chosen method of sale.
- Property values and market conditions.
- Known issues, defects, or notices (e.g. NOR's, Notices to fix, Categorisation).
- Legal and technical advice recommendations.
- Anti-Money Laundering Act requirements.
- Healthy Homes Compliance
- Taking necessary steps to understanding the property that your are selling

Graham ensures open and transparent communication throughout the process via email, text, and phone.

#### **Seeking Advice**

Obtaining professional advice is highly recommended. Graham may suggest the following optional reports to boost buyer confidence:

- Pre-sale building report
- A pre-sale thermal report
- A Land Information Memorandum (LIM)
- A property valuation
- A council property file
- A safe and sanitary report
- A COA

These reports and sign-off's are not mandatory but can provide reassurance to buyers and facilitate smoother negotiations, a better price and a faster sale.



#### The listing authority to act

Before signing the listing authority, we strongly recommend seeking independent legal advice. Selecting the right lawyer is a crucial part of the buying and selling process. Both the Sale and Purchase Agreement and the Listing Authority are legally binding contracts, so obtaining expert advice before committing to either is important.

Graham will discuss both agreements with you, covering:

- Specific choices you make and their implications.
- Disclosure of information and knowledge relevant to the sale.
- An explanation of the Terms and Conditions.
- Details about payments and when they are due.
- The commission payable upon a successful sale.
- The method of sale, process, and communication frequency.
- The pathway to using all agents and brands in selling your home.

The listing authority further defines the terms of the engagement, detailing the marketing and description of the property. This document includes:

- A start and end date for the agreement.
- The agreed value range for your property.
- The chattels that are sold with the property (need to be in good working order)

You will also receive:

- A Real Estate Agents Guide to selling your home.
- A settled.govt.nz guide to help understand the buyer's journey.

If you have any concerns or require further clarification, do not hesitate to seek legal advice for added reassurance.



#### Marketing and communications

Graham will develop a full marketing and communication strategy based on:

- Identifying the most likely buyers and their influencers
- Crafting compelling messaging to attract interest
- Using top-quality photography and video to evoke emotional connections
- Maintaining the momentum to achieve the best sale
- Re-marketing your home to agents and prospective buyers
- Staying in touch with luke-warm parties

Graham's extensive background in marketing ensures a customised plan tailored to your property and audience, maximising buyer engagement and competition.

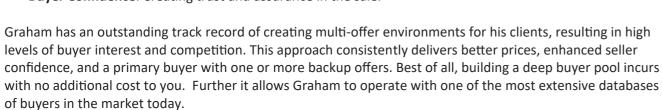
This document should lead you to view the Comparative Market Analysis (what homes are for sale or sold in your immediate area) and the "Unique Marketing Advantage" guide that highlights the exclusive marketing tools available to you at Raine & Horne.

#### What we are trying to achieve

Our goal during the marketing and showing process is to engage the largest number of buyers who are genuinely interested in or emotionally attached to your property. The more buyers we attract, and the stronger their emotional connection, the greater the competition - leading to better offers, improved terms, and an overall stronger outcomes for you.

Key outcomes we aim to achieve include:

- Price: Securing the best possible offer.
- Conditions: Negotiating favourable terms.
- Settlement Date: Ensuring timelines that work for you.
- **Buyer Confidence**: Creating trust and assurance in the sale.



#### Dealing with offers

Throughout the marketing process, you may receive one or more offers for your property, which will be presented to you in the form of a formal Sale and Purchase Agreement. At this stage, you'll have several options to consider:

- Is the price reasonable?
- Are the conditions fair?
- Are there any risks that you need to evaluate?
- Does the settlement date provide enough time for you to buy, rent, or move?

Graham recommends seeking advice from your team and solicitor before making any decisions regarding the agreement.



#### **Unconditional (Sold)**

Once the buyer's solicitor advises that all conditions have been met and the deposit has been paid, your property will be marked as "sold." The deposit will be placed into the NZ Real Estate Trust (Public Trust), where it will clear within ten working days. The residual funds less our commission will then be transferred to your solicitor's trust account for you to access. Great news is that Raine and Horne Real Estate Kumeu—Hobsonville have a lower commission starting point at only 2.95%.

#### **Pre-settlement Inspection**

A few days before settlement, the buyer may conduct an inspection of the property to ensure that the chattels are in working order. The buyer is legally entitled to one inspection prior to settlement. At this time, you may be in the process of packing, and cleaning may not be completed, but the focus will be on checking the chattels and the property's integrity. Any issues raised will be communicated through your solicitor.



#### Settlement

Settlement day is when the buyer pays the remaining balance of the sale price and takes ownership of the property. On this day, several actions must occur in a specific order, involving your lawyer or conveyancer, the buyer's lawyer or conveyancer, and your bank or lending institution (if you have a mortgage).

It's recommended to vacate the property before settlement day, if possible. Delays in moving out may result in the need to pay compensation to the buyer.

Settlement will be managed by your lawyer or conveyancer. If all documents have been signed ahead of time, there is nothing further for you to do. Your lawyer or conveyancer will register the change of ownership with the buyer's name.



Be sure to deliver all keys (including garage door remotes and security alarm codes) to Graham before settlement. The buyer will either collect them or Graham will hand them over once the settlement is completed. Your solicitor will notify Graham when the money has been received and settlement is finalized, at which point the keys will be handed over to the buyer.

#### Be sure to ensure:

- Chattels are in working order
- Warranties/ manuals or guides are in an easy to find place
- Alarm and access codes are made available
- All keys are accounted for
- Telecommunications fiber-box and cord are retained at the sold property
- The cleaning is done to a high standard
- No rubbish or odds and ends are hidden at or under the home

#### Contact

This step-by-step guide is a simple tool to help you understand the process. Additional resources are available at www.settled.govt.nz/selling-a-home. It is recommended that you seek independent advice and legal support regarding your disclosure and contractual obligations. For further information, please contact:

Graham McIntyre

Phone: 027 632 0421

Email: graham.mcintyre@kumeu.rh.co.nz

Country Living Realty Limited t/a Raine & Horne Kumeu—Hobsonville Licensed REAA 2008







#### All agents are different

The purpose of this guide is to provide a clear understanding of the extensive and unique marketing tools used to communicate your property to the market. This guide includes key information you may find useful and highlights additional research opportunities through areas marked with a yellow light bulb.

For further resources, visit the Real Estate Association portal at www.settled.govt.nz, which offers tools and tips for navigating the selling and buying process.

No agent provides a more comprehensive buyer database, preapproved finance database, editorial/ advertising/ social media , digital, and re-marketing package than Graham McIntyre.





#### All brands are different

All agents, franchises, brands, and businesses offer unique marketing strategies. Some agents do not use print media, while others avoid collaborating with fellow agents. Marketing on platforms like Trade Me, OneRoof, and realestate.co.nz varies widely. Social media profiles, sponsored posts, and re-marketing tools also differ greatly some are highly effective, while others may fall short or not exist at all.

Raine & Horne is an Australian brand with over 141 years of real estate expertise. In 2023, Raine & Horne acquired Mike Pero Real Estate, integrating state-of-the-art marketing systems and processes into New Zealand's real estate market through its franchise network. This ensures clients benefit from exclusive marketing elements that provide greater exposure to buyers, agents, and influencers. https://www.settled.govt.nz/buying-a-home/thinking-of-buying/understanding-the-home-buying-journey/



#### What is important

#### Reach

Buyers access information in various ways: reading, scrolling, investigating, or through influencers. The greater the reach, the more potential buyers you attract, increasing the likelihood of securing the best offer.

#### Repetition

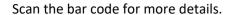
Buyer behaviour evolves - a passive buyer can quickly become actively engaged. Competition often transforms speculative buyers into serious contenders. Maintaining consistent engagement with buyers throughout their journey is essential, Graham McIntyre supported with Raine & Horne systems excels at retaining buyer interest.

#### Retention

Information can either attract or deter buyers. Excessive or poorly presented information may discourage active buyers. Raine & Horne carefully curates and presents information, ensuring buyers remain engaged throughout the process. While the average retention spans weeks, some cases extend into months.

#### Why Graham McIntyre?

Graham McIntyre is a proven, consistent high performer with 20 years professional experience and was part of the Mike Pero Real Estate brand for over 10 years before it was purchased by Raine & Horne. His independently verified testimonials on Rate My Agent showcase his empathy, compassion, and unwavering commitment to achieving optimal results for his clients. By collaborating with all reputable agents and brands, Graham ensures that competition delivers the best outcomes for his clients.







