

FREE monthly community magazine  
for Massey to Hobsonville Point

June 2025

# The Westerly



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

**Waitemata Endoscopy**  
**Exceptional patient care**





## Greetings

Scientific research confirms the feeling that time seemed to go more slowly when we were children, probably because children take longer to process information. The content of each year has a bigger impact than when we are adults and we have learned from experience how to encode the passage of time. Our perception of time passing varies from person to person, influenced by our experiences and circumstances, and by factors like attention, emotions and memory formation, even though time itself is moving at a constant rate. However, while we are experiencing an enjoyable time, such as a holiday, it seems to fly by, but looking back it feels like it lasted longer than it did. Young adults seem desperate to savour every moment from FOMO (fear of missing out) but risk doing so through overuse of mobile phones.

As we get older we may become more concerned with making the most of the time available, but often the problem is not that you don't have enough time, but that you don't have the right priorities. If you don't determine your priorities appropriately, external factors will make choices for you. What do you never seem to have enough time for? Could that time spent with a phone or computer be diverted to achieving what you really want to do?

Do you have a view on how much time teenagers are spending on social media? Should we be following Australia's lead in restriction access for children under 16, or will they just outwit the regulations? Read the suggestions from TikTok, working with New Zealand's Netsafe. Are you keen on knitting? The Community Knitting Group is making winter blankets for children, and would welcome your help. Would you consider volunteering to support the safety of our local community? There are now more CPNZ patrols about. Local primary school kids have been learning about road safety, an issue that impacts on us all.

Enjoy reading through the magazine for our usual topics, with community news, ideas from our area columnists (would you like to contribute?), and many features on what's important in the local property market. Please check out our advertisers and let them know where you read about their services.

All the best for June.

John Williamson



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Circulation is 15,000 print copies. Advertising starts at only \$100 + gst which includes a business card, editorial and an image. Please get in touch with Gabrielle today [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz)

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## People & Places

THEWESTERLY.CO.NZ

### Bowel Cancer: Early Detection Saves Lives

June in NZ marks Bowel Cancer Awareness Month, a vital time to shine a light on one of New Zealand's most common and preventable cancers. Every year, over 3,000 Kiwis are diagnosed with bowel or colon cancer, and sadly, it claims the lives of more than 1,200. Yet when detected early, it's highly treatable, and in many cases, curable. That's why awareness, education, and access to screening for early detection and diagnosis are so critical.

#### Why Early Detection Matters

The earlier bowel cancer is caught, the better the outcome. When diagnosed at an early stage, more than 90% of people will survive beyond five years. Unfortunately, many cases are not picked up until the disease is advanced, when treatment is more complex and outcomes are poorer. Regular screening can detect bowel cancer early – often before any symptoms appear – or even identify pre-cancerous growths or polyps that can be removed before they turn into cancer.

#### Know the Risk Factors

Bowel cancer can affect anyone, but certain factors may increase your risk. These include:

- Age: Most cases occur in people over 50. But note that there is a rise in early onset bowel cancer (age < 50) so you are "Never too young", to lend our support to Bowel Cancer NZ's campaign. If you are worried, you're never too young to get checked for early onset bowel cancer. For more resources check out: [www.bowelcancernz.org.nz/never-too-young/](http://www.bowelcancernz.org.nz/never-too-young/)
- Family history: Having a close relative with bowel cancer increases your risk.
- Diet and lifestyle: Diets low in fibre and high in red or processed meats, smoking, excessive alcohol, and a sedentary lifestyle can contribute to risk.
- Personal history: Individuals with inflammatory bowel disease (such as Crohn's disease or ulcerative colitis) are at greater risk.

Understanding these risks is the first step in taking control of your bowel health.

#### Symptoms to Watch For

From the Bowel Cancer NZ website, 45% of patients and survivor respondents were not aware of the symptoms of bowel cancer before they were diagnosed, and 33% of patients waited more than five months before seeing a doctor, thinking the symptoms would go away and weren't serious. As we reflect on this, it highlights the importance of knowing the symptoms but also taking action to get checked.

Though bowel cancer doesn't always cause symptoms right away, there are some warning signs to take seriously:

- A persistent change in bowel habits (diarrhoea, constipation, or narrower stools)
- Blood in your stool or on the toilet paper
- Unexplained weight loss
- Abdominal pain, bloating, or cramping
- A feeling that your bowel doesn't empty completely
- Fatigue or weakness, often caused by anaemia

If you notice any of these symptoms, talk to your doctor promptly. Don't delay – it's always better to check.

#### Screening Saves Lives

The National Bowel Screening Programme offers free testing for people aged 58 to 74, with plans to expand. The simple at-home test looks for hidden blood in your stool – a possible early sign of bowel cancer. If you receive an invitation, don't ignore it. Taking part in screening could save your life.

For those outside the programme's age range, with higher risk factors, or want the peace of mind of choosing your appointment time, Waitemata Endoscopy is able to offer a Colonoscopy appointment within 7 working days of a GP or self-referral when you let us match you with the availability of our 18 experienced specialists. As your local endoscopy provider, we're committed to making bowel health a priority and ensuring timely and high-quality care for our community.

#### Take Action Today

Bowel Cancer Awareness Month is a reminder to take our health seriously. Talk to your whānau, encourage loved ones to get checked, and don't ignore symptoms. By raising awareness and supporting early detection, we can change the story of bowel cancer in Aotearoa.



Your health is worth it. Let's talk about bowel cancer – and let's act.

Waitemata Endoscopy is proud to support Bowel Cancer Awareness Month and to be part of the solution – offering expert care, state-of-the-art facilities, and a compassionate team dedicated to your wellbeing.

**Mr Andrew Moot, Colorectal and General Surgeon & Endoscopist, MB ChB 1995 Otago; FRACS 2004**



# Zash Hair: A boutique salon experience

Zash Hair is a boutique hair salon known for its modern styling, personalised service, and commitment to hair health. Nestled in a cosy yet stylish location, Zash Hair has cultivated a loyal client base thanks to its warm atmosphere and focus on creating looks that reflect each client's individuality. Whether it's a fresh cut, vibrant colour transformation, or a smoothing treatment, the team at Zash Hair approaches each appointment with care, creativity, and professionalism. At the heart of Zash Hair is Carla, a highly skilled hairdresser with over three decades of experience in the industry. Carla is



known for her attentive nature, eye for detail, and ability to truly listen to her clients' needs. Her signature style blends contemporary trends with timeless elegance, ensuring every client leaves feeling confident and refreshed. Carla specialises in precision cutting, colour work—including balayage

and highlights—and restorative treatments that keep hair strong and healthy. Clients frequently praise Carla not only for her technical expertise but also for the relaxing and uplifting experience she creates during the visit.

Review from Jo Stewart "I've been trusting Carla with my hair for six years now, and there's a reason I keep coming back. She has this amazing ability to really listen to what I want and takes everything into account – my lifestyle, my career and the look I'm going for. Her beautiful home salon is such a sophisticated yet welcoming space, and I always know my appointment will start on time. Carla's huge personality makes every visit fun – you leave with gorgeous hair and will feel so good after having some good laughs and coffee. If you want a hairdresser who treats you like a friend while giving you exactly the style you need, Zash Hair is the place to go. Zash Hair is more than just a salon—it's a space where clients feel seen, heard, and pampered. Whether you're seeking a bold new look or subtle refinement, Zash Hair offers a personalised approach that consistently delivers beautiful results.

**Zash Hair, 77 Waitakere Road Waitakere 021814663**



# WE

are dedicated to exceptional patient care

With increased capacity, Waitemata Endoscopy offers greater access to a group of experienced Gastroenterologists and Surgeons, dedicated to providing quality and compassionate care

*Appointments are available within 7 working days for a Colonoscopy or Gastroscopy by matching you with the availability of our Specialists.*

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

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

Or call us on (09) 925 4449

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

**Mr Andrew Moot**  
Colorectal Surgeon & Endoscopist  
a joint venture with Southern Cross Healthcare

# \$16.5 million

of community funding distributed throughout The West

# over the last 10 years.

Find out more at [www.thetrusts.nz](http://www.thetrusts.nz)

**the trusts**  
Keeping it local



# Prepare your lawn for winter with STIHL SHOP Westgate

Your lawn is already naturally equipped to get through the cold season. However, with a proper lawn care routine, you can avoid being caught off guard by major or minor damage once spring comes around again.

## 1. Remove autumn leaf litter

The most important thing to do is properly clear your lawn before winter sets in. Remove leaf litter and fallen debris as this allows oxygen to circulate and prevents the cold-season mould and fungus that can develop in damp conditions making it vulnerable to pests and disease.

While this can be done manually with a rake, you can also do this task in half the time by using your lawn mower to help you. Remove any larger twigs beforehand, and make sure you've got your catcher on. Set your mowing height nice and high, and remember, it's easiest to mow leaves when they are not too thick on the ground and also when they are dry. Best not to do this after a week of rainfall.

Leaf litter that's covering your garden beds is actually fine where it is, provided it's not too dense. A thin layer will actually protect against frost, and will also provide a habitat for small garden creatures.

## 2. Feeding and rejuvenating

Feeding is an essential part of lawn care, and fertilisation in late autumn will give your lawn a dose of nutrients that will help it to survive the cooler weather. Opt for special fertilisers that will prepare your lawn for the low temperatures, frost, and moist air that come with the coldest months. Potassium is an important part of the fertiliser mix, as it helps your lawn to resist frost and disease and also has a beneficial effect on the metabolism of the grass.

## 3. Mowing height matters

Don't cut your lawn lower than around 5 cm. This will stimulate growth which is important before the cooler weather settles in and the rate at which your grass growth will slow.

## 4. The last cut of the season

Your last cut before winter should be a low one, as this



will reduce the risk of fungus taking hold. We recommend that you use your catcher for this mow, as leaving the grass cuttings on the ground may smother the surface of your lawn. Make sure you do this before the morning frost arrives, and on a dry day.

## 5. Care for your lawnmower

Another way to care for your lawn is to care for your lawn mower. Remember to give it a good clean after each use, as built up grass clippings can become stuck and difficult to remove. Inspect your blades too – sharp mower blades are vital to a healthy lawn.

Winter is an ideal time to have your mower serviced at STIHL SHOP Westgate. While your lawn rests, our team can ensure your mower is in top working order and blades sharpened, ready for spring.

# Health and safety inductions are important



Health and safety inductions are critical components of workplace safety culture, equipping new employees with the knowledge and skills to navigate their work environment safely. Firstly, these inductions provide essential information about potential hazards and safety protocols specific to the workplace, ensuring that employees know about risks such as machinery operation, chemical handling, or ergonomic practices. By understanding these hazards, employees can proactively protect themselves and their colleagues.

Additionally, health and safety inductions foster a culture of safety that emphasises the organisation's commitment to the well-being of its workforce. This is crucial for promoting employee morale and engagement, as workers who feel safe are more likely to perform well and maintain productivity. Furthermore, well-conducted inductions can significantly reduce the incidence of workplace accidents and injuries, protecting employees and mitigating costs related to workers' compensation, absenteeism, and potential legal liabilities for the employer.

Moreover, inductions help ensure compliance with legal and regulatory requirements, as many jurisdictions mandate that organisations provide health and safety training to employees. This is essential for avoiding fines and maintaining a good standing with regulatory bodies.

Finally, health and safety inductions lay the groundwork for ongoing safety training and communication. They encourage a continuous dialogue about safety issues, enabling a responsive approach to evolving workplace conditions. In summary, health and safety inductions are paramount for safeguarding employees, enhancing

workplace culture, ensuring compliance, and fostering a proactive approach to health and safety.

If you want to know what is involved in health and safety inductions, an induction is not about showing someone where the toilet is or training them in their specific role. Contact John Riddell by email

[securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out [www.securo.co.nz](http://www.securo.co.nz).



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](http://www.securo.co.nz) 0800 55 33 44

securo

# Healthy homes full compliance

Full Compliance is required on 1 July 2025 as part of the work conducted by MBIE in support of Tenancy Services. This move highlights the following area:

- Heating
- Insulation
- Ventilation
- Moisture Ingress and drainage
- Draught stopping

All private rentals must comply with the healthy homes standards, a time map of improvements required has been provided since the standards were communicated in July 2021.

A complete checklist and help sheet is available to all private landlords however if you struggle to find this working document please email me at [graham@wapm.co.nz](mailto:graham@wapm.co.nz) or text me your email on 0276320421 and I will email you a pdf document to assist the process.



If you would like a partner to assist in migrating your rental property or portfolio through to compliance, we are happy to scope the work required and undertake the work in support.

If you know a landlord that is struggling to understand the scope of work and would like an unofficial audit to assist

them understand their liability I am happy to provide independent and without obligation advice that may assist, likewise a healthy homes report will provide a base-line for work required.

It may be seen as another cost to landlords however it does add value to the asset and to the Tenant moving forward, and in turn the Tenants perception is that the landlord is investing in the relationship.

Take the right steps to comply. It will benefit your property, your Tenant and mitigate the fine that could be imposed on you by an MBIE audit. For more information and a to receive the healthy homes checklist

[email graham@wapm.co.nz](mailto:graham@wapm.co.nz)



114 Hobsonville Road, Hobsonville, Auckland  
Phone 09 416 7227 • Email [manager@hobsonvillersa.org.nz](mailto:manager@hobsonvillersa.org.nz)

We welcome all Members and guests of reciprocal rights clubs.  
New members welcome to join at any time.  
Darts, Pool & Gaming Lounge available.

OPEN Wed - Sun 3pm to close.  
Dining Room open Wed - Sun 5pm to 8pm, group bookings welcome, lunch group bookings for 20 plus by arrangement

- Camper Vans welcome to stay (bookings essential)
  - Facilities available for private functions, work meetings, small conferences
- Contact Manager for further information & costs

THE SMALL RSA WITH THE BIG HEART



# What our clients are saying:



## Riverhead Physiotherapy & Pilates

It is always a pleasure to work with the Kumeu Courier team, especially Gabrielle. We really appreciate the opportunity to share valuable information with our local communities and to keep them moving well and feeling good.



## Kumeu Arts

For many years, the Kumeu Courier has generously supported our charitable organisation and not-for-profit art centre by promoting and sharing our events. We are deeply grateful to the entire team at the Courier for their continued help in growing our reach and raising awareness of the services we provide to our local community.



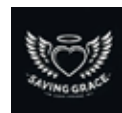
## ALLOR

Magazines such as The Kumeu Courier are such a treasure. They highlight the wonderful community around us and bring us together, so when I reached out to be part of the publication some time ago, I was impressed by how easy the process was. Gabrielle, is such a pleasure to work with. She is an excellent communicator who really cares about quality of content and is so kind and easy to deal with. She has provided exceptional guidance and energy and is one of the many reasons I will continue to write and advertise in the magazine in the future. - Highly recommend!



## House of Travel

As a locally owned and operated business we find, The Westerly and Kumeu Courier a great way to build connections with the community who live around us. We've been contributing to The Westerly since opening our travel agency back in 2017 and many new clients have found their way to us.



## Saving Grace

Excellent service, over and above helpful with the design and content, great value for money. Highly recommend.



## Ninja Group Drainage & Civil

We advertise in the Westerly and Kumeu Courier and Gabrielle is great and super helpful. We love advertising in our local area and are grateful we have avenues like this to reach our local community.



## RIVAL Wealth

At RIVAL Wealth, we are passionate about sharing financial knowledge and assisting individuals on their investment journey and retirement planning. Kumeu Courier has been a fantastic avenue for us to advertise, allowing us to include advertorials and images that effectively convey our message. Their team has consistently delivered excellent service and communication, ensuring our advertising needs were met professionally and efficiently. We highly recommend Kumeu Courier for their reliable and impactful advertising solutions.



## Securo

I write the health and safety column and am also involved with the Massey Birdwood Settlers Association, which runs the Massey Community Hall. The community news that is contained in the Westerly is great, and the relationship to the local community is very strong.



## Hydrovac Environmental Support

It has been a pleasure advertising with The Kumeu Courier and The Westerly. These publications offer an excellent platform for reaching our local community, and we have been very pleased with the visibility and engagement they provide. The advertising process has been handled with professionalism and efficiency, and working with Gabrielle has been a consistently positive experience. Their attention to detail and commitment to client service are commendable.



## Signature Homes West & North-West Auckland

It's a great local publication and a fantastic way to stay connected with our community. Every month, it keeps us up to date with what's happening in the area, and we're proud to advertise in it regularly. Supporting local matters to us, and the Kumeu Courier helps us do just that.

## Safer Community

# See a fire before it starts



Every year, as temperatures drop, we see a significant increase in the number of house fires.

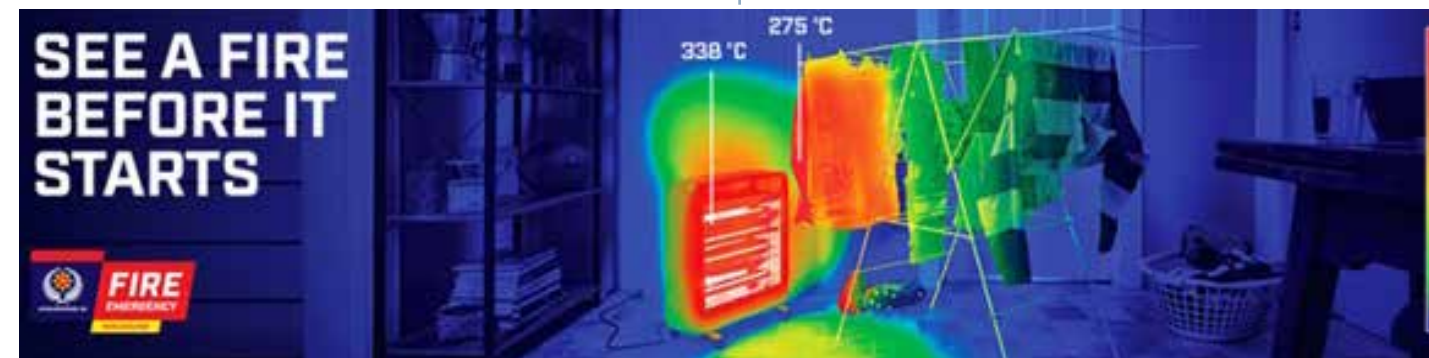
At Fire and Emergency over the last 10 years, we have observed a 54% increase in heat source related house fires we've responded to in May-July compared to the rest of the year. The majority of these are caused by or related to the increased use of heat sources in winter, such as heaters, chimneys, ash disposal, electric blankets and dryers. Encouragingly, heat source related house fires have decreased by 7% in the past 3 years (compared with the prior 6 years). This has been a combination of effort by manufacturers and public awareness. Some of these factors include:

- Manufacturers required to have fail safe features
- More rigorous testing of approved heat sources
- A move to safer heating options (away from wood burners)
- More work by FENZ in pre-school and school programs
- More community interaction by Brigades to share safety messages
- More editorials in magazines like Kumeu Courier and The Westerly to get key messages through

## Fire & Emergency's strategy

Our winter fire safety campaign 'See a fire before it starts' prompts people to better identify and decrease fire risks associated with the use of electric blankets, chimneys, heaters, dryers and hot ash disposal.

Using a thermographic imaging treatment, we're able to show unsafe fire scenarios from a new perspective. This shift in focus demonstrates that danger is often hidden from the naked eye, but a fire is easily preventable if you know what to look for.



## Our suggestions:

The Winter campaign encourages some key fire safety behaviours :

1. Check the heat before you sleep - Check your electric blanket for hot spots before first use
2. Chimney alright before first light? - Get your chimney cleaned
3. A metre from the heater - keep everything at a safe distance
4. Cool ash before you stash - soak with water in a metal bucket
5. A clean dryer avoids fire - remove lint before every use
6. A hungry rat can spark - rats eat wires, causing sparking, please bait or trap

Through this change in season please take a moment to ensure your home and your actions are safe and that you are not at risk of a fire that can be avoided. Rats in rural and lifestyle homes can cause significant damage in wiring, use bait, traps or high pitch plug in's to avoid costly damage.

Open fire season means there will be a bit more smoke in the area than usual, if you are lighting up, be sympathetic to neighbours and road users as smoke can be thick and dense with wet vegetation piles.

Stay well, stay warm.

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

graham.mcintyre@fireandemergency.nz or 0276320421.



Graham McIntyre,  
Chief Fire Officer -  
Waitakere Fire Brigade



## Kumeu Kennels



Nestled in rural Kumeu just 5mins from the popular Kumeu show grounds and 12 mins from Westgate shopping centre our purpose made, Council consented facility offers a safe and secure environment for your dog to stay, play, run and have fun in.

Original owners since 1996 owners Beverly & Glenn reside on the property and have a wealth of knowledge in the care and safe management of your pet.

Spacious indoor accommodation and outdoor grassed areas to play in. Careful thought goes into which dog goes into each play group. Taking into account their age, nature, size and breed, also whether they are dominant, submissive or neutral, high or low energy players or a senior dog.

We offer Day Care, Accommodation and Hydro baths. We recommend a First day trial so that your dog has the opportunity to become familiar with our facility and daily routine before an overnight stay.

Staff post photo's on Instagram 'stories' so that owners can see their dog enjoying their holiday while they enjoy theirs.

As a facility catering for just a small number of dogs you can be sure your dog will receive the individual attention they deserve.

For reasonable rates and a happy dog contact Kumeu Kennels

Ph 021 744 300 or visit our website

[www.kumeukennels.co.nz](http://www.kumeukennels.co.nz)



# Kumeu Kennels

ACCOMMODATION & DAY CARE

Stay, Play, Run have Fun!

## CRE8 Talent Solutions



Hiring the right talent and systems in place can absolutely transform your business. CRE8 tailors our approach to your specific requirements, helping you build a strong, capable workforce, while removing a touch of stress from your day to day.

CRE8's service offering includes a full suite across recruitment, administration, in-house support, executive sourcing and more, we are here for you. Offering project-based or hourly pricing options to work in with our client base.

Be it administration support, upgrades to your H/S framework, one on one management training for staff retention or marketing strategies, along with our core base of 360 recruitment services. Through in-house, external or project-based commitments, we are a small local business providing exceptional outcomes nationally for our clients.

Think about planning your future resource objectives, think about the time you will have back outsourcing to a business like ours.

**Sectors we specialise in-**

Commercial | Interiors | Residential - Construction, Civil infrastructure , Engineering & Design, Corporate Services

**Specialist positions we have placed-**

Construction Management & Leadership, Project Delivery, Commercial and Cost management, Business Support & Operations, Specialist Roles (preconstruction), Transport & Logistics, Trades & Services

Visit us at [cre8talentsolutions.nz](http://cre8talentsolutions.nz) or contact our Director Kat Evans to learn more about how we can support you and your business, through the year ahead.

Kat Evans  
Director

Mobile 021 119 4753  
Email [kat@cre8talentsolutions.nz](mailto:kat@cre8talentsolutions.nz)  
Web [www.cre8talentsolutions.nz](http://www.cre8talentsolutions.nz)



## Community News

### House of Travel



With the European summer in full swing there has been no shortage of clients booking incredible journeys with us. Just like you, each trip is unique, and we can tailor make flights that don't exist anywhere online or with less experienced travel agents.

We're great at booking multi-stop around the world fares. Some recent trips we have booked are Auckland - Singapore- Germany- Brazil - Chile - Auckland

Auckland - Vancouver - London - Singapore - Auckland

Auckland - Dubai - Barcelona - London - New York - Hawaii - Auckland

Auckland - Budapest (overland) Amsterdam - Singapore - Sydney -Auckland

Most of these examples are not much more than a return flight to London Other examples of a well-planned trip are flying into one place and back from another. This is great for people on a river cruise, backpacking, Mediterranean cruise etc as travelling in one direct saves time and money. A rookie mistake is flying in and out of the same airport and then doubling back at the end costing time and money.

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, 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.