#### The unique marketing tools

Graham utilises a diverse range of marketing tools to effectively communicate and influence buyers. These include:

- Databank: Active and current pre-approvals through the YELSA app
- Database: Targeted emails to buyers, influencers, and collaborators.
- **Signage**: Signboards with QR codes for instant listing access.
- Rate My Agent: Promotes listings directly to real estate agents in the area to share with buyers
- Hot Property: Double-page editorial spread reaching over 40,000 people in the North West.
- Amplify—360: Ai remarketing through Facebook, Google, and Instagram exclusive to Raine & Horne.
- Trade Me Gold Package: Provides exceptional visibility and value for money.
- Sponsored Social Media Posts: Targets specific demographics.
- Local Publications: Advertising in Kumeu Courier and The Westerly magazines, flip-books, and emailed PDFs

#### Only available at Raine & Horne

Raine & Horne offers unique and exclusive marketing tools to ensure your property stands out:

- rh.co.nz Website
- Amplify 360 AI Remarketing
- Video Sponsored Posts: Highlighting the property's unique features.
- Property Hub and Local Magazines: Editorials and features in Kumeu Courier and The Westerly.
- Authenticity Stories: Editorials showcasing the owner's story.

These tools ensure targeted messaging, consistent relevance, and buyer engagement throughout their journey.

#### ...Hot Property

#### **Exclusive to Raine & Horne**

This exclusive double-page editorial spread in Kumeu Courier and The Westerly offers:

- Print circulation to 25,000 households.
- Digital distribution to over 8,000 recipients.
- Relevance in the market for 30-60 days.
- Exposure for Raine & Horne Kumeu-Hobsonville clients.
- High-quality visuals and editorial content





#### **Hot Property**

PHOPERIT-HUB.NZ





29 Sunny Crescent Huap

Seldom found this is an outstanding mini-life-styler an urban setting, offering the best of urban and lifesty living.

Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form. Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchencory meating the dynemic needs of family living.

Herdwood flooring that takes your breath away bedrooms, bethroom and laundry off a central corr Master, ensuite and welk in werdrobe also enjoys a access to north facing decking.

Over 500 square meters of raised bed gardens, fruiting trees, delivers an orchard and market garden at your

doorstep. A short stroll to shops, schools, park en transport links. So if you're a family looking for th good life - you've just found it. Get in touch today to view

Graham McIntyre 027 632 0421

For more information on this property call Graha McIntyre on 027 632 0421 or graham.mcintyre@kumerh.co.nz. Country Living Realty Limited T/A Raine at





#### **Extended demographics**

Whoever you are, and whatever you read, Hot Property has the biggest shop window of any advert, to deliver the hero photograph, supersized, in full colour on gloss paper. The flip-book and pdf publication also packs a punch to ensure buyers of all ages and cultures have the opportunity to become active and engaged buyers. This editorial double page spread is free from cost when you market with Raine & Horne Real Estate Kumeu—Hobsonville.

#### ...Amplify-360

### Accurate Ai driven remarketing

Social marketing has provided a new level of sophistication, engagement and targeting of messages directly to the buyer in a timely fashion with accuracy and relevancy. Through Amplify we can measure:

- Impressions (times exposed)
- Reach (times viewed)
- Clicks (activated link to the property)
- Volumes in comparison
- Male/ Female split over the campaign
- What buyers are responding to the most

Amplify is an exclusive Raine & Horne product that targets the right buyers at the right time with the right message.

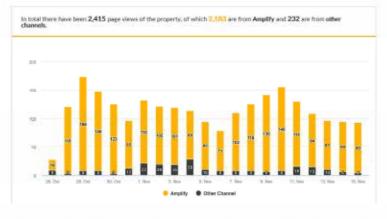
Amplify achieves a faster sale (less time on market) than traditional marketing products.

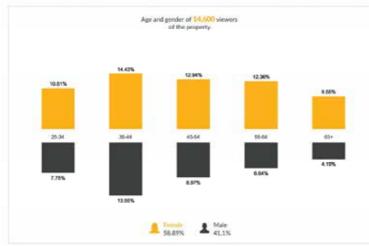
Amplify achieve a larger sale price than traditional marketing products alone.

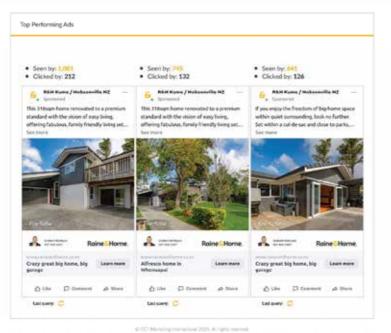
The information provided is the exposure generated from a standard amplifier-360 campaign supporting a home for sale.



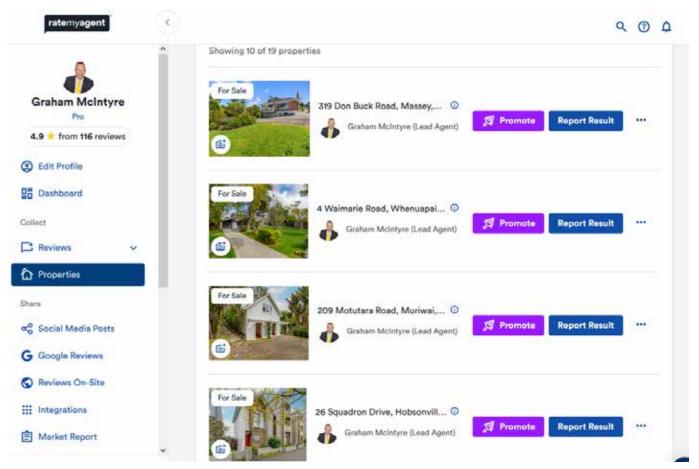








...ratemyagent



#### Targeted agent to agent promotion

When you go to market, you will want to target the widest range of influencers, and agents, that are working buyers. Raine & Horne work with all reputable agents/brands, with dedicated influencer databases and active marketing to Real Estate Agents. By using ratemy agent you have a wide range of benefits:

- Agents are one of the most influential groups
- Agents often work buyers that have just sold a home
- Agents seek a wide pool of property to showcase when working buyers
- You don't pay any more with Raine & Horne to access all agents and their buyers
- This communication tool is used to showcase your home and its attributes directly to agents and their buyers
- Targeted effective and direct communication

By leveraging this comprehensive suite of tools and expertise, Raine & Horne ensures your property achieves optimal exposure, buyer engagement, and successful outcomes

#### **Property Hub**

Property Hub is a dedicated property, home and garden publication that is distributed with Kumeu Courier and The Westerly Magazines. In addition it is produced as a standalone flip-book targeting agents and influencers in the area. Your advantage is:

- A regular full page presence at no cost
- The best possible bang for buck to an estimated 40,000 readers
- In print, digital and web delivery
- Durable over 30—60 days in the market
- Retained and used by buyers, sellers, influencers and agents
- Communication that is timely, accurate and relevant

You have one option, to gain the very best profile available in the North West of Auckland. Raine & Horne Real Estate Kumeu—Hobsonville offer a comprehensive print, social and digital showcase of your home in a format that retains buyers interest over time.





#### **SOLD**

We know what we need to achieve, creating the very best photography and communicating the right text and photos to ensure the unique aspects of a property are highlighted,

and reinforced that in turn generates active, engaged and motivated buyers.

While we appreciate you may have had experiences of selling a house in the past it's a bit like talking about an oven when today we talk about air fryers, microwaves, steam induction, and ovens when we discuss cooking.



In addition, our industry is fully regulated and we are required to make true statements and follow the Consumer Guarantee's Act. So it is about how we tell the story not changing the story.

#### Contact

This marketing book is a simple tool that helps you understand some of the differences that are unique to Raine & Horne Kumeu-Hobsonville. For additional information contact:

Graham McIntyre Ph 0276320421

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### **Home & Garden**

## How to choose a reliable painter: Start with the bathroom



With so many painting companies and so much information out there, finding a truly reliable painter can be difficult. While checking online reviews or asking friends for recommendations is a good first step, it's not always enough to give you full confidence.

That's why we recommend starting small-by painting the bathroom first.

Although it's the smallest room in the house, the bathroom is also the most challenging. Humidity, temperature changes, and mould make it the first place where paint usually fails. If a painter can deliver lasting, high-quality results here, it's a strong sign of their overall skill and reliability.

At our company, we've completed hundreds of bathroom repaints using a professional, step-by-step system-from surface assessment and preparation to final finishing. It's more than just paint-it's about getting it right from the start.

Start with the bathroom. t's the smartest first step to a beautiful home.





♣ Brad 021 756 890
➡ focusonpainting@gmail.com
f focusonpainting

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

Free quotes are available. To get started, call or text Brad on 021 756 890 or email focusonpainting@gmail.

#### **Fully Wired Electrical**



Corey at Fully Wired Electrical is dedicated to providing honest services at competitive rates.

With a commitment to excellence, Fully Wired Electrical specialise in a wide range of services including affordable air conditioning unit installations, perfect for keeping your house warm and cosy in the winter, and cool on those hot summer days.

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#### **Laser Plumbing & Roofing Whenuapai**



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Laser Whenuapai is your local one stop shop for all plumbing and roofing

Maintenance Plumbing for all your plumbing requirements. basic tap washers, leaking pipes, the

dreaded blocked toilets, or gas work, our maintenance plumbers are here to help - 24 hours a day.

Roofing - we find and fix roof leaks. We also offer complete roofing services...from repairs and gutter cleans right through to full re-roofs.

Project Plumbing -we are specialists in new home plumbing, design and installation as well as home renovations. We also have extensive knowledge and experience in commercial plumbing. Contact us today and we will help manage your project.

Laser Whenuapai has been trading for 40 years - so choosing us means choosing a solid, reliable and experienced company that you can depend on. Not only can we offer you total solutions for all your plumbing and roofing needs, we stand by all our jobs by offering warranties...and we always use quality New Zealand made products.

Get in touch with us today on 09-417-0110 or whenuapai@ laserplumbing.co.nz. We are open five days a week from 7:30am-4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Westgate.



#### Choosing the right heating unit for your home

As winter sets in, staying warm at home becomes a top priority. Whether you're heating a small bedroom or an open-plan living space, Mitre 10 MEGA Westgate and Henderson have a wide range of heating options to suit every need and budget.

Heat pumps are one of the most energy-efficient solutions available. Ideal for year-round use, they not only heat in winter but cool in summer, making them a smart long-term investment. While installation is more involved, they offer excellent performance for wholehome comfort.

Oil column heaters and panel heaters are popular plugin options. Oil heaters take longer to warm up but retain heat well, providing steady warmth over time-great for living rooms or lounges. Panel heaters, by contrast, are sleek, quiet, and ideal for bedrooms or offices.

Fan heaters and convection heaters provide fast, direct heat and are useful for spot-heating smaller areas. Fan heaters are compact and portable, though best used for short bursts due to higher energy consumption. Convection heaters circulate warm air gently and are better for longer use.

For a classic and cosy ambiance, wood burners remain popular. They offer strong, consistent heat and a traditional feel but require more setup and maintenance. Wood burners are great for off-grid or rural homes.

The right heating solution depends on your space, how often you use it, and your efficiency goals. Whether you're



looking for convenience, economy, or atmosphere, choosing the right unit can make all the difference.

Visit Mitre 10 MEGA Westgate or Henderson to explore the latest heating options and expert advice to keep your home warm, efficient, and ready for winter

#### Let the light in: Pruning trees for winter sunlight

Winter brings shorter days and lower sun angles, which can leave homes and gardens feeling darker and colder. But did you know that thoughtful tree pruning can help bring more sunlight into your space during the colder

With leaves gone and trees dormant, winter is one of the best times to prune. It's easier to see a tree's structure, make precise cuts, and avoid stress on the tree. Pruning in winter also promotes strong regrowth in spring.

One common goal is to allow more natural light through dense canopies - especially around north-facing windows, lawns, or garden beds. By thinning selected branches or lifting the canopy, you can create openings that let sunlight reach your home, helping to warm rooms, dry out damp areas, and reduce mould or mildew buildup.

#### Additional benefits include:

improved light for winter gardens and lawns, Better airflow and visibility, A healthier, better-shaped tree come spring.





However, proper pruning requires care and knowledge. Removing too much can weaken a tree, while incorrect cuts may lead to long-term damage or poor regrowth. It's important to work with a qualified arborist who understands tree health, local conditions, and the best ways to balance light access with long-term tree care.

If you're looking to brighten your home this winter, tree pruning could be a simple and effective place to start.

Shaun Hardman - Qualified Arborist - Hardfell Ltd -0210720739 - hardfell.co.nz



MARK WALLER

M: 021 802 845

E: mark@wallerprojects.co.nz

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

W: wallerprojects.co.nz

AWARD WINNING DESIGN & BUILD









Home & Garden PROPERTY-HUB.NZ

#### **Exciting product** addition-Instore now at STIHL SHOP Kumeu & Westgate

\*\*EXCITING NEWS ALERT\*\*



Stihl Shop Kumeu and Westgate are now proud suppliers of the Wet and Forget cleaning range. If you're aiming to maintain spotless spaces both indoors and outdoors, we've got you covered.

The Wet and Forget range is incredibly versatile, offering specialised products for every cleaning challenge. Whether you're tackling unsightly mould and mildew on your roof, refreshing your patio and decks, or keeping your indoor surfaces sparkling clean, there's a Wet and Forget solution for you! Just spray, forget, and watch as nature works its magic.

At Stihl Shop Kumeu and Westgate, we've always been dedicated to your outdoor maintenance needs, and now we're excited to extend that care to indoor cleaning with our wide range of Wet and Forget products. Our knowledgeable team is ready to help you find the perfect solutions for all your cleaning challenges, ensuring your home looks its best from the inside out.

Come visit us today, and let us show you how easy it is to maintain a clean and inviting home environment-both inside and outside. Our Kumeu store is open Monday-Saturday and our Westgate store is OPEN 7 DAYS for all your outdoor power equipment (and cleaning) needs.



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**WESTGATE & HENDERSON** 

#### July 2025 Market Wrap

#### with Ben Konings

With interest rates levelling out, more borrowers are leaning towards 2 and 3 year fixed terms for stability. But locking in a rate is just part of the puzzle. The real game changer? Your loan structure.

Your loan structure plays a vital role in how flexible, affordable, and future-proof your lending is. Whether you're planning to renovate, grow your family, invest in property, or refinance, your mortgage should be set up to support your life - not limit it. And with many fixed terms set to roll over, now's an ideal time to review both your rate and structure.

#### OCR Update

In July, The Reserve Bank held the Official Cash Rate steady at 3.25%, ending an 11-month streak of cuts. The RBNZ is taking a cautious approach, though with the latest inflation data coming in lower than expected at 2.7% per annum, economists are predicting up to two more cuts this year, probably starting in August.

#### **Property Market Snapshot**

After declines in April and May, NZ's property market saw a slight rebound in June, with national median values lifting 0.2% to \$815,389. Regionally, Christchurch, Tauranga, Hamilton and Dunedin saw modest gains, while Rotorua, Gisborne, and Whanganui recorded small declines.

#### What's Next for You?

If your fixed term is nearing expiry or you're floating, you've been waiting for the latest OCR announcement to make a decision or want to ensure your loan structure is fit for today, but also your future - now's a great time to check in. Even a quick review can reveal opportunities to secure a stronger rate and structure-potentially saving you thousands.

Let's chat. A quick check-in might be the smartest move you make this year.

#### Call Ben Konings

Your Local Mortgage Adviser

0204 1122 481

ben@mortgagesupply.co.nz





#### Turning your junk vehicle into instant cash

Don't let your old, damaged, or unwanted vehicle become a burden. At Wreck & Recycle, we provide a fast, hassle-free solution that clears up your space and puts cash in your hand. Whether it's a rusting car, a broken-down truck, or an unwanted 4WD, we'll take it off your hands - and pay you for it. Our team handles everything from pickup to paperwork, offering convenience, transparency, and peace of mind.

#### A practical solution for unwanted vehicles

If you've got a car sitting in your driveway that's no longer

#### **VEHICLES WANTED WE PAY TOP CASH**

For any CARS, VANS, UTES, TRUCKS, 4X4 Dead or alive, damaged, de-registered Mechanical problems, no WoF, we buy it.

Free Pickup

Or text 021 344 449

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worth the cost of repairs, you're not alone - and you're not out of options.

Wreck & Recycle specialises in helping owners move on from vehicles that are no longer assets but liabilities. Whether it's been written off, failed a WOF, or simply reached the end of its road, we offer a better alternative than letting it gather dust. We assess its remaining value, offer top cash on the spot, and provide free removal from your property.

Many people don't realise their "junk" car still has value. Even when a vehicle is no longer roadworthy, its parts, metal, and components are in demand by recyclers and manufacturers. We strip down each vehicle responsibly, salvaging usable elements and recycling the rest in line with environmental standards.