Now in two locations with our Travel Agency located at 225 Hobsonville Point Road (09 416 0700) and our dedicated Cruise Centre at 144 Hobsonville Point Road. (09 941 3330)

Led by two of the industry's most experienced cruise gurus, Sam and Talita will be here to guide you through the exciting world of cruising whether it's your 1st or 50th they'll have your back every step of the way.

NOW OPEN MON-FRI 9AM-5.30PM  
+ SATURDAYS 10AM-3PM



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HOUSE OF TRAVEL  
HOBSONVILLE

## From my heart to yours: Why I became a vet



I was thirteen when I lost my best friend-Ruben, a one-year-old Cocker Spaniel full of joy, mischief, and love. He was hit by a car and killed instantly. I remember the helplessness, the silence that followed, the ache in my chest. At that moment, I made a promise: I would become a vet so I could save animals like Ruben.

For years, I chased that goal with fierce determination. But life-and loss-taught me something deeper.

Despite all the medicine, the tools, the knowledge... we can't always stop death. But I've come to understand that death is not an end. It's a transformation.

You see, in quantum physics, energy cannot be created or destroyed. It only changes form. Your pet-your beloved companion-was more than flesh and blood. They were energy, light, and love. And that energy doesn't vanish when their heart stops beating. It shifts. It returns to the field that connects us all.

That belief-that experiential knowing-is why I created 111 Vet Clinic and Azur Farm. Yes, we treat illness and save lives. But we also honour the soul of each animal. We care for them in body, mind, and spirit-using everything from Western medicine, acupuncture and herbs to energy balancing and unconditional love.

If you're grieving, please know this: you haven't lost them. Their physical form may be gone, but the bond, the energy, the love-that still surrounds you. Sometimes in dreams. Sometimes in a breeze. Sometimes in the way another animal looks at you.

You're not alone. I've walked this path too. And I'll walk it with you, if you need me.

**With love, Dr Fiona Mead. Visionary Veterinarian | Healer | Human** 111 Vet Clinic | Azur Farm 09 86 96 111



111 VET CLINIC  
KUMEU  
09 86 96 111



Dr Fiona Mead BVSc.  
CVA., PGDipABM

For REGULAR & EMERGENCY vet care we offer:

- FREE DENTAL CHECK UPS
- 4 Seasons Garden of Remembrance
- DESEXING SPECIALS for MAY & JUNE

48 Main Road, Kumeu

office@111vetclinic.co.nz



# The importance of saying farewell



As the country has lived through the grip of the current recession, a key focus for all New Zealanders has been every increasing cost of living. Whether it is petrol and other utility costs, or just the daily cost of life, everything seems to be more expensive. This has also given rise for some commentary around the cost of funerals, and for some, to even question whether a funeral is even necessary in 2025.

Here at Davis, we firmly believe that a meaningful farewell is an essential step in recognising the end of a loved one's physical life, and to assist that transition to the emotional abyss of life without that person. A funeral helps those close to the deceased to make sense of the grief they are, and will undoubtedly suffer, says Michael Powell General Manager, Davis Funerals.

Whilst there is an inherent cost associated with a funeral or farewell, it is a one time cost, it often accords the wishes of the deceased, but most importantly provides a vital opportunity for family, friends, community connections to give thanks for the life of the the person who has died, to reflect on the impact that the deceased has had on their lives and most importantly to come together, to share stories, comfort and console each



other. At Davis, we have had opportunity to witness the impacts of the inevitable complicated grief state that the absence of a farewell creates from family members who have attended our annual remembrance service we hold every December, says Powell. These people have told us that they have lived with the emotional discomfort of missing out on that final goodbye, and how they had wished they had done something at the time of their loved one's death.

In terms of relative costs, a funeral is considerably cheaper than other life event ceremonies such as weddings and provides a one time only opportunity to honour the life of somebody and say goodbye that final time.

**ANYTIME PEST CONTROL**

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# Functional approach to eczema & winter skin flares

Sarah Tumulty, your Skin Nutritionist



Eczema, rosacea, and other inflammatory skin conditions are often more than surface-level issues—they're signs of deeper internal imbalances. Chronic inflammation, poor gut health, food intolerances, and an overactive immune system can all contribute to recurring flare-ups. When the gut lining is weakened, the immune system becomes hyperactive, often targeting the skin. This leads to redness, irritation, dryness, and sensitivity. Winter tends to make these conditions worse, with cold air, indoor heating, and low humidity stripping the skin of vital moisture and leaving it even more vulnerable to inflammation.

At SWAN, I take a functional approach to skin health. Every client begins with a thorough consultation covering their health history, diet, lifestyle, and skin symptoms. I also use tools like skin mapping and hair testing to uncover hidden food sensitivities and nutritional deficiencies that may be triggering or worsening the skin's condition.

Topical support plays a key role in healing the skin barrier, one example is using medical-grade skincare, such as Rescue Epidermal Repair Serum, which contains Trixolane—a stabilised oxygen molecule known to help restore the skin's immunity and reinforce its natural barrier.

I also offer in-clinic treatments such as LED Light Therapy, which is particularly effective for calming inflammation and accelerating healing, especially in sensitive or reactive skin types.

I believe that addressing the root cause of internal imbalances creates lasting balance—not only within the body but visibly through the skin. By working on food triggers, gut healing, immune support, and skin barrier repair, we build a foundation for long-term skin health—regardless of the season. **Book your consultation today - [www.swanskinandnutrition.com](http://www.swanskinandnutrition.com). Sarah Tumulty - Functional Skincare Practitioner & Nutritionist**

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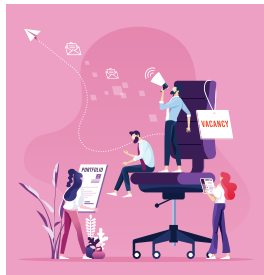
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We work with NGOS, not-for-profits, Māori and Pacific-led organisations, and others doing good mahi across Aotearoa—partnering with you to deliver professional, culturally aligned recruitment services that meet the unique needs of your communities. Whether you need a permanent team member, short-term support, or board-level appointments, we tailor our service to fit. Our transparent, fixed-fee model offers a cost-effective alternative to traditional recruitment.

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Diane, Recruitment Manager, leads the day-to-day recruitment process—from advertising and sourcing to screening and placement. She ensures every candidate

is a strong fit, both professionally and culturally. Olivia, Co-Owner and COO, oversees business strategy, client relationships, and service delivery. She ensures each assignment runs smoothly and that our recruitment solutions meet the needs of NGOS, not-for-profits, and Pacific-led organisations.

Cezanne, Co-Owner and CFO, manages financial operations, risk management, and strategic planning. She ensures the business stays strong, sustainable, and equipped to deliver recruitment solutions that meet client needs.

We’re local, responsive and committed to the sector. As one recent client put it: “TalentMax didn’t just find us a manager – they helped us clarify what we needed.”

If you’re hiring—or thinking about it—get in touch: email [olivia@talentmax.co.nz](mailto:olivia@talentmax.co.nz) or call 021 0829 0062.

[www.talentmax.co.nz](http://www.talentmax.co.nz)

# Local identity wants her life work preserved

Dawn Kendall turned 90 recently and she has seen many changes in the Huapai area after arriving there in 1990.

Her Station Road property became part of a new housing development near the Country Club Huapai.

Now living at Radius Taupaki Gables rest home, Dawn has done much in her life.

She’s lived in and worked throughout Auckland and has travelled widely around the country too, heavily involved in the arts whether photography, sculpting, pottery, poetry, painting (water colours), sketching, etching, gilding, crocheting, modelling, and more.

Dawn taught art at several Auckland schools and recalls her years at Orere College. Her mum was born in Tomarata and her dad at the Dome (Dome Valley).

A fourth generation Kiwi, Dawn says she is descended from an English couple who landed by ship at Pakiri. She married George, an engineer who committed suicide in about 1988 after an economic downturn saw his business fail.

Dawn has done several books featuring her photography, including photos taken at Muriwai. Her interest in photography developed from the age of nine when she found a glass plate her father had. She has also compiled 20 Huapai Journals and is now seeking help from journalists and others to prepare more of her works.

Some of Dawn’s work has gone to the Auckland Library and art gallery, and she has many more in storage or that she is readying. A Justice of the Peace, Dawn has a huge amount of her work to pass on and is keen to produce a few more books, including one of her poetry.

She’d rather her works are kept than lost or trashed. If you can help contact Dawn through Radius Taupaki Gables.

# Public notice of application for a club licence.

**Under Section 127(3), Sale and Supply of Alcohol Act 2012.**

Full name of the licence holder (e.g. name of the organisation)

Waimauku Bowling Club, 895 State Highway 16, Waimauku 0812, has made an application to the District Licensing Committee at Auckland for the renewal of a club licence in respect of the premises situated at: 895 State Highway 16, Waimauku.

The general nature of the club to be conducted under the licence (type of club e.g. darts club, cricket club, RSA) and its trading name is: Waimauku Bowling Club Inc.

The days on which and the hours during which alcohol is intended to be sold under the licence are (specify days and hours): Monday to Sunday, 8.30am to 11.30pm.

A copy of the application can be requested by emailing [alcohollicensing@aucklandcouncil.govt.nz](mailto:alcohollicensing@aucklandcouncil.govt.nz)

Any person who is entitled to object, and wishes to object to the renewal of the licence, may file a notice in writing of their objection. The objection notice must be filed no later than 25 working days after this notice has first been published online.

Any objections must be relation to matters specified in section 131(1) of the Sale and Supply of Alcohol Act 2012.

Address your objection to: The Secretary of the District Licensing Committee.

Mail to: Private Bag 92300, Victoria Street West, Auckland 1142.

# Waimauku rider dominates dressage season



Waimauku-based dressage rider Wendi Williamson has dominated the 2025 equestrian season aboard New Zealand Hanoverian gelding Don Vito MH. She claimed major titles at the Defender Horse of the Year (HOY) in Hastings, the Bates NZ Dressage Championships in Taupo, and the Sydney CDI.

An environmental scientist, Wendi entered 2025 with high expectations after earning the ESNZ Rider of the Year and

the Lowry Medallion in 2024 for top all-round equestrian performance.

Her 2025 campaign began strongly with a sweep of the Grand Prix classes at HOY, defending her Dressage Horse of the Year title. She won the Harrison Lane FEI Grand Prix CDI3\* (71.022%), the Grand Prix Special (72.341%), and the Grand Prix Freestyle (74.780%). These results surpassed her 2024 Freestyle score of 72.96%, signaling new personal bests and edging closer to elite international benchmarks.

At the Bates NZ Dressage Championships, Wendi and Don Vito MH again dominated the Grand Prix division, winning all three CDI3\* tests and renewing their national champion status. While the Big Tour field was small, the pair continued to demonstrate top form. She also won the Elementary title on Furst Klass MH and the Advanced Medium on Danseur MH, showing her range as both rider and trainer.

All three horses are bred by Matthews Hanoverians, reinforcing Wendi’s successful partnership with the breeder. She also took home both NZ Hanoverian Society Awards for Don Vito MH and Furst Klass MH.

Wendi concluded her season at the Sydney CDI, repeating her 2024 clean sweep. She won the CDI3\* Grand Prix (67.109%), Grand Prix Special (65.553%), and Grand Prix Freestyle (73.3%), noting improvements in lightness and expression. She self-funded the trip again, joined by ESNZ High Performance Dressage Manager Christine Weal.

Wendi’s standout 2025 season has further cemented her status in New Zealand dressage, strengthening her campaign toward future international goals including the World Championships and Olympic qualification.

# Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfill community service hours for Duke of Edinburgh, St John’s, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more. Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programmes and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz).



# European River cruises for the Christmas Markets

## ROMANTIC DANUBE FLY & CRUISE PACKAGE

- 10 night package from NZD \$9155per person x 2 twin/double share
- Departing NZ on 05 Nov 2025
- Return Economy Class flights from Auckland (Auckland to Munich, and then from Budapest to Auckland)
- 2 nights pre-cruise in Munich, and 1 night post-cruise in Budapest
- 7 night river cruise, sailing Vilshofen to Budapest, onboard AmaMora
- Includes EXCLUSIVE AMA-Zing savings as listed:

## AMAWATERWAYS CRUISE FARE ALWAYS INCLUDES:

- All meals onboard, with complimentary unlimited wine, beer & soft drinks during lunch & dinner
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- Captains Cocktail and Gala Dinner
- Experienced Cruise Manager, who accompanies you throughout your cruise & land journey
- Wellness Program with dedicated Wellness Host, both on board & on shore
- Complimentary bottled water, with biodegradable Tetra Pak containers for excursions
- Unlimited high-quality complimentary Internet & Wi-Fi on board
- Small guided group excursions with a variety of choices, including immersive special interest tours, and hiking & biking adventures
- Complimentary bicycles, helmets and Nordic walking sticks
- Onboard programs, such as lectures, theme dinners etc.
- Port Charges
- Gratuities

Cruise only itinerary recommendations below, Christmas markets in Europe:

Best of Holland & Belgium

- from \$5,755pp twin share
- 7 nights | 14 Nov 2026 | Amsterdam roundtrip | AmaStella
- SAVE up to \$1,600 per stateroom, US\$100 onboard credit per stateroom, PLUS complimentary stateroom upgrade (on select categories)

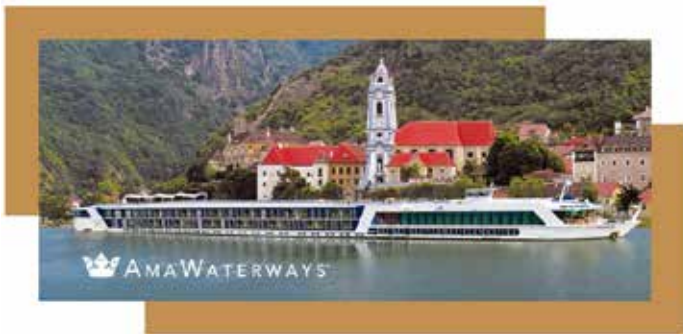
## Magna Christmas on the Danube

- from \$6,109pp twin share
- 7 nights | 20 Dec 2026 | Vilshofen to Budapest | AmaMagna
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COVER PHOTO: MITRE 10 Westgate & Henderson  
PRINT RUN: 25,000 copies, Treehouse Print

## Property News

### Mitre 10 MEGA Westgate Unveils Power Tool Department Makeover

Mitre 10 MEGA Westgate has raised the bar with a stunning transformation of its power tool department, setting a new benchmark in retail for both trade professionals and serious DIYers. Already known for its commitment to quality and innovation, the store now boasts the largest trade range in the entire Mitre 10 network—solidifying its status as a true destination for tools and big-name brands.

At the heart of the makeover is a trade-focused extended offer, tailored to meet the evolving demands of professionals who rely on performance and reliability. From premium cordless systems to heavy-duty workshop gear, the range has depth, variety, and relevance.

Mitre 10 MEGA Westgate is the only hardware retailer in the country with this new set up; the custom integrated display enhances both functionality and aesthetics. Carefully curated zones make it easier than ever for customers to compare brands, view products, and access information—delivering a seamless shopping experience from start to finish.

What sets this upgrade apart is how it blends the scale of a big-box retailer with the insight of a specialist tool provider. Whether you're a tradie looking for trusted gear or a weekend warrior upgrading your workshop, the Westgate experience caters to all levels of expertise.

Future-focused and built to evolve, the redesigned department is more than just a facelift. It's a strategic investment in future-proofing the store's offer—anticipating trends, integrating new technology, and accommodating expanding product lines.

Mitre 10 MEGA Westgate's revitalised power tool zone doesn't just sell tools—it empowers its customers with choice, confidence, and convenience. With this bold step forward, the store cements its place as the go-to destination for power tools in New Zealand.



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# Cashback basics: What you need to know



Cashback offers are financial incentives provided by banks to attract new mortgage customers. Essentially, when you take out a new home loan, the bank rewards you with a lump-sum payment.

This payment can be used for various purposes, such as covering moving costs, subsidising your first few mortgage payments, or even offsetting legal fees associated with buying a property.

These offers are particularly appealing because they provide immediate financial relief during what can be an expensive and stressful time. It's important to note that cashback offers are usually conditional, requiring you to stay with the lender for a specified period, often ranging from three to five years.

If you break this term, you may be required to repay the cashback amount, so understanding the terms and conditions is important to making the most of these offers.

## Types of cashback offers

Cashback offers can vary significantly depending on the lender and the specifics of the mortgage. Generally, there are three main types; a Flat Cashback Amount, Percentage Based Cashback, or Tiered Offers.


Working with a Mortgage Adviser will help you to understand the types of offers available and ultimately choose the one that best fits your financial situation and goals.

## Common pitfalls and how to avoid them

While cashback offers can be enticing, there are common pitfalls to watch out for.

Major pitfalls include, focusing solely on the cashback amount and overlooking less favourable loan terms, such as higher interest rates or underestimating the lock-in (claw back) period.

To avoid this, a Mortgage Adviser can help you to compare



Loan Market

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the overall cost of the mortgage, including interest and fees – not just the upfront cashback.

**Utilising your cashback smartly**

Making the most of your cashback offer means using the funds strategically. One smart approach is to allocate the cashback towards immediate home-related expenses like moving costs, or legal fees. This can ease the financial burden during the transition to your new home.

Alternatively, consider using the cashback to reduce your loan principal. Making a lump sum payment on your mortgage can lower your interest costs over the life of the loan, ultimately saving you more money in the long run. Another option is to create an emergency fund. Having a financial cushion can provide peace of mind and protect you against unexpected expenses.

Finally, you might invest the cashback in home improvements that increase your property's value, enhancing your long-term investment. By using your cashback wisely, you can maximise its benefits and improve your overall financial health.

This is where using the services of a Mortgage Adviser really come in handy. We can guide the way, ensuring you secure the best deal and maximise your cashback benefits. Feel free to reach out to start your journey towards a financially savvy home purchase. Stephen Massey – Loan Market, Call 021 711 444 or check out my website [loanmarket.co.nz/stephen-massey](http://loanmarket.co.nz/stephen-massey)

# Property Management Report

Residential rents are dropping around the country, while the number of rental properties being advertised is the highest it has been in more than 10 years.

According to the latest figures from Trade Me Property, the number of residential properties available to rent on the website in March/ April was up 41% compared to March last year, and at its highest point since early 2014.

At the same time, the national median weekly asking rent for the properties advertised on the website declined by \$5 a week in March from February (-0.8%). It was also \$15 a week lower (-2.3%) than March last year, giving tenants a saving of just under \$800 a year.

Auckland posted a -1.4% annual decline.

“Those seeking residential rental accommodation should feel empowered, there's a wider range of options available and tenants have more negotiating power than they have had in years”, Trade Me Property Customer Director Gavin Lloyd said.

“With a rental market that's historically favoured landlords, the changing dynamics and cost saving benefits are sure to be warmly welcomed by renters,” he said

North West Auckland has been hit with a continuing oversupply of townhouse stock which is compounding

with a lack of garaging and storage options. Therefore rental prices for this stock have reduced significantly in light of competition.

Come 1 July 2025 new laws come into effect administered through Tenancy Services and Audited by MBIE (Ministry of Business, Innovation & Employment) reviewing the compliance of Landlords to Healthy Homes Standards. This is categorised into five core areas:

- Heating
- Insulation
- Ventilation
- Moisture ingress and drainage
- Draught stopping

If you have a rental property/ properties and would like to discuss our approach to mitigating your exposure to the legislation please give me a call directly on 0276 320 421 or email me at [graham@wapm.co.nz](mailto:graham@wapm.co.nz)

The time to audit your rental property/properties is now, and work with us to develop a managed plan to upgrade to meet the standard, failure to do so may cost you significantly based on MBIE's auditing framework.

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

We provide residential rental property advice that's timely, accurate, and measured, to ensure your property gets the attention required.

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# Can auction results tell us a story

Most Real Estate agents I talk with at the moment discuss the conservative and unconfident nature of the buyer community that are wanting an excellent house at an excellent price. Buyers are generally in no hurry to buy and have been looking for some time. One buyer I was talking with has been shopping for two years, which asks the question “ how can auctions work if buyers are generally disinterested in committing, unless all aspects are in their favour to buy. We took a snapshot of auction activity in the North West in early May.

Waitakere District had 9 auction properties which resulted in no sales result. Rodney District had 15 auction properties which resulted in 3 sales resulting (with 1 making RV). Therefore, you have to ask the question, have we entered a new phase in the buyer cycle which follows FOMO (Fear of missing out) called FOC (Fear of commitment).

We are seeing people at open homes, many though are trying to understand the market, getting a sense of value and building a buying profile. This clearly is not possible with the auction process, with buyers wanting to buy on their terms and timeframe.

The next OCR (official cash rate) change is scheduled for 28th May 2025 with many predicting another reduction likely, albeit, measured given the global turmoil over tariffs and warring factions.

Banks are holding the 12-24 month fixed mortgage interest rates at 4.99% with a further reduction due post 28th May 2025.

We stay positive that the prices being paid for North West Real Estate today is at its lowest ebb and the lower interest rates will continue to firm up buyer activity and engagement, albeit slowly.

Call me, Graham McIntyre AREINZ directly 0800 900 700, via text at 027 632 0421, or email at [graham.mcintyre@kumeu.rh.co.nz](mailto:graham.mcintyre@kumeu.rh.co.nz).

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# Refinancing your mortgage



If you are looking at moving your mortgage to another bank, we can help you with the legal side of things. Refinancing your residential lending from one bank to another requires a solicitor to be engaged who can discharge the current mortgage on your title and register the new one.

You might consider refinancing your borrowings to a new lender so you can obtain better interest rates or loan terms.

Often a new lender will try to attract new business by offering a cash incentive, which could be in the range of 0.8 – 1.0% of the amount of your borrowings, depending on how keen the bank is to win your business. So if you are borrowing \$500,000 from the bank then they might give you up to \$5,000 as a cash incentive to bring your business to them.

However, free money comes with a catch. If you repay the loan within a certain time, you might need to repay the cash incentive. The Bank will ask you to sign a cash contribution deed, and while each bank is a little bit different, by and large most lenders require you to repay a portion of the cash incentive if you repay your lending within three years from the date you borrowed the money. This might happen if you sell the property, or refinance with a new lender.

If you need our help to refinance your property to a new lender, please reach out as we are offering a discount for new clients during the month of June for refinancing.

Give us a call at ClearStone Legal on 09 973 5102 or make a time to come and see us at either our Kumeu or Te Atatu office.

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**Te Atatu Office**  
1/547 Te Atatu Road  
Te Atatu Peninsula

# Trustee Troubles



Sometimes trustees of a trust could find themselves in a difficult position where practical necessity requires that they act in a way that may conflict with their trustee duties under the Trusts Act 2019. This could happen where, for example:

a house must be sold but a weak property market means that the trustees are unlikely to get the best possible price for that house; or a trustee who is also a beneficiary wishes to be paid out their share of the Trust property, but it is unclear whether doing so could be unfair to other beneficiaries.

The difficulty for trustees is that their decisions could be challenged by beneficiaries and potentially they could be held personally liable if found that they breached their obligations as trustees. In these situations, trustees can apply to the Court for permission to act in a particular way. By doing so, they will avoid any personal liability.


If you need help navigating a difficult trust situation, or if you need other legal advice, feel free to contact Kemp Barristers & Solicitors on 09 412 6000, or send us an email at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz).