You'll know it's time to part ways with your vehicle when the repair bills keep stacking up, the resale value has bottomed out, and it's taking up space you can't afford to waste. We make the process easy, fast, and rewarding - no need for costly ads, frustrating negotiations, or towing costs.

Just call Wreck & Recycle, and we'll handle the rest.

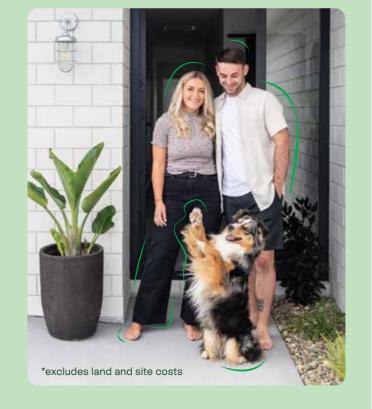




### Custom build your home from \$385k

Talk to our local team today. We'll personalise a package that fits your lifestyle and

budget. Simple, stress-free and transparent from start to finish.



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Ben Konings gives financial advice through Fearless Financial Limited trading as The Mortgage Supply Co.

Home & Garden PROPERTY-HUB.NZ

## Whenuapai Floral & Garden Circle July 2025



As our Garden Club is still in recess, I shall once more write about Daffodils, a favourite flower of mine and many others, and a bright heralder of spring. Mostly they are yellow blooms with yellow or orange trumpets but they do come in quite a

wide variety of shades. They are basically fail safe, just dig a hole or trench in a well-drained sunny spot and place the bulbs in, or simply tip them in and they will turn themselves up the right way, cover with soil and forget about them until the new leaves push their way to the surface and grow their buds which develop to reveal their perfectly formed fragrant flowers.

Caring for daffodil plants after blooming is also straightforward; "Remove daffodil blooms as soon as they fade; otherwise, the bulbs will exert considerable energy attempting to create seeds. However, remove only the bloom and stem, not the leaves. This is the critical aspect of daffodil care after they bloom. Why do we leave the unsightly foliage in place? In simple terms, the leaves absorb energy from sunlight, and through the process of photosynthesis, the energy is converted into chemicals that produce sugar – the food that keeps bulbs blooming year after year. If you remove the foliage too early, the bulbs will be stunted, which results in smaller and fewer blooms in the following year.

This also explains why daffodils should be planted in bright sunlight. If your daffodils are planted in partial or full shade and do not produce big, healthy blooms, you might want to dig them up and move them to a sunnier location after the foliage dies down. Leave the foliage in place until it dies down and turns yellow. Usually, this takes about six weeks. If the appearance of the dying foliage is driving you crazy, don't braid the leaves or bunch them in rubber bands, which reduces the amount of sunlight available to the leaves. Instead, consider ways to camouflage the leaves. For example, plant perennial plants that will hide the dying foliage as they grow in spring."

Until next time, stay well and keep warm, and Happy Gardening from Mary Anne Clark



#### **Trade Tyres**



Tucked just off State Highway 16 in Waimauku, Trade Tyres has been helping New Zealanders stay safely on the road with quality tyres and nononsense automotive services.

It's not a flashy setup, just a good team, solid gear, and a shared understanding of what Kiwi drivers really need. Whether it's your

daily runner, the farm ute, or a commercial fleet, the team at Trade Tyres takes the time to listen, check the details, and match you with the right fit, every time.

They carry a broad range of trusted tyre brands, from entry-level options right through to premium names, all chosen for how they perform on New Zealand roads. And if they don't have what you need on the floor? They'll sort it fast. That's part of why so many customers come back.

But Trade Tyres isn't just about tyres. Their workshop offers:

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They also handle nationwide delivery, so whether you're based in Auckland or the deep South, you'll get what you need; no stress, no delays.

What sets them apart? It's not just the gear or the brands. It's the kind of service you remember: down-to-earth, helpful, and built on trust. If you're not sure what you need, they'll walk you through it. If you're short on time, they'll work around you. Simple as that.

So, whether you're managing a commercial fleet or just looking for reliable tyres in New Zealand, it's worth checking out Trade Tyres. They've built a name on doing things properly, and that's something they stand behind.

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### **Young Learners**

#### Children Events at Te Manawa in August



#### All regular preschool programmes have restarted. Mondays| Rāhina

KIDS PLAY: 10:30am - 11:30am - TERM TIME ONLY

Te Whare Tapere | Children's Space - Level 1

Drop-in PLAY session for active babies and toddlers in the children's space. Chance for parents/caregivers to catch up with each other in a comfortable environment.

NOTE: THIS PROGRAMME HAS MOVED TO MONDAYS

#### Tuesdays| Rātu

WRIGGLE AND RHYME: 11:00am - 11:30am - TERM TIME ONLY. Kökiri-Ngātahi Auditoriums - Level 3. Wriggle and Rhyme promotes active movement and brain development for babies up to 18 months.

#### Wednesdays| Rāapa

RHYMETIME: 11:00am - 11:30am - TERM TIME ONLY. Te Whare Tapere | Children's Space - Level 1. Join our Rhymetime sessions with songs, movement and finger rhymes for pre-schoolers.

#### Fridays| Rāmere

STORYTIME: 11:00am - 11:30am - TERM TIME ONLY. Te Whare Tapere | Children's Area - Level 1

Come along to our popular Storytimes where librarians, and sometimes, authors or other special guests read captivating stories. Ideal for kids 3-5.

Visit Te Manawa, 11 Kohuhu Lane, Westgate and pick up our August What's On brochure to discover more amazing events happening throughout August for all ages. Linktree: https://linktr.ee/temanawa

## Messy Magic: The power of sensory play with gloop and dyed spaghetti

When was the last time you squelched, or squished your fingers into something purely for the fun of it? For young children, this kind of hands-on exploration isn't just entertaining, it's essential. Sensory play, which engages a child's senses through touch, sight, sound, smell and even taste, is a powerful tool for development. And two activities- gloop and dyed spaghetti- are as simple as they are effective.

#### What is sensory play?

At its core, sensory play includes any activity that stimulates a child's senses. It's about exploring, discovering, and experimenting in a tactile world. These activities support brain development, fine motor skills, language growth, and even emotional regulation. Plus, they offer an opportunity for children to learn through play in a way that feels entirely natural and joyfully messy.

#### Enter Gloop: The ooey-gooey science experiment

Gloop-also known as oobleck-is a strange, almost magical substance made from just two ingredients: cornflour and water. It behaves like both a liquid and a solid depending on how you handle it. Run your fingers slowly through it, and it flows like syrup. Squeeze it, and it turns solid in your hand.

#### **Young Learners**

For children, gloop is more than a fascinating texture. It's an early lesson in science, cause and effect, and sensory regulation. It encourages curiosity and experimentation ("what happens it I tap it? What if I scoop it?). Add a few drops of food colouring, and the experience becomes even more visually engaging.

#### Dyed spaghetti: A tactile rainbow adventure

Nothing captures attention quite like a tray full of vividly coloured, squishy spaghetti. It's a feast for the sensesbright, wiggly, cool to touch, and endlessly mouldable. To make dyed spaghetti, simply cook plain pasta, separate it into bags add a few drops of food colouring, shake, rinse, and you're ready to play.

Dyed spaghetti is ideal for pretend play, fine motor skills (think pulling, pinching, or using tongs). Children can scoop it, squish it, mix colours, or "cook" meals in imaginative play. You can hide small objects inside for a treasure hunt or add scents like vanilla or peppermint for another sensory layer.

#### Why it matters:

While it may look like a mess to adults, to children sensory play is a world of learning. It supports language development ("slimy", "cold", "squishy"), builds confidence through independent exploration, and helps regulate big emotions. For children with sensory processing needs, activities like gloop and dyed spaghetti can be calming and centring.

And the best part? You don't need fancy equipment or expensive toys. Just a few pantry staples, a towel (or three), and a willingness to embrace mess.