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POWERS OF ATTORNEY | WILLS & TRUSTS  
COMPANY & EMPLOYMENT LAW

PLEASE CONTACT IVAN

[ivan@vlaw.co.nz](mailto:ivan@vlaw.co.nz) 09 412 8000  
4a Shamrock Drive Kumeu, Auckland



Area Property Stats

PROPERTY-HUB.NZ

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

| SUBURB             | STREET               | CV        | BED | FLOOR AREA m2 | LAND AREA m2 | SALE PRICE |
|--------------------|----------------------|-----------|-----|---------------|--------------|------------|
| Helensville        |                      |           |     |               |              |            |
|                    | Rautawhiri Road      | \$800000  | 3   |               | 0            | \$725000   |
|                    | Taupata Lane         | \$840000  | 3   |               | 483          | \$750000   |
|                    | Gow Street           | \$890000  | 3   | 115           | 1012         | \$890000   |
| Hobsonville        |                      |           |     |               |              |            |
|                    | Turret Lane          | \$1550000 | 5   |               | 328          | 1425000    |
|                    | Memorial Park Lane   | \$945000  | 3   | 146           | 98           | \$915000   |
|                    | Hiki Street          | \$975000  | 3   |               | 128          | \$852000   |
|                    | Nugget Avenue        | \$1000000 | 3   |               | 142          | \$885000   |
|                    | Pukeko Road          | \$1775000 | 5   | 288           | 379          | \$1760000  |
|                    | Wiseley Road         | \$1715000 | 3   |               | 809          | \$1448000  |
|                    | Hobsonville Pt Rd    | \$1015000 | 3   |               | 112          | \$835000   |
|                    | Hudson Bay Rd        | \$1225000 | 3   |               | 168          | \$1050000  |
|                    | Kearns Drive         | \$1010000 | 2   | 94            | 168          | \$875000   |
|                    | Marlborough Cres     | \$840000  | 2   | 80            | 0            | \$1215000  |
|                    | Clark Road           | \$750000  | 1   | 58            | 155          | \$638000   |
|                    | Jack Seabrook Rd     | \$1995000 | 4   | 254           | 700          | \$1890000  |
|                    | Bristol Freighter Rd | \$1375000 | 5   | 204           | 716          | \$1322500  |
| Huapai             |                      |           |     |               |              |            |
|                    | Rheingold Place      | \$840000  | 3   | 94            | 772          | \$880500   |
|                    | Tapu Road            | \$1525000 | 3   | 206           | 700          | \$1540500  |
|                    | Raymond Grace Ave    | \$1475000 | 4   | 214           | 716          | \$1390000  |
|                    | Main Road            | \$1125000 | 3   | 110           | 809          | \$1035000  |
| Kumeu              |                      |           |     |               |              |            |
|                    | Tarras Road          | \$1225000 | 4   | 181           | 407          | \$1171000  |
|                    | Jeroboam Loop        | \$1300000 | 4   | 160           | 525          | \$1135000  |
|                    | Fruitlands Road      | \$1525000 | 5   | 226           | 646          | \$1485000  |
|                    | Eric Farley Drive    | \$1475000 | 4   |               | 712          | \$1425000  |
|                    | Walter Ruddock Ave   | \$1485000 | 6   | 286           | 779          | \$1510000  |
|                    | Aporo Drive          | \$1375000 | 4   |               | 602          | \$1265000  |
|                    | Farrand Road         | \$1625000 | 3   | 278           | 4596         | \$1800000  |
|                    | Gilbransen Road      | \$1350000 | 4   |               | 717          | \$1330000  |
| Massey             |                      |           |     |               |              |            |
|                    | Helena Street        | \$1125000 | 3   | 90            | 675          | \$825000   |
|                    | Don Buck Road        | \$1375000 | 4   | 254           | 353          | \$1040000  |
|                    | Carling Avenue       | \$1175000 | 4   | 218           | 600          | \$1200000  |
|                    | Morus Road           | \$1025000 | 4   |               | 244          | \$860000   |
|                    | Puwaha Street        | \$940000  | 3   | 112           | 225          | \$850000   |
|                    | Paretao Street       | \$880000  | 3   | 97            | 187          | \$845000   |
|                    | Glenfinn Place       | \$1025000 | 4   |               | 497          | \$920000   |
|                    | Katrina Place        | \$1225000 | 3   |               | 618          | \$830000   |
|                    | Paretao Street       | \$880000  | 3   | 92            | 185          | \$830000   |
|                    | Pipitea Place        | \$840000  | 3   | 111           | 89           | \$710000   |
|                    | Zingaro Place        | \$975000  | 3   | 170           | 979          | \$846000   |
|                    | Landsdale Place      | \$1070000 | 3   |               | 725          | \$750000   |
|                    | Katrina Place        | \$930000  | 3   | 80            | 383          | \$877500   |
|                    | Ebony Place          | \$1175000 | 3   | 130           | 611          | \$906000   |
|                    | Woodside Road        | \$830000  | 3   | 97            | 563          | \$860000   |
|                    | Allington Road       | \$1100000 | 4   | 220           | 944          | \$823800   |
|                    | Colwill Road         | \$1150000 | 4   |               | 423          | \$971000   |
|                    | Zita Maria Drive     | \$1130000 | 3   | 152           | 677          | \$870000   |
|                    | Hewlett Road         | \$1075000 | 4   | 149           | 198          | \$985000   |
|                    | Colwill Road         | \$810000  | 3   | 80            | 0            | \$670000   |
| Riverhead          |                      |           |     |               |              |            |
|                    | Applemoors Way       | \$1555000 | 4   |               | 800          | \$1320000  |
|                    | Pohutukawa Parade    | \$1700000 | 4   | 245           | 801          | \$1720000  |
|                    | Kaipara Portage Rd   | \$1030000 | 3   | 91            | 606          | \$976000   |
| Waitakere Township |                      |           |     |               |              |            |
|                    | Steed Road           | \$1775000 | 4   |               | 50100        | \$1375000  |
|                    | Wairere Road         | \$1000000 | 3   | 140           | 1753         | \$985000   |

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| SUBURB       | STREET             | CV        | BED | FLOOR AREA m2 | LAND AREA m2 | SALE PRICE |
|--------------|--------------------|-----------|-----|---------------|--------------|------------|
| West Harbour |                    |           |     |               |              |            |
|              | Suncrest Drive     | \$1285000 | 4   | 180           | 582          | \$1350000  |
|              | Hueglow Rise       | \$1375000 | 3   | 100           | 905          | \$700000   |
|              | West Harbour Drive | \$960000  | 2   | 60            | 238          | \$725000   |
|              | West Harbour Drive | \$1200000 | 3   | 120           | 632          | \$1055000  |
| Westgate     |                    |           |     |               |              |            |
|              | Tarapuka Road      | \$920000  | 2   | 77            | 167          | \$775000   |
|              | Kapia Road         | \$975000  | 3   | 114           | 150          | \$860000   |
|              | Manarini Road      | \$780000  | 2   |               | 100          | \$685000   |
|              | Matakohe Road      | \$865000  | 2   | 73            | 153          | \$780000   |
|              | Westgate Drive     | \$1625000 | 4   | 232           | 323          | \$1240000  |
|              | Herekino Street    | \$985000  | 3   | 98            | 188          | \$810000   |
|              | Arlose Place       | \$1125000 | 4   | 150           | 453          | \$1102000  |

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%  
(Not 4% that others may charge)

upto \$590,000

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

Graham McIntyre  
Brand & Territory Owner  
027 632 0421







## Family, fenced and fabulous – Royal Heights

33 Ruze Vida Drive Massey

A short drive from Moire Park and West Harbour School, welcome to family living at its best within a cul-de-sac community. Offering premium brick and tile construction, with ample indoor-outdoor flow through to covered

decking and fully fenced yard. Delivering safe space for all the children and pets.

Large double garage and side parking for trailer or boat, the storage in garage and on hard stand is impressive.

Open plan, entertainers kitchen, dining and living with a multi-room that can be bedroom/guest room/ media room, your choice.

Down the central corridor is four bedrooms, bathroom, storage, with the master offering walk in and ensuite. The floor plan is enclosed, highlighting the separation in living and sleeping areas and the short distance from

garage to pantry. This is a well thought out, single level easy home to enjoy. No compromises, and no disappointments.

Don't miss-out on this home that ticks all your boxes, and with a motivated Vendor will likely move through to a sold sign quickly.

**Graham McIntyre, Raine & Horne Kumeu – Hobsonville**  
email [graham.mcintyre@kumeu.rh.co.nz](mailto:graham.mcintyre@kumeu.rh.co.nz)

**Country Living Realty Ltd t/a Raine & Horne Kumeu – Hobsonville Licensed REAA (2008)).**



4 2 3 279.3m<sup>2</sup>



# SUPERB LIFESTYLE LIVING FROM \$629,000\*

G.J. Gardner Homes has an extensive range of customisable plans to suit all kinds of families, lifestyles and budgets.

From modern, stylish homes at an affordable price to sprawling country estates, every plan has been thoughtfully designed to suit New Zealand's landscapes so your home will always look at home in its surroundings.

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

09 412 5371 / [gjgardner.co.nz](http://gjgardner.co.nz)

G.J. Gardner. **HOMES**





33 White Heron Drive, Royal Heights 3 Bed 1 Bath 2 Car

North facing suntrap, in Royal Heights

So much to love about this home, fresh to market, and in a world of its own, because it is absolutely adorable, offering:

- Brick and tile, • One level home • French cottage windows • Excellent security
- Fully fenced • Internal access single garage • In a quiet street and short walk to Moire Park and walkway • Approx 400sqm section size

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

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

Guide  
\$925,000



Graham McIntyre  
027 632 0421



421 Kiwitahi Road, Helensville

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

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

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

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

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

Guide  
\$700,000



Graham McIntyre  
027 632 0421







14 Peters Lane, Taupaki

6 Bed 3 Bath 10 Car

## Elevated Family Estate in Taupaki

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

Featuring:

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

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

Located in the well sought-after Taupaki area, this home offers a peaceful lifestyle while still being conveniently close to local amenities, Taupaki School and Harry James Reserve. Enjoy the best of rural life and yet close to the NorthWest Mall, Westgate, Kumeu and Henderson.



Graham McIntyre

027 632 0421

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

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Guide  
Negotiation



96 Pomona Road, Kumeu

4 Bed 1 Bath 4 Car

## Beautiful, North Facing, Kumeu Lifestyle living

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

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

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



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Guide  
Negotiation





# Are you ahead of the Healthy Homes Legislation ?



We are,  
should we talk ?

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357 Royal Road, Royal Heights

4 Bed 2 Bath 2 Car

## A Royal Vista - Inner harbour sanctuary

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



Graham McIntyre  
027 632 0421

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Guide  
Negotiation



18 Peters Lane, Taupaki

## Sun kissed, north facing house and land package

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

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



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Guide  
Negotiation







199 Nixon Road, Taupaki

5 Bed 2 Bath 4 Car

Home, shed, office, sleep out, paddock.

A home where memories are made and fill the void of mediocrity, a home for the whole family through the years of fun, discovery and leisure. Elevated countryside living, with sleepout, barns, sheds, offices, studios and more within this leafy paradise. A nod to the past with this well presented, modernised lockwood home with accents of white to set off the blonde timber. A large five bedroom, three bathroom home, with additional space for offices/ study/ sleepout/ games room. Central open plan living and dining opening to decking and pool area. All the rooms and bathrooms are off the central corridor with easy access to boardwalk decking. Centrally located on the land the house is in an elevated position, the barns and sheds share the driveway providing easy access and storage for a toys and tools, friends and family. Set in a park-like glade, full of established trees and easy care flat lawn with a paddock for play, a tree for a treehouse and room to explore, to craft and create. Life is too short for concrete and tarmac, discover a life with natures best, so private and tranquil but so close to amenities, schools and convenience stores when you want them.

Guide  
Negotiation



26 Squadron Drive, Hobsonville

2 Bed 2 Bath 1 Car

Exceptional 2 bed, 2 loo, 1 garage

A contemporary, sun filled and private 2 bedroom, 2 bathroom home over 2 levels offering an impressive list of extras, situated off a quiet lane way minutes away from Hobsonville shopping precinct.  
A two level end duplex built by Universal homes, this is a lock up and leave that has been invested in with smart air circulation, drapes and finishing's.

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

Upstairs are two bedrooms (generous size), bathroom and ensuite.  
Come view Mary's Gallery a mix of beautiful artwork and collectables within an easy living environment with garage and parking outside off the private laneway access. So close to Schools, Parks, Shopping and Transport links. Motivated Vendor has another opportunity they wish to pursue and welcome your interest today.

Guide  
Negotiation







58 Turret Lane, Hobsonville

2 Bed 1 Bath

## Newly born - Scott Point Harmony

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

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

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

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

Motivate Vendors graduating North.

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



Graham McIntyre  
027 632 0421

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Guide  
Negotiation



# Home & Garden

## Tree inspections: What to check before winter

As autumn fades and winter approaches, now is the ideal time for homeowners to inspect their trees. High winds, rain, and frost can turn a seemingly healthy tree into a serious hazard if structural issues go unnoticed.

Here's what to look for when checking your trees before winter sets in:

### 1. Dead or hanging branches

These are a common hazard and can easily snap under wind or rain load. Look for branches without leaves, brittle twigs, or signs of rot.

### 2. Cracks and cavities in the trunk

Inspect the main stem for vertical cracks, deep splits, or hollow areas. These weaknesses can lead to sudden

failure in extreme weather.

### 3. Leaning trees

If your tree has recently started leaning or the soil around the base is lifting, roots may be failing. This makes the tree more likely to fall in storms.

### 4. Fungal growth

Mushrooms or conks on the trunk or near the roots are signs of decay. Even if the tree looks healthy above, internal rot could compromise its stability.

### 5. Root issues

Damaged or exposed roots, compacted soil, or signs of heaving around the base can indicate root plate instability.

### 6. Canopy dieback

Thinning leaves or dead sections in the upper crown may signal declining health.

If you spot any of these warning signs, don't wait until winter hits—contact a qualified, insured arborist for a professional tree inspection. Look for businesses that are experienced, well-reviewed, and ideally registered with the Arboricultural Association.

A pre-winter inspection is a small step that can prevent costly damage and keep your home and family safe during the harshest months of the year.





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## Focus on painting



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

As Auckland heads into a rainy and humid winter, many people assume it's not the right season for painting. But here's the upside: interior painting isn't affected by the weather, making winter an ideal time to get those indoor projects done.

In fact, winter tends to be a quieter season for painting companies – including ours. That means we have more flexibility to work around your schedule, meet your deadlines, and deliver high-quality results with attention to detail.

Whether you're heading away on holiday or staying at home, we can complete the work with minimal disruption – and at a competitive price.

### Here's what we offer:

Small job to full interior painting services

GIB stopping and plastering

A 3-bedroom house typically takes 4-5 days

We use premium Resene and Dulux paints

If you're considering interior painting, now's a great time to act. Get in touch for a free quote and friendly, expert advice. With years of experience in home repainting, we'll make sure the job is done right – from start to flawless finish.

You can see their work and read reviews from happy customers at [facebook.com/focusonpainting](https://facebook.com/focusonpainting).

Free quotes are available. To get started, call or text Brad on 021 756 890 or email [focusonpainting@gmail.com](mailto:focusonpainting@gmail.com).

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## Fully Wired Electrical



Hi and welcome to Fully Wired Electrical Ltd.

My name is Core. I am a registered electrician dedicated to providing honest services at competitive rates, with a commitment to excellence. I've been a local my whole life, and I love the community and the strong family vibe that comes with it. When I'm not on the tools, I'm spending time with my partner and 6 year old son. We are often out fishing, playing sports, or at speedway.

Fully Wired Electrical specialises in a wide range of services including electrical installations, heat pumps, earthworks, lighting and power solutions, data, security, and automation. Proudly serving Auckland, North Shore, Rodney, and Waitakere.

We look forward to being your trusted electrical partner. Contact us today for all your electrical needs.

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## Home & Garden

## Hydrovac



HydroVac is proud to be a New Zealand owned and operated business. We're extremely focused on innovation and customer experience which has led to us becoming one of the leading drain maintenance and vacuum specialists in the country.

We started the business in 2004 with one truck, and through hard graft and going the extra mile for customers, we've grown quickly to become a reputable company with 50+ specialist vehicles and a highly trained team of 60+.

With branches in West Auckland, South Auckland, Wellington and Christchurch, we service the wider Auckland area (including Waiheke and Kawau Island), Wellington and the Canterbury region, as well as New Plymouth and the Waikato.

We use our knowledge and expertise to help clients with air excavation, stormwater issues, cleaning grease traps and converters, cleaning and maintaining wastewater, septic systems and sewer tanks, CCTV services, hydro flushing and drainage, vacuuming, spill cleanup, and hydro excavation.

Our clients include government organisations, leading construction companies and property developers as well as homeowners and hospitality owners.

We'd love to work with you next



OUR PROFESSIONAL TEAM IS HAPPY TO HELP WITH:

• Septic tank inspections, empties and cleans

• Wastewater system maintenance and disposal

• Grease trap cleaning

We can help you ensure you comply with Auckland Council Healthy Waters requirements and the relevant paperwork.

We are proudly NZ-owned with a friendly team who truly care about doing a good job for you.

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Reg Drainlayer: Over 20 yrs Experience



# Drain Ninjas



Effective stormwater management is essential to preserve our environment and safeguard our properties. Amidst the various tools and strategies, the cesspit, also known as a catchpit, is crucial in preventing blockages, water contamination, and potential disasters.

**The significance of cesspits**

Cesspits stand guard in the face of nature's challenges, strategically positioned upstream of our drainage systems. They act as gatekeepers from contaminants before infiltrating our stormwater pipes.

Picture a scenario where leaves, litter, and sediment from our gardens and streets are left unchecked,

flowing unabated into our stormwater systems. The consequences could be devastating: blockages, flooding, water backup, and property damage. Cesspits are the lookout for managing surface water effectively in such settings as gardens, driveways, and roadways.

**How to keep cesspits at their best**

Cesspits come in various materials, with the sump typically composed of concrete or polyethylene plastic. The top grate of a cesspit is often constructed from robust iron, engineered to endure the elements and stand its ground.

Maintenance is the cornerstone of stormwater management. Neglecting this aspect can lead to blockages, compromised drainage, and the looming spectre of flooding. It is highly advisable to schedule regular vacuuming and hydro-flushing to avert such scenarios.

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# Whenuapai Floral & Garden Circle May 2025



Once the usual business of welfare, birthdays, trips were dealt with, Dawn welcomed our Guest Speaker who is now a Dame, Julie Chapman. In 2005, she discovered that many children were missing school due to a lack of basic necessities which most families take for granted. Rather than shrug her shoulders and ignore this, she did something about it and Kidscan was born. Essential supplies of shoes, jackets and even food have since been given to more than 900 schools and 500 early learning centres.

This is an ongoing service and Julie went on to establish Pet Rescue once it became apparent to her that many people, mostly women, delay leaving intolerable situations for fear of what may happen to their pets should they leave them behind. Pet Rescue provides temporary shelter for three to four months until their owners get resettled. Many people are involved in supporting each of these enterprising activities.

Flowers were judged, produce admired, raffles drawn and the meeting concluded with refreshments served and s

social time.

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

Until next time, Happy Gardening from Mary Anne Clark

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## Home & Garden

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For MTP the finished product is as important to you and your family as it is to us. It needs to be a high-quality space that has surpassed your criteria for the investment you've made that stands the test of time for as long as you live in your home and beyond to future generations to enjoy.

For me personally it is seeing the dreams and the expectations of my client's become reality that's what makes our company special.

Contact me - Dan at MTP on 0272552381 for a free in-home consultation on your next project.



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## Young Learners

### Children and the outdoors

**"Wilderness is not a luxury but a necessity of the human spirit" - Edward Abbey**

Children and the outdoors go hand in hand. The space, the fresh air, the ability to run as far as they can or the jump in the puddle until your gumboots are full, are all so fun and important for our children to experience. Not only that but, the space to test their bodies, challenge themselves, climb up that tree in the backyard, ride their bike up the hill or make it all the way across on the monkey bars at the park. To have a child grow naturally, they should be exploring in nature. We have had wonderful success with their activities in our outdoor environment.

#### Learning to ride a bicycle

You often hear the saying, "like riding a bike", however no one talks about how much of our body and mind actually goes into riding, especially when you are learning how to do it. Though, it is something that you will learn and never forget, because of how many links in your brain you make. When researching I found that to ride a bike you are using seven different parts of your brain, as well as the physical components such as balancing the bike, pedaling and turning the handlebars. So all in all a very brain stimulating way to exercise! Luckily we have so many op-shops in our area that always have children's bikes ready to be taken home, so there are opportunities for every family to take their bikes to the park.

#### Tight-rope walking

There is nothing quite like the endless possibilities of rope, especially when you have the space to tie it between two trees/poles and watch as your children learn the joy of

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balancing. Holding their hand as they place one foot in front of the other is something every child and parent remembers. Simply adding a top rope for them to hold onto gives them the opportunity to explore independently. This is a very low level of risky play as you can decide the height in which the rope is placed. It allows them to really experiment with their bodies' limits and then push those limits, with us ready to encourage them to get back up again when they fall.

Learning cricket

All children experience the joys of playing team sports, but with cricket, it can be played anywhere with just a bit of space. Whether it is a backyard, the local park or the beach at low tide, cricket is a sport that adapts to its environment. When we taught the children at Gumboots we found immediately the encouragement they shared for one another, celebrating when their friends hit the ball with the bat and the enjoyment as they raced after the ball or fixed the wickets. The team element of cricket alongside the physical skills creates a fun and exciting environment for the children to play in.

These are just some of the many physical challenges in the outdoor space at Gumboots that we have found our children adore. We believe "mā te ora ka ako" through living we learn, and we learn so much in our outside environment alongside our tree climbing, skip rope jumping, teachers.

Tamariki me Rangatahi

Children and Teen events at Te Manawa in June



Our preschool and our regular after-school programmes have restarted for our tamariki and whānau. These run up to Saturday 28 June 2025, the start of the Term 2 school holidays. Stay tuned

for updates on our Matariki events and programmes, including school holiday activities.

Calling all rangatahi! Come to Te Manawa to check out OOTS in our rangatahi | young adult space. We will have a special display to support The Out on the Shelves awareness campaign, held annually in June for rainbow young people.

Further details, including dates and times of all events, will be available on Te Manawa's social media and in our What's On brochure for June.

Auckland Libraries

at Te Manawa, 11 Kohuhu Lane, Westgate 0814.

Facebook: TeManawaAC

Linktree: <https://linktr.ee/temanawa>

Snow in the Park



Get your gloves and woolly hats at the ready, as Snow in the Park, one of the most popular events in the Henderson-Massey Local Board event calendar will be back at Royal Reserve on Saturday 14 June between 1pm and 5pm.

This free event will be at Royal Reserve, Carnelian Court / Beauchamp Drive, Massey. This is a great free community event for the whole family.

There will be a snow slide, snow play area, tube run, face painting, hunger ball, goats, a picnic area, community stalls and delicious food trucks. Snow will be provided by Snowplanet, and there will be prizes and competitions, as well as food and coffee stalls.



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Give a little, help a lot – ‘Can by can, together we can make a difference’

Give a little, help a lot – ‘Can by can, together we can make a difference’



Allen Court Kiddywinkles Owner and Campaign Organiser

At Kiddywinkles, we're all about people. Yes, we're an early learning centre, but more than that, we're a part of this community. And when someone's doing it tough, we believe it's our job to step in and help where we can.

That's why we've launched our Give a Little, Help a Lot food drive to support the incredible team at The Salvation Army's Westgate Food Bank.

From 19 May to 19 June, we're asking our Kiddywinkles families and the wider community to drop off canned food to our Huapai or Westgate centres. Whether it's one can or a whole box, every single item will go to a local family that needs it.

This isn't just about filling a pantry – it's about showing up for people when life throws them a curveball. Job loss, illness, sudden bills... sometimes good people just need a bit of help to get through a tough patch. The Food Bank offers more than food, they give people support and a way forward.

We've been lucky to have some amazing Kiwis like Toni Street, Simon Barnett, and Joseph Parker help spread the word. They've lent their voices to this because they care,

**Give a Little, Help a Lot.**  
*'Can by can, we can make a difference'*  
Allen Court Kiddywinkles' Owner

Dates: 19 May - 19 June M-Fr 8am - 5pm  
Collection Points: Kiddywinkles Huapai: 53 Station Road  
Kiddywinkles Westgate: 19 Fernhill Drive, Massey



just like we do. So, if you can spare a can (or a few), pop it into the big collection barrel next time you visit. Let's show what this community is made of.