#### Final thought

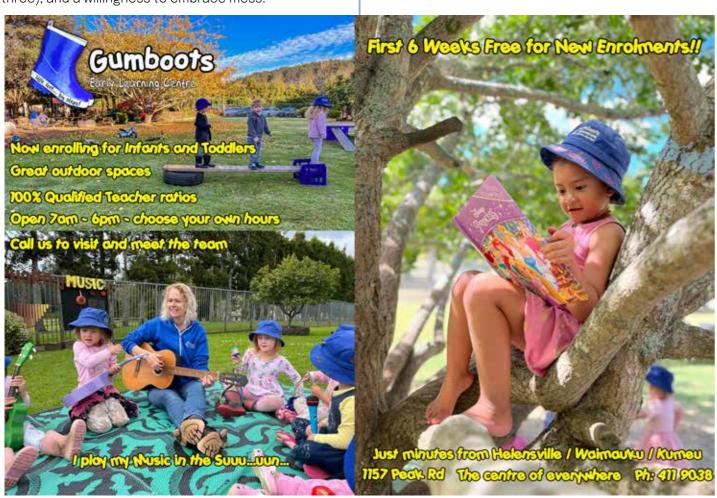
Sensory play is one of the simplest, most impactful ways to engage young minds. Whether it's a handful of gloop or a bowl full of rainbow spaghetti, the learning is in the doing-and the mess is half the fun.













### Aged care

#### Kumeu Village: A month of magic, movement, and meaningful moments

As we step into August, life at Kumeu Village Rest Home continues to shine with warmth, joy, and a wonderful sense of togetherness – no matter the weather outside.

July was filled with heart, and the photos say it all. From baking trays piled high with fresh cookies to sunshine-filled mornings outdoors, our residents have been busy enjoying the simple pleasures that make our Village so special. There were library visits, creative craft sessions, singalongs, laughter over word games, and plenty of friendly movement – from activity balls to walks near the tennis court and visits to the animals. The Ladybug crew, in particular, have been keeping up a wonderful rhythm of daily connection and fun. We also took time to celebrate those who give so much to our home – with Volunteer Appreciation Day. It was a heartfelt moment to thank the generous individuals whose kindness and time

truly make a difference.

Over at the Village, our Matariki celebration was brought to life by the tamariki from Riverhead School, who filled our lounge with waiata, haka, and aroha. And a special outing to the Kumeu Library for Crafternoon saw our residents creating their own colourful stars — now proudly displayed for all to enjoy.

As always, it's the love between people – the stories, the songs, the quiet moments and shared smiles – that defines daily life at Kumeu Village.

We offer hospital-level care, dementia-level care, and respite stays, all grounded in genuine compassion and respect. And if you're beginning to think about care for a loved one, please know: we're here to help you through the process. It may feel daunting, but you don't have to face it alone. We're here to answer questions, offer guidance, and walk with you every step of the way.

If you've seen our new sign on the corner of State Highway 16 and Old Railway Road, don't just drive by – pop in. Just 50 metres down the road, tucked in behind the hedge, you'll find a home filled with love, activity, and a whole lot of heart.

More joy is on the way this August – so watch this space.

#### With aroha, The Kumeu Village Family

507 State Highway 16, Kumeu – Entry 50m along Old Railway Road. 09 412 9112 | kumeuvillage.co.nz

"Resident First - raising the standard of aged care."



#### **Aged Care**

#### Matariki celebrations at Craigweil House

The stars of Matariki may have been shining above, but the real sparkle was at Craigweil House as residents came together to mark the Māori New Year in June.

In the days leading up to the celebration, residents enjoyed getting creative with Matariki-themed artwork. There were plenty of colourful stars, painted night skies, and thoughtful pieces reflecting memories and wishes for the year ahead. The lounge was buzzing with creativity, conversations, and of course, a few cups of

A special highlight was the visit from the wonderful students of Parakai School. Their energy lit up the room as they sang, shared stories, and spent time with the residents. It was heartwarming to see different generations connect and enjoy each other's company.

The day was filled with warmth, laughter, and meaning. It was a lovely way to reflect on the past, enjoy the present, and welcome the future with open hearts.

If you or someone you love is considering rest home or hospital-level care, we'd love to welcome you for a visit. Come see what life at Craigweil House is like and meet the wonderful people who make it feel like home.

PH 09 420 8277











## Business Awards 2025

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### **Health & Beauty**

## Should I save up for a facelift or have injectable treatments?

Anon. Kumeu

This is something I get asked a lot - should I save up for a facelift, or start with injectable treatments?

The honest answer? It depends on where you're at and what you're hoping for.

Injectables like dermal fillers and Botox® can work beautifully for smoothing lines, restoring volume, and refreshing your look without surgery. They're especially helpful if you're noticing changes but aren't quite ready for something more invasive. Many of my patients use them as a way to delay the need for surgery altogether or to make the most of the years leading up to one.

A facelift, on the other hand, is a surgical procedure. It can offer a more dramatic lift, especially for deeper sagging or looser skin around the jaw and neck. But it also comes with more downtime, higher costs, and longer recovery. It's a commitment, and it's not always the best "first step."

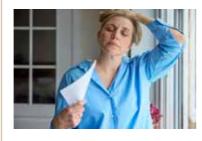
If you're unsure, starting with injectables often makes sense. You can target specific concerns, adjust as you go, and see how your face responds. There's no one "right" choice. But you don't have to figure it out alone. Choose an injector who you feel comfortable with who will respect your journey, because the path to looking and feeling good is a personal one. Just remember to always remain firmly in the driver's seat.



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



#### Menopause



Our mothers didn't talk to us much about peri-menopause (the years leading up to menopause), menopause itself (the day one year after your final period), or postmenopause (the rest

of your life). When the hot flushes, brain fades, aching muscles, fatigue, anxiety and night-time waking starts, a lot of women of my generation are taken entirely by surprise. It may take us a while to see a medical professional, and when we do, it's likely they didn't learn much about it at medical school.

I've learnt a lot in recent months. HRT, once you get the dose right, can be a lifesaver for some of us, but it doesn't always get rid of all the symptoms. A good diet, exercise, support, a sleep routine, and writing a journal can also help.

Employers can help by making workplaces menopause friendly. Small desk fans on every desk, temperatures set to cool, break rooms, and flexible schedules can make carrying on at work much easier. Some employers have introduced a small number of 'duvet days' every year – days when employees can have a day off to rest and recharge, without taking a sick day or providing a reason. Menopause training to reduce stigma, support networks,

#### **Health & Beauty**

and a culture where health needs are supported are also helpful.

The people around us, and how they speak about menopause, are also important. Did you know that in cultures where menopause is celebrated and older women are respected and valued, women experience fewer symptoms? In Te Ao Māori, for example, menopause is a sacred transition, bringing women closer to the natural world and ancestral wisdom. Supports:

I've also learned about and am looking forward to "post-menopause zest". This is when new energy and confidence leads to new interests and a refined sense of purpose.

If you are just starting out on this journey or are supporting a loved one who may be going through menopause, there's lots of great information out there. Women's Health Action is a great place to start: www. womens-health.org.nz.

Ina oranga te wāhine, ka ora te whānau, ka ora te hapū, ka oranga iwi e (when women are in good health, the whānau, hapū and iwi will flourish).

#### Grace Munro Medispa: Are You Prioritising You?



At a certain point in life, we all pause—usually while looking in the mirror—and wonder, When did this happen?

I was recently in a gift shop when a tea towel caught my eye. It read: "Inside every old person is a young person wondering what the hell happened."

I laughed out loud and bought two for upcoming birthdays—but as humorous as it was, it hit a nerve. It summed up a feeling many women experience, especially as we move into our 50s and beyond. And yes, I've felt it too—even after 30 years as a beauty therapist.

The truth is, ageing is inevitable. But it doesn't have to feel like a crisis. It can be an opportunity. The Turning Point: Choosing You

Somewhere along the way, life becomes about looking after everyone else. Family, work, responsibilities—you often come last. But there comes a time when it's not just okay, but essential, to reclaim some energy for yourself.

That's why I created Grace Munro Medispa—a boutique beauty therapy studio in the heart of beautiful Greenhithe. We specialise in anti-ageing and advanced skin care, and our mission is simple:

To help you feel confident in your skin again, with support that's real, personal, and based in science. We combine modern technology, proven techniques, and professional-grade products—along with a deep understanding of how your body heals itself. The results? Natural, noticeable changes that don't involve injectables or fillers.

A Few Beauty Truths I've Learned Over the Years

After decades in the industry—and as a woman in her 50s myself—here's what I believe truly makes a difference:

- You need to make a decision. Choose to invest in yourself. Just taking that first step can bring a wave of renewed confidence.
- Gut health is essential. Your skin reflects what's happening inside. In fact, there's a specific gut-skin axis that directly impacts your skin's appearance. Healthy digestion is foundational to healthy, glowing skin.
- Home care is everything. Around 80% of your skin's condition is due to what you do (or don't do) at home. High-quality, consistent skincare routines make a world of difference.
- Regular in-studio treatments give you an edge. They provide a professional boost, accelerating results and targeting deeper concerns that home care can't always reach.