Can by can, together we can make a difference.

Kiddywinkles Huapai: 53 Station Road (opposite Huapai District School)

Kiddywinkles Westgate: 19 Fernhill Drive

Why Experts Recommend Limiting Screen Time for Preschoolers

While screens are everywhere, experts warn that too much tech use in early childhood can hinder healthy development. Here's why it matters:

1. Brain and Language Development  
Preschool years are critical for brain growth. Children who spend more than 1 hour of screen time daily show lower scores in language and thinking skills (NIH, 2019).
2. Social Skills  
Face-to-face interaction teaches empathy and communication. Excessive screen use reduces these opportunities, limiting development of social and emotional skills.
3. Physical Health  
Children under 5 should have at least 3 hours of physical activity daily (WHO), yet screen time often displaces movement. It also disrupts sleep due to blue light exposure.
4. Attention and Behavior  
High screen exposure is linked to shorter attention spans and increased impulsivity. One study found preschoolers with more than 2 hours of screen time per day were 5 times more likely to exhibit behavioral problems (JAMA Pediatrics, 2019).
5. Risky Content  
Even apps labeled "kid-friendly" can expose children to ads, violence, or addictive design. Without supervision, kids are at risk of seeing inappropriate content.

Even apps labeled "kid-friendly" can expose children to ads, violence, or addictive design. Without supervision, kids are at risk of seeing inappropriate content.

6. Creative Play Decline

Pretend play builds imagination and problem-solving skills. Screen use often replaces this vital, open-ended activity.

Bottom Line- Moderate, supervised tech use is okay- but young children thrive most through real-world play, movement, and human interaction.





# Aged care

## Craigweil House undergoes an exciting makeover

There's a buzz in the air at Craigweil House, and it's not just the sound of tools and paintbrushes—it's the excitement of transformation. The much-loved rest home is currently undergoing a series of renovations designed to brighten up the space and enhance comfort for residents and visitors alike.

From updated décor to improved communal areas, Craigweil is embracing change in all the right ways. The goal? To create a home that not only looks fantastic but also feels uplifting, functional, and inviting.

"We're seeing changes every week, and it's really exciting," says long-time resident Joanne. "It's like watching our home come to life in a new way."

This is just the beginning. Even more changes are on the horizon, so keep your eyes peeled—Craigweil House is evolving, and you won't want to miss what's next.

If you or a loved one are looking for a welcoming, supportive place to call home, now is the perfect time to visit Craigweil House. Come and see the difference for yourself—we'd love to show you around. PH 09 420 8277



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## Aged Care

## Kumeu Village:

### Winter warmth, familiar faces, and a home full of heart

With winter beginning to settle in and the air turning crisp, June brings with it a chance to slow down, savour the cosy moments, and celebrate the beauty of community. At Kumeu Village Aged Care, we're embracing the season the best way we know how – with warmth, love, and a few festive surprises just around the corner (yes, we're already dropping hints about our mid-winter Christmas celebrations).

If you've driven through Kumeu lately and noticed the new, oversized sign at the corner of State Highway 16 and Old Railway Road, that's us. Tucked in just 50 metres down Old Railway Road, behind the hedges, you'll find our peaceful, purpose-built home – full of life, laughter, and the kind of care you'd want for your own family.

Here at Kumeu Village, we offer rest home, hospital, dementia, and respite care, all delivered with heartfelt compassion under our "Resident First" philosophy. That means every person matters – and we tailor everything we do around what makes our residents feel seen, safe, and loved.

There's something truly special about the atmosphere here. From the smell of baking on a rainy afternoon to spontaneous music in the lounge, or a friendly wave from our team as you walk in – you can feel the difference the moment you arrive.

We'd love to invite you in to see for yourself. Whether you're considering care for a loved one, or simply curious about the home behind the sign – come by for a cuppa, meet our team, and feel the spirit of Kumeu Village firsthand.

With aroha and a touch of winter magic,

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."



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# Health & Beauty

## Ask Dr. Heather



I've been wanting to have filler in my lips, but am feeling unsure. How do you make sure they look good? Anon, West Harbour

Luscious lips are something many of us desire, and multiple things should be

considered to ensure they look and feel good. It is natural to feel nervous, as there are a lot of overdone lips out there that are enough to scare even the bravest of souls (Married at First Sight anyone?).

As injectors we firstly have to take into account overall facial proportions and surrounding tissues. Lips should never look stuck on, so there must be adequate support from tissues around the mouth in order to achieve a natural result.

Correct filler choice (softer rather than firmer), injected at the correct depth (close to the skin surface) in the correct amount (not too much) and correct location (only in the pink area, also known as the "pink lip"), will ensure it looks natural.

Specific areas of deficiency, width of your nose and eyes, in conjunction with your own natural lip shape, ethnicity and lip projection will also help yield a lovely result where you look subtly enhanced, but still yourself.



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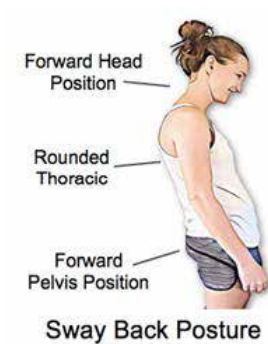
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Very few of us look good with large lips and none of us looks good with sausages. Harmony is key, so always see an injector who will respect this, so you look and feel like the best, most luscious version of you.

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

## How alignment affects your health and movement



Posture is one of the first things people notice, and it affects far more than just your spine. Good posture is linked to better breathing, reduced muscle tension, improved joint function, and increased confidence. Many people believe ideal posture means standing stiffly with shoulders pulled back, but this is unnatural and hard to

maintain. True ideal posture allows the spine to rest in its strongest, most comfortable alignment, forming a gentle 'S' shape when viewed from the side.

There are several common variations from this ideal. These include an exaggerated curve of the upper back, an excessive inward curve of the lower back, a loss of natural spinal curves, and a posture where the pelvis shifts forward and the upper body leans back. Each of these patterns can create muscle imbalances and joint stiffness, leading to discomfort or injury. A physiotherapist can assess your posture, identify contributing factors, and guide you through exercises to improve spinal strength and mobility.

Movement is just as important as posture. Staying in one position too long, whether sitting or standing can cause muscle fatigue and joint stiffness. The spine is designed to move, and regular motion is key to keeping it healthy. Stretching and shifting positions throughout the day helps reduce tension and improve circulation.

## Health & Beauty

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Posture also affects your ability to breathe. When the upper spine is rounded for extended periods, the rib cage becomes restricted and can't expand fully. This limits lung capacity, reduces energy levels, and may contribute to neck or lower back pain.

Your physiotherapist can provide tailored strategies to improve your posture, restoring balance, flexibility, and strength. Helping you move, breathe, and feel better each day.

We have two branches, feel free to get in touch:

Riverhead - [physio@riverheadphysio.co.nz](mailto:physio@riverheadphysio.co.nz)

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## Grace Munro Medispa

### Advanced skincare in the heart of the village

Nestled on Churchouse Road, in the heart of Greenhithe village, sits the most idyllic cottage which is home to the Beautiful Grace Munro Medispa. A private, discreet sanctuary right on your doorstep where you can be pampered and relax whilst benefiting from professional advanced skincare treatments that are non-surgical but results focused.

Debbie's 30 plus years' experience in the beauty industry will deliver the best facial treatments in the business by using the latest technology and working with the premium and loved brand Medik8®.

"Making a difference to a woman's appearance is a powerful motivator for me. Over the years I have specialised in several techniques to aid drainage and cell production, and I'm really thrilled with the outcomes. I can see the skin's immediate response, confirmed by great feedback from clients" says Debbie.



"Your Medispa experience aims to deliver results, but we want you to feel pampered and relaxed. We know how precious time for ourselves is, so for us it really is beauty for skin and Soul".

Grace Munro offers a range of treatments, from Medik8® peels and facials, to microneedling, nano fusions and curated skincare packages. "Being one of the few Medik8® stockists in the area gives

my clients access to this professional grade skincare range and allows the skincare journey to continue at home", says Debbie.

The '10 week wonder package' continues to be a huge client favourite and includes 3 micro needling sessions, 2 Medik8® peels, 1 nano fusion treatment, and a Medik8® post care kit all for just \$599. The package is valued at over \$800 and is designed to transform skin without injectables or fillers.

Complimentary treatment on your first booking mentioning this publication. Choose from a lash tint, brow tint or brow shape. We look forward to welcoming you to Grace Munro Medispa.

[www.gracemunro.co.nz](http://www.gracemunro.co.nz)

[debbie@gracemunro.co.nz](mailto:debbie@gracemunro.co.nz)

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# Redness, rosacea and reactive skin: What can help?



By Dr. Cherie Wyatt-Hutana, GP and Cosmetic Doctor at Restore Cosmed.

If you're someone who flushes easily, battles persistent redness, or reacts to even gentle skincare products, you're not alone. Red or reactive skin is incredibly common, but that doesn't mean you have to put up with it.

At Restore Cosmed, we often see patients who have spent years trying to "calm down" their skin with products that promise

results, but don't get to the root of the issue. Whether you're dealing with rosacea, broken capillaries, or just sensitive, easily irritated skin, there are evidence-based solutions that can help.

What causes red or reactive skin? There's no one-size-fits-all answer. Redness can be caused by:

- Rosacea - a chronic condition causing flushing, broken capillaries, and inflammation
- Sun damage - especially common on the cheeks and nose
- Thin or sensitised skin - sometimes due to over-exfoliation or harsh skincare
- Genetics and hormones

So what can be done? The first step is getting a proper diagnosis. Rosacea, for instance, is often underdiagnosed or mistaken for acne or sensitive skin. As a doctor-led clinic, we assess your skin with a medical lens- because it's not just about appearances, it's about supporting skin health.

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20 Matua Road,  
Huapai.

- Treatment options might include:
- Prescription Medication: Issues like rosacea commonly need prescription medication to keep this chronic and progressive skin condition under control. We can utilise topical, injectable and oral prescription only medicines to help.
  - Intense Pulsed Light (IPL): This light-based therapy targets visible vessels and diffuses general redness. It works particularly well for rosacea-related flushing and sun damage. Most people need a series of treatments, and winter is an ideal time to start when sun exposure is lower.
  - Medical-grade skincare. We can guide you toward gentle, active products that support the skin barrier without causing further irritation, as always using an evidence based approach.
  - Lifestyle support. Avoiding known triggers (like spicy food or alcohol) and protecting your skin from wind and sun can make a big difference.
  - Ongoing care. Redness-prone skin often needs consistent, long-term support. At Restore Cosmed we can work with you to create a treatment plan that's realistic, sustainable and effective.

You don't need to live with redness. If your skin feels constantly angry, flushed or sensitive- it's not "just how it is." There are ways to calm, strengthen, and restore your skin.

At Restore Cosmetic Medicine, we believe in combining medical expertise with proven cosmetic treatments, so you get care that's tailored, effective, and results driven.

Book a consultation today to learn what's going on beneath the surface-and what we can do to help.



# Area Columnists

## Budget 2025

By Cameron Brewer – MP for Upper Harbour

Budget 2025 is a no B.S. budget. It takes the next step in securing New Zealand's recovery, focusing on growth, services, and family support. With inflation easing, interest rates falling, and 240,000 new jobs forecast. Budget 2025 is a responsible plan to keep the country on track. Here's how we are delivering for Kiwis:

### 1- Delivering Law and Order

\$472 million over four years to expand Corrections capacity. We're funding 580 new staff, including 368 Corrections Officers. We are upgrading Christchurch Men's Prison with 240 new beds, a health Centre, and a 52-bed mental health unit.

### 2- Strengthening Health

We're delivering \$7 billion in new funding, and over \$1 billion in capital for health. This means more surgeries, longer prescriptions, improved GP access, and upgrades to several hospitals. We're delivering 21,000 additional treatments and 231,000 more GP visits.

### 3- Investing in Education

\$2.5 billion is going to expanded learning support. It means early intervention for Year 1 pupils, new Learning Support Coordinators to all primary schools, and investment for classrooms, maintenance, and teacher workforce development.