As Coco Chanel famously said: "Nature gives you the face you have at twenty. Life shapes the face you have at thirty. At fifty, you get the face you deserve."

Let's make sure it's the face you deserve—healthy, radiant, and authentically you.



#### **Health & Beauty**

## Slips, trips & stiff joints: Preventing winter injuries



Winter in Auckland may not bring snow, but it still brings hazards, wet footpaths, darker mornings, and cold-stiffened joints. At Hobsonville Physiotherapy, we often see an increase in sprains, falls, and flare-ups

of old injuries during the colder months.

Here's how to protect yourself and stay mobile this winter:

#### 1. Improve your balance

Balance declines with inactivity and age, but it can be trained. Simple exercises like single-leg stands, heel-to-toe walking, or gentle squats can improve stability. Our physios can assess your balance and tailor exercises to your needs.

#### 2. Strengthen key muscles

Strong glutes, thighs, and core muscles help prevent falls and support joint health. If you've been less active lately, now's a great time to rebuild strength safely. We offer guided rehab and strength programs for all fitness levels.

#### 3. Check your footwear

Worn-out or unsupportive shoes can increase your risk of slipping or straining your knees. We work closely with Hobsonville Podiatry to assess foot posture and recommend footwear that supports safe movement.

#### 4. Don't Ignore the warning signs

If you're feeling unusually stiff, off-balance, or sore, don't wait. Early physiotherapy can prevent minor issues from becoming major setbacks.

Winter doesn't have to mean slowing down, or getting hurt. Let's help you stay strong, steady, and confident on your feet.

Hobsonville Physiotherapy: 0272640003 physio@hobsonvillephysio.co.nz



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- 124 Hobsonville Road (by Woolworths)
- physio@hobsonvillephysio.co.nz
- mww.hobsonvillephysio.co.nz

#### Like physical health skin health thrives on consistency



Introducing the "Skin Gym". Dr. Cherie Wyatt-Hutana- Restore Cosmed

Looking after your skin shouldn't be a once a year thing. Just like physical health, skin health thrives on consistency. We also know that life is busy, and it's not always easy to prioritise self care- so we've developed a way to make it easier to prioritise you. That's the philosophy behind the Skin Gym, Restore Cosmed's VIP membership

that makes consistent, expert-powered medical skin treatments simple, affordable and sustainable.

#### What's included?

- Customised medical facial treatments every 4 or 6 weeks, tailored to your skin's evolving needs whether you're tackling acne, pigmentation, dryness, dullness or ageing. What makes a medical facial? Evidence based approaches, with medical grade actives and ingredients that have proven efficacy, under the guidance of medical doctors.-
- 3-4 advanced dermal needling sessions per year to stimulate collagen, refine texture and elevate results over time. Our dermal needling approach utilises medical protocols, with prescription numbing and additives, to make your treatment as comfortable and effective as possible.
- VIP perks: including priority booking, 10 % off retail, and exclusive pricing on other treatments (see our website for more details at www.restorecosmed.co.nz/skingym).

Plans start from just \$35 per week, and help you stay on track with regular, evidence based treatments targeted to your own personal skin goals.

Ready to make consistency your secret weapon? Book your complimentary skin consultation at Restore Cosmed today, or sign up via our website- and start treating your skin with the care and commitment it deserves

## RESTORE COSMED

SKIN AND MEL

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### **Area Columnists**

## Good progress being made on law & order

#### By Cameron Brewer - MP for Upper Harbour



During the 2023 election campaign, I met several Upper Harbour dairy owners who were forced to operate behind bars on their counters. Ironically, they were the ones contained, not the perpetrators.

The Government has since made real progress on law and order, particularly

around reducing youth offending and violent crime.

We've got more cops on the beat, gang patches are

banned, and the Three Strikes legislation is back.

We are restoring real consequences for crime, including capping sentencing discounts that judges can apply at

40 percent. The culture of excuses is over.

We are creating a new response for assaulting first responders, because our hardworking police officers, firefighters, paramedics and prison officers deserve better when they put their lives on the line to save others.

We're also introducing a specific coward punch offence to ensure perpetrators receive tougher offences. We'll make sure that those who commit a coward punch offence with intent to cause grievous bodily harm could be sentenced to up to 15 years in jail.

A lenient culture on punishing shoplifters has led to the cost of retail crime climbing to \$1.4 billion a year.

That's why our new shoplifting charges will mean that for stolen goods valued up to \$500, infringement fees will be

up to \$500. For goods valued at over \$500, fees will be up to \$1,000. We will also strengthen existing penalties for higher value thefts.

Locals were very keen for us to get serious about restoring law and order. The progress we've since made shows that we are.

Every Kiwi deserves the right to feel safe at work, at home, and in their communities.







Area Columnists THEWESTERLY.CO.NZ

## Safe operating procedures



Safe operating procedures (SOPs) play a crucial role in enhancing workplace safety and operational efficiency. One of the primary advantages of SOPs is their ability to standardise processes, ensuring that every worker follows the same steps, which minimises the risk of errors and accidents. This consistency

is vital in maintaining quality control and compliance with regulatory standards.

Additionally, SOPs serve as a valuable training tool for new workers, helping them understand the correct procedures quickly and effectively. By having clear guidelines, organisations can reduce the learning curve and enhance productivity. Furthermore, SOPs promote accountability; when procedures are documented, it is easier to identify who is responsible for specific tasks, which can lead to improved performance and reduced liability.

Another significant advantage is the continuous improvement aspect of SOPs. Regularly reviewing and updating these procedures ensures that they remain relevant and effective, incorporating lessons learned from past incidents or changes in technology and regulations. This proactive approach not only enhances



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



safety but also fosters a culture of continuous improvement within the organisation.

In summary, safe operating procedures are instrumental in promoting safety, ensuring consistency, facilitating training, and driving continuous improvement, all of which contribute to a more efficient and safer workplace.

We have attached a safe operating procedure for emergencies.

If you would like to develop SOPs for your organisation, contact John Riddell at Securo by emailing securo4@ securo.co.nz, or check out www.securo.co.nz

#### Upper Harbour Local Board candidates meeting

#### Want to know who's standing for your Local Board?

Come along to an open public meeting, being held in Hobsonville, for all registered candidates standing for the Upper Harbour Local Board - a chance to hear from the candidates, ask questions, and find out who's putting their hand up to represent your community.

Tuesday 2 September 6:45pm - 8:15pm

Sunderland Lounge, Cinema Road, Hobsonville Point All welcome

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THE SMALL RSA WITH THE BIG HEART

Area Columnists

## The Trusts: More than just the money

Opinion by Warren Flaunty, Linda Cooper, John Loau, Trust Local Candidates for Waitakere Licensing Trust







When most people think of the West Auckland Licensing Trusts, they think of bottle stores, bars, and community grants. But the Trusts are about much more than just alcohol sales or giving money away; they're a unique, community-owned model that supports the wellbeing, safety, and vibrancy of our neighbourhoods.

Unlike privately owned alcohol retailers, The Trusts operate under a mandate to prioritise community benefit over profit. That means every dollar earned is reinvested locally into sports clubs, education programmes, social services, arts, and community infrastructure. In recent years, millions have gone back into West Auckland to support everything from mental health outreach to playground upgrades and school sports gear.

But it's not just about grants. Well-managed alcohol sales mean fewer outlets, more responsible service, and less alcohol harm, especially in vulnerable communities. The Trusts uphold higher safety standards and invest in staff training to ensure alcohol is sold responsibly.

They're also proud to be ethical employers, offering stable jobs with fair wages, development opportunities, and a strong focus on staff wellbeing. That means locals aren't just customers – they're employees, managers, and shareholders in a system designed to support people over profit.

In a time when big chains dominate and profits often leave the region, the Trusts stand out as a model of community-owned success – where alcohol is sold with care, staff are respected, and the local good is the bottom line.

Because here in West Auckland, we believe in looking after each other – and that's what the Trusts were built to do. Vote – Cooper, Flaunty, Loau

#### Update from Anna Atkinson – Upper Harbour Local Board

I'm pleased to share that the new work programme for the year has been confirmed, and it includes some good projects for our western communities—Whenuapai,

Hobsonville, West Harbour and Scott Point.

We know how important it is to feel connected to your neighbourhood, to have green spaces that are looked after, and to see practical improvements that make day-to-day life better. Here's a quick look at some of the items the local board have funded for the coming year.