### 4- Investment Boost

A new tax incentive allowing 20 percent of new asset costs to be deducted immediately, lifting investment, productivity, wages, and cashflow across the economy.

### 5- Stabilising Disability Support

A \$240 million boost over four years for 7,000 people in residential care. We will introduce a new national pricing

model for consistency and sustainability. Budget 2025 redirects \$21.4 billion in savings to frontline services, with restrained new spending and a surplus forecast by 2028-29. It balances growth and responsibility to help businesses, families, and communities get ahead.



Cameron Brewer MP for Upper Harbour

✉ UpperHarbourOffice@parliament.govt.nz

☎ (09) 416 3249

📍 15/102c Hobsonville Rd

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# Thin blue line turns black and blue

Bullying, intimidation, coercion, harassment, labels applied to NZ Police.

A report released by the Independent Police Conduct Authority labelled NZ Police as having WBullying, Intimidation, Coercion and Harassment culture and related Issues in New Zealand, the Authority found significant elements in some workplaces, and a related negative culture.

“This negative culture did not permeate every workplace”, said Judge Colin Doherty, Chair of the Independent Police Conduct Authority. “The weight of evidence suggests it is confined to particular individuals, workplaces and districts. However, it was sufficiently prevalent to give rise to concern and points to the pressing need for change in management and organisational practice”.

The report identifies seven distinct themes underlying interviewees’ negative experiences: intolerance of questioning or dissent; favouritism and protectionism; marginalisation and ostracism; abuse and intimidatory conduct; sexist and racist behaviour; inappropriate office culture; and lack of empathy and caring. In many instances, the consequences of the bullying behaviour were profound, particularly in terms of the physical and mental health and wellbeing of staff.

Overall, however, the survey supports the Authority’s findings and conclusions. It finds that 40% of respondents personally experienced (as distinct from merely observing) poor behaviour towards them over the past 12 months; 26% had experienced an isolated incident of abuse, bullying or harassment; and 9% had suffered sustained bullying.

“The underlying drivers of the culture reported to us tended to be directly related to the operating environment of policing and the lack of expertise of managers and supervisors, exacerbated by inadequate appointment and training processes”, said Judge Doherty.

“Society has changing expectations and values, and behaviour which would have been regarded as acceptable, or at least tolerated, 20 years ago is now rightly regarded as inappropriate and oppressive. Police are not unique in needing to adapt to changing values.”

The statements made by Judge Doherty have been echoed by many in the North West Community over the last 12 months with many community leaders feeling underwhelmed by Police support, lack of engagement and an organisation that prioritises tickets over long term tangible police benefits. Further feedback suggested Police within the area are under-experienced to make complex decisions or assess appropriate engagement to ensure a favourable community outcome. With NZ Police still endeavouring to meet recruitment targets while bleeding experienced officers to Australia it is unlikely that a remedy to fix the underlying culture and behavioural issues will arrive any time soon. If you have any situations that need to be highlighted please don’t hesitate to communicate them directly to the editor.

# Distance families: Dual passports – an extraordinary gift



Adventure, love, or both often lead Kiwis to settle abroad in their partner’s country. These migrants courageously build new lives far from home.

Their children grow up as locals–accents and all. Grandchildren with Kiwi heritage know they’re “half something else.” Some embrace this early; others grow into it. When young, their identity is usually rooted in the country they live in–which is perfectly natural. Still, the migrant parent and grandparents back in New Zealand often hope the Kiwi connection deepens over time.

One important milestone is gaining a second passport. Not all countries allow dual citizenship, so it’s a special gift. New Zealand does. Young kids enjoy the novelty, but only later realise the value–access to resident university tuition in NZ, cheaper or free medical care when visiting, easier Gap Year options, or faster immigration lines.

NZ passports recently increased to \$247 for adults and \$144 for children. Applications from outside NZ are slightly cheaper, as they exclude GST. Standard processing takes about four weeks.

Urgent renewals, processed in three working days, double the adult fee to \$494 and nearly triple the child cost to \$391. However, urgent renewals aren’t available if applying from overseas. Many countries require six months’ validity on your passport for entry. If you have family overseas, it’s wise to keep your passport current, with that six-month buffer built in. If you need to travel unexpectedly, you’ll be ready.

Helen Ellis is a Hobsonville Point researcher, anthropologist and veteran of Distance Parenting & Grandparenting. Helen is the Founder of DistanceFamilies.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 2025. DistanceFamilies.com



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# Waitakere Forest and Bird talk: Thursday 19th June 7:30pm.

John Dyer on the role of Fish & Game’s management of gamebirds



Recently retired Northern Wildlife Manager for the Auckland and Waikato Fish & Game Council, John Dyer will talk about his experiences and management of waterfowl over the past decades. This includes the annual banding of thousands of grey and mallard ducks, also past banding of paradise shelducks, current aerial monitoring of Canada geese, black swan and paradise shelducks, law enforcement of the Wildlife Act and also freshwater fisheries management.

Venue: Ranui Community Centre 474 Swanson Rd, Ranui. Non-members welcome, join us for supper to chat with like minded people, free but koha appreciated to cover hall hire.

For further information ph Liz 0274 762732

luzanstey@hotmail.com

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# Get your craft on for a good cause

Get your needles, hooks, or sewing machines ready – this May we’re backing Give a Kid a Blanket in their winter mission.

You can knit a square, blanket, jumper or even make a quilt for Give a Kid a Blanket – every handmade item will bring warmth and comfort to those who need it most.

Finished items and wool donations can be dropped off at your local collection station: Orion Point Village, 62 Tahingamanu Rd, Hobsonville.

Let’s come together, craft a little kindness, and make a real difference in our community. You can knit at home, with a friend or join the Community Knitting Group at Headquarters Building on Mondays 3pm – 5pm.

Got spare wool or fabric? Donations are also welcome.

These can be dropped off at either Village or at Headquarters Building, 214 Buckley Avenue, Hobsonville, during office hours. (Mon-Thurs 8:30–3:30pm)



Give a Kid a Blanket





Calling all Knitters!

Help create warmth and comfort for children in need. This May and June, let’s come together as a community to make a difference!

Knit at home, with friends or join a group.

Knit: blanket squares (volunteers love to sew them into a blanket), beanies, scarves, blankets (any size from cot to queen), jumpers etc.



Drop off: Orion Point Retirement Village, Headquarters Building Tues - Thurs, 9am -3pm, or contact community@neighbourhoods.nz

Website/Facebook: Give a Kid a Blanket







# Call for artists: ArtPoint’s 2025 Art Trail opens for submissions 11 June

Hobsonville Point’s favourite creative showcase returns this November.

ArtPoint is calling all local creatives to be part of the 2025 ArtPoint Art Trail, with submissions officially opening on Tuesday 11 June. Set to take place on 8th November, 10am-4pm, this much loved, community-led event celebrates the incredible creative talent across Onekiritea Hobsonville Point.

Now entering its third year, the ArtPoint Art Trail has become a key fixture on the local calendar, attracting thousands of visitors and featuring a vibrant mix of painting, sculpture, ceramics, woodworking, digital art, photography, music, and more.

“We’re excited to open submissions for 2025 and welcome artists at all stages—whether you’re a seasoned exhibitor or showing your work for the first time,” says Abby Storey from the ArtPoint Steering Group. “This is about showcasing the creative spirit of our community in all its forms.”

In 2024, the Art Trail featured over 100 artists, with contributions ranging from backyard studios to curated group shows. The 2025 edition promises to build on this momentum, offering even more opportunities for locals to connect, exhibit, and engage with the arts.

A standout feature of the Art Trail is its inclusive and grassroots nature—run entirely by volunteers and designed to support both emerging and established artists. Special emphasis is placed on student and educator involvement, particularly through partnerships with Hobsonville Point Secondary School.

Submissions will be open from 11 June to 30 August, and interested artists are encouraged to visit [artpoint.co.nz](http://artpoint.co.nz) to learn more about the process and criteria.

Printed maps of the trail will be available on the day from participating venues, with a digital version released closer to the event.

To support ArtPoint’s ongoing mahi, limited edition ArtPoint tote bags featuring the iconic Wasp Hangar roofline logo are available for purchase at

[artpoint.co.nz/product/artpoint-tote](http://artpoint.co.nz/product/artpoint-tote).



# Netsafe New Zealand



At a time when there are discussions about restricting social media to younger children, it’s worth looking at Netsafe’s suggestions to support parents and guardians to help teens navigate TikTok, the popular social media platform that allows users to create, share, and discover short videos. Netsafe is New Zealand’s independent, non-profit online safety organisation. Like many media platforms that publish user generated content, TikTok serves as an outlet for creative expression (through singing, dancing, comedy and lip-synching) as well as political activism, hobbyist and expert content from health to finance, enabling users to share videos within a community or discover new content based on what they already like to watch (using algorithms).

The minimum age for TikTok is 13, and for users between 13 and 15, accounts are private by default. Accounts for users over 16 years old are public by default, meaning anyone on the app can view or interact with the shared content. One can find a lot of entertaining and enjoyable content on TikTok. However, sometimes people post videos that contain distressing content that may not be comfortable to see. TikTok has partnered with Netsafe to create a guide to help parents and teens to work together to develop a safety agreement for watching TikTok. Go to [netsafe.org.nz](http://netsafe.org.nz) to download the TikTok guide.

You can also go to the Adults section on the Netsafe site to find an excellent programme on Media Literacy to learn about topics such as “How can I know it’s true?” “Misinformation” “What can we trust?” and so on.

# “Splashing Colours on the Railway Corridor!”

Local West Harbour artist, Lucia Laubscher, is splashing colours on her largest canvas yet! Late last year, KiwiRail kicked off their pilot project to beautify the railway corridor around Auckland. They identified graffiti hot spots and transformed these eyesores into eye candies with various beautiful murals. Graffiti is a widespread issue across the network, and the aim with this project is to brighten things up with community-inspired murals that hopefully will help prevent tagging.

Five local artists were chosen, and as a West Harbour artist myself, I was chosen to beautify the Henderson site, running between Mt. Lebanon Drive and Sturges Road. My design features fun and vibrant colours, with native fauna and flora scattered throughout the 160-metre-long wall, along with safety messages to encourage people to stay clear of the railway tracks.

I had previously been selected to create a design for one of the Auckland Transport trains in their campaign

centered around safety and railway tracks. My hope is that through using my art to beautify these spaces and spread awareness, it can bring joy to the community and save lives through the messaging.



# Waitakere Grey Power Association

Waitakere Grey Power Association is holding its Annual General Meeting on Friday 27th June 2025 at 12.30 pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South 0652 Auckland. Our main guest speaker will be Kerrin Leoni, Mayoral candidate for Auckland Council Election in October 2025. All members and friends are invited to attend and stay for light refreshments at the conclusion of the meeting. The Grey Power Federation Annual General Meeting is being held at the Brentwood Hotel in Kilburnie, Wellington from 17-19 June 2025 and we will have two delegates attending. Mate Marinovich, President, Waitakere Grey Power Association, Office, 247 Edmonton Rd, Te Atatu South





## Big year for the West Harbour Community Patrol



The CPNZ Patrol has just held its AGM and the reports for the previous 12 months have been one of the biggest since the inception of the Community Patrol nine years ago, then named Massey Community Patrol. A total of 14,212 kms were clocked up on the two patrol vehicles. The volunteer patrols gave 1620 hours of patrol time. Eight new patrollers have joined the Patrol in that 12 month period, which is very encouraging after Covid had hit most volunteer organisations very hard. The answer from the majority of the new recruits as to why they wanted to join was “I want to give back to my community and make it a safer place to live and work”. The Patrol has worked very closely with the NZ Police and Neighbourhood Support Waitakere in several community projects and events. Safer Plates is a monthly event where number plate screws are changed out to tamper resistant screws. Patrol members were also mobilised at the call for assistance to join in the search for missing persons. The next 12 months looks to be even bigger with more volunteer patrollers, equating to more patrols out across the west. A specialised vehicle joins the fleet in July, giving