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- · Caring for our environment: Funding will support local restoration projects including Nimrod Esplanade and Waiarohia Stream, helping bring back native plants and birdlife. We're continuing support for the EnviroSchools programme, which helps teach children to care for the environment. We have funded a program in Scott Point, aimed at developers, to ensure compliance with litter controls and sediment rules.
- · Keeping communities strong: We're backing local programmes that support connection and wellbeing, including funding for initiatives specifically in Hobsonville and Whenuapai. We also support access to community places such as Sunderland Lounge and The Headquarters-wonderful spaces for gatherings, events, and social connection.
- Support for young people: We support programs such as the Upper Harbour Youth Council and other youth initiatives. We're stepping in to fund cycle training for intermediate school children after government cuts, making sure they still learn important safety skills.
- Improvements to parks and public spaces: A long-term masterplan is being developed for future sports fields in Whenuapai. We've indicatively put funding aside to upgrade Luckens Reserve's wheeled play and basketball area in 2027-28, as the current setup isn't working well. We have allocated funds to add shade sales in playgrounds, and we are currently working through the priority list based on need.
- Safer, easier access: We're exploring options to restore beach access at Luckens Reserve, which was washed away in the 2023 floods. In addition, we're allocated funding in future years to build a walkway or bridge around Tamiro Road Drainage Reserve, connecting both sides of the community.
- · Celebrating creativity: Funding is being put towards local arts and youth programmes—helping to ensure our communities remain vibrant and inclusive.

As I have mentioned before, we've asked for a thorough look at how the remaining funds for Te Kori Scott Point are being used, to make sure they truly reflect what the community needs.

As always, there's only so much budget to go around, and we've done our best to make every dollar count. Your feedback during the recent consultation was a big help—thank you for having your say and helping shape the future of our beautiful part of Auckland.

These comments are mine personally and not of the Upper Harbour Local Board. For any feedback or questions please contact me at anna.atkinson@aucklandcouncil.govt.nz.

Area Columnists THEWESTERLY.CO.NZ

## Distance families: When to call



Becoming a grandparent for the first time is thrilling-but when the new baby is far away, it can stir up a storm of questions and anxiety.

"How often should I call?"

"Are they coping okay?"

"Am I helping-or intruding?"

You're adjusting to a new role as a 'remote' grandparent,

navigating unfamiliar boundaries and so are the new parents. What's more, if it's your daughter-in-law, rather than your daughter who has delivered... life can be just that much trickier, sometimes.

There are no one-size-fits-all rules. Every family's dynamic is different, and so are their needs.

These days, new mums are sent home from hospital so early. Parents must squeeze recovery into busy home life almost immediately, along with the demands and newness of a new baby.

So what can you do as a loving, long-distance grandparent?

Start by managing your expectations. Your adult child and their partner are likely exhausted and overwhelmed. They know you're excited, but they may not have the time or headspace to keep you in the loop, as much as you'd like.

Be gently upfront when the opportunity arises. Let them know how much you enjoy any chance to chat, see the baby, or receive photos-but also say you understand they're in the thick of it, and you're happy to go with whatever's manageable right now.

They'll appreciate your honesty-and feel reassured they can raise the topic again when routines shift. Relationships with new parents are strongest when built on flexibility, respect, and open-hearted communication.

Helen Ellisis a Hobsonville Point researcher, anthropologist and veteran of Distance Parenting & Grandparenting. Helen is the Founder of Distance Families.com and author of 'Being a Distance Grandparent' and 'Being a Distance Son or Daughter', part of a three-part intergenerational book series highlighting the 'how it is' and 'how to' of Distance Families. She will publish 'Being a Distance Grandchild' in early 2026.

#### **Grey Power**

Waitakere Grey Power Association held its Annual General Meeting on Friday 27th June 2025 at the Te Atatu South Community Centre. We had nearly. 30 members and friends in attendance.

Our Guest speaker was Chris Carter JP, Chair of the Henderson Massey Local Board, who spoke about protection of Great White Sharks introduced into legislation when he was Minister of Conservation in the Helen Clark-led Government. His speech was in honour of the 50th anniversary of the movie Jaws, and he delivered a most enjoyable speech.

Other guests were Hon.Phil Twyford MP for Te Atatu, Shane Henderson and Ken Turner, Auckland Councillors and Brenda Brady, Dan Collins and Brooke Loader, members of the Henderson Massey Local Board, who all participated in a ten-minute question and answer session. Linda Cooper, Chair of the Waitakere Licensing Trust was also in attendance. Your Committee elected for 2025/26 were Mate Marinovich, President, Vincent Naidu JP Vice-President, Gayleen Maurice, Secretary, and Owen Frewin, Treasurer. Also elected were Committee members Fiona Whelan, Wendy Noordam, John Winter, Steve McDonald and Denise McDonald.

We observed a minute's silence for the sad recent passing away of our long time Committee member and Office Manager for ten years, Peter Harvey who provided advocacy services on a daily basis in our office along with our Office volunteers. May Peter rest in peace.

Our office in the Te Atatu South Community Centre at 247 Edmonton Rd, Te Atatu South is open Monday to Friday, 9.00 am to 12.00 pm. Phone 09 838 5207. Written by Mate Marinovich, President Waitakere Grey Power Association Inc. Office 247 Edmonton Rd. Te Atatu South 0652 Auckland.

#### Awanui Labs

If you have previously been to Westgate or Kumeū for pathology tests, you may be interested to know that Awanui Labs have recently opened a pop-up collection centre in Hobsonville. It is to be found on Level 1 (B2B Ultrasound clinic) at 124 Hobsonville Road, open Monday to Friday 0700 - 1530 hours (closed from 1130 - 1200, and on all public holidays) phone 09-574 7399, No bathroom available - urine samples must be collected at home; and no GTT testing available. Awanui Labs (previously

Labtests) has been providing pathology services to the Auckland community since 2009.



Area Columnists

#### Mountain Film Festival



Friday 12 September, come to the beautifully refurbished, historic Sunderland Lounge in Hobsonville Point for a NZ Mountain Film Festival evening like no other. Featuring two hours of seven NZ-made awardwinning films. Doors open 6.30pm, Evening commences

6.45pm. Ends by 9.30pm. Free popcorn provided. Early Bird tickets just \$10pp before 8 Sept (under 5's free) - purchase through www.neighbourhoods.nz/mountainfilm

Door sales \$15pp (if not sold out prior).

#### Responsibilities of Justices of the Peace



Whilst JP's are not legal advisers, there are some legal processes that a JP can assist with and save people having to visit a lawyer. A JP can witness signatures on documents and certify copies of documents as true copies of originals or images/texts viewable on a computer or smartphone screen. They also take declarations for documents requiring a Statutory Declaration and oaths or affirmations on court-related documents requiring an affidavit. They can also officiate at Citizenship ceremonies.

Some of the documents commonly presented requiring Statutory Declarations relate to immigration matters such as sponsorship, bank documents, change of name, Kiwisaver withdrawals, insurance claims, rates rebate applications, etc. Certification of photos as being a true likeness are common as is certifying that people receiving overseas pensions are still alive.

There are some things people needing a JP need to note. If they want a printed copy of an original to be certified, they must bring that original with them, or be able to show it on their smartphone screen. For Affidavits or Statutory Declarations. The person making the declaration must be present. You cannot do this for someone else. Bring your Driver's Licence or passport with you so the JP can confirm you are the person making the declaration. Do not sign the form before you come, as you must do this in front of the JP.

There is a Justice of the Peace service at NorthWest Shopping Centre, 1/7 Fred Taylor Drive, Massey on Thursdays 6pm - 8 pm and Saturday 10 am - 12 noon (except public holidays) outside Woolworths in the Mall. Contact 0508 667 849. There is a JP desk at Massey Citizens

Advice Bureau (Te Manawa, 11 Kohuhu Lane, Westgate 09 833 5775) Monday to Friday 1pm – 3pm. There is no charge nor appointment needed for this service. There are also 25 JPs in the Massey, West Harbour and Hobsonville area. Google "JP Locator Auckland" and enter your suburb for contact details to make an appointment.

#### Sea of Blue In Massey



Up to 200 Community Patrollers and several Police Officers from across the Waitemata district will descend on Massey in mid-August, but there is no need to be concerned it is just part of the CPNZ NZ Police Expo training day where the NZ Police take the volunteer Community Patrollers through the different operational aspects of their day to day duties.

As part of the day, residents may witness the Eagle Police Helicopter land or fly over the Expo venue. "This is no different to any other weekend in the West" jokes CPNZ District Support Officer John Cowsill.

NZ Police Minister Hon Mark Mitchell will open the day with a short address to the Community Patrollers and NZ Police officers in attendance.

The Waitemata West and North CPNZ Districts has 14 patrols made up of over 300 members which cover as far north from Wellsford to New Lynn on both coasts. NZ has 165 Community Patrols, totalling over 6,000 volunteer members.

CPNZ acts as the eyes and ears for the NZ Police and has some excellent success stories of preventing crime and assisting the Police with quick resolutions. All patrollers are thoroughly Police vetted and trained, as well as undertaking ongoing in-service training like this Expo and visits to Police operations and other emergency services.

To learn more about CPNZ visit cpnz.org.nz









Warren Flaunty - candidate for Lincoln Ward, Waitakere Licensing Trust.

Warren brings many years of proven leadership, integrity, and deep community commitment to the Waitakere Licensing Trust. As a long-standing local advocate, Warren has consistently championed responsible alcohol management and reinvestment of profits back into the community—supporting schools, sports clubs, health services, and local initiatives that matter to you.

Warren understands the unique needs of the Lincoln Ward because he has lived and worked here most of his life. His experience as a health professional and elected representative ensures he makes informed, balanced decisions that benefit everyone.

By voting for Warren, you're choosing someone who listens, leads with accountability, and works tirelessly for a safer, stronger West Auckland. He stands for transparency, community support, and local ownership of alcohol outlets. Your vote for Warren Flaunty is a vote for stability, community values, and positive change. **Trust Local. Vote Warren Flaunty.** 



**Linda Cooper** - candidate for Lincoln Ward, Waitakere Licensing Trust.

Support Linda because she brings proven experience, community-focused values, and transparent leadership. Linda has a solid track record of ensuring licensing trust resources are reinvested back into the local community—supporting everything from youth programs and sports clubs to senior services and safety initiatives. Her strong understanding of responsible alcohol regulation ensures that outlets operate safely and ethically, protecting our families and neighbourhoods.

With her roots in Waitākere, Linda genuinely knows its people, issues, and opportunities. She listens to local voices, collaborates with diverse groups, and delivers results that reflect collective needs—not just promises. With a practical, non-partisan approach, Linda focuses on outcomes: boosting community wellbeing, supporting local events, and promoting accountability. Her integrity and dedication make her a trustworthy steward of Trust funds.

Electing Linda Cooper means choosing a leader who cares deeply about Waitākere's present and future—someone who will work tirelessly to strengthen our communities. **Trust Local. Vote Linda Cooper.** 



John Loau - candidate for Lincoln Ward, Waitakere Licensing Trust.

If you want a candidate deeply rooted in our community and committed to making a real difference, John Loau is the choice for the Waitākere Licensing Trust.

John has served with distinction on the Trust's board, advocating for transparency, smart reinvestment of community funds, and support for grassroots initiatives that improve everyday lives. He is a key leader in the Hobsonville Emergency Response Group, working collaboratively with neighbouring teams in Whenuapai, West Harbour, and Henderson to strengthen local preparedness.

John is also a founding force behind NowBIZ, helping connect & uplift local small businesses. Beyond governance, John actively supports Pacific organisations, churches, schools, and sports clubs, and is a familiar face at civic & cultural events. He mentors young people, drives initiatives like Clean & Green, and champions safe, connected, & thriving communities. With a background in law enforcement & leadership. **Trust Local. Vote John Loau.** 

## TRUST LOCAL

Area Columnists

## Sustainability at Scott Point School

At Scott Point School, our Get Wise team has been helping our kura become more sustainable. We aim to reduce waste sent to landfill by developing composting and waste management solutions, and to use the resulting compost in vegetable gardens to grow kai that we will harvest and eat here at school.

Students learning in our Ako Taiao nature classroom have created Resource Recovery Stations for each learning space to help sort waste. They also made posters and videos to inform students, staff, and our community about waste management. With Pip from the Compost Collective, we set up bokashi composting systems for food waste

Earlier this year, we applied for funding from Auckland Council through their Mana Ora Youth Resilience Programme and were successful. A lead group of students travelled to the city to attend a hui with other successful schools and plan our project to build gardens and plant vegetables. Late last term, we had a lovely group from Keith Park Retirement Village come to help us build our vegetable garden beds. We are now busy filling these beds with soil, ready to plant some kai.





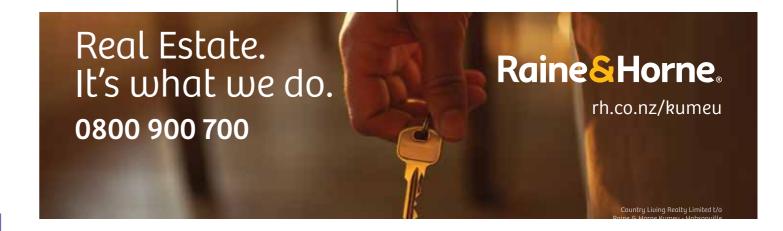
#### Memories of early meetings of the Massey-Birdwood Settlers Association Inc

The Massey Birdwood Settlers Association is 100 years old this year. A celebratory social was held on 26 July in the community hall built in the 1950s on the corner of Don Buck Road and Redhills Road in Massey. An open day is planned for Saturday 27 September, when people can try out the activities that are held in the hall.

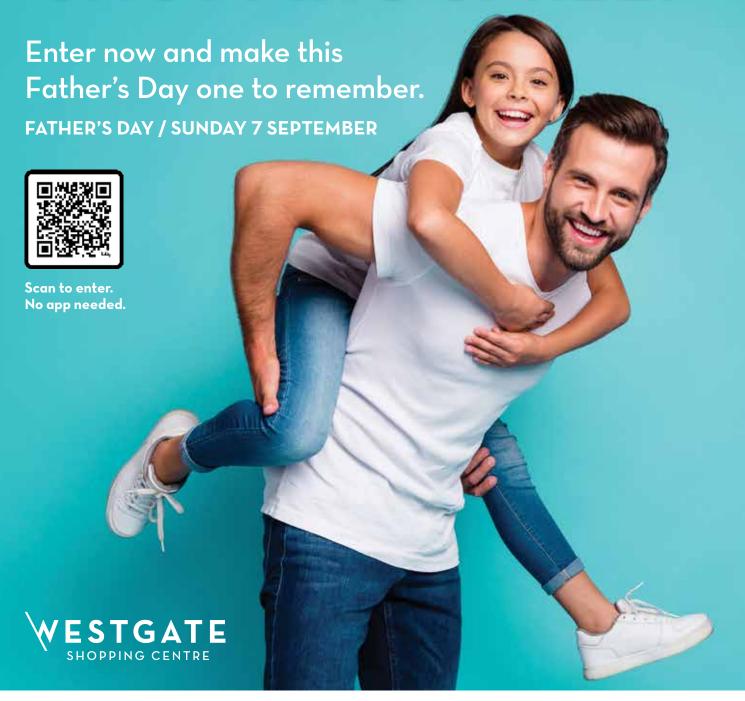
The Association first met in the sole classroom on the Massey Birdwood Primary School site, behind the hall (now Massey Primary). The following is an extract of what it was like to meet in the classroom, written by J B Lucken in 1995 for the Association's 70th anniversary. The Lucken's family were the original signatories to the incorporation certificate, and Luckens Road is named after them. Imagine, if you can, a moderate-sized school room, with the ceiling some 4 metres (13 feet) above the floor. On the east side are 3 or 4 windows of aboveaverage height, with no blinds or curtains. The ceiling and walls are "match lined":, that is, tongued and grooved timber with beveled joints, not as thick as flooring. Two petrol-fueled mantle lamps are hanging from the ceiling. There is a small, upright cast iron stove, about a foot square and two feet high in one corner, the only virtue being that the 4-inch stove pipe was exposed entirely to

It is dark, and two men with an electric torch, the only sign of electricity, enter the room, drag a school desk, (an excellent piece of furniture by present standards) under one of the lamps, un-hook it, and light it, a lengthy process of filling with petrol, (no additives then, pure white spirit, costly these days), pumping the tank to pressurise the fuel, hold 2 or 3 matches or a methylated spirit torch under the "generator" for perhaps 10-15 seconds, turn fuel on, and the mantle glows, a gentle hiss sounding, a 300 candle power light banishes the darkness.

If you wish to hire the hall, please get in touch with John by email at masseybirdwood@gmail.com.



# BEINTO WIN DAD \$500 SHOPPING SPREE!





















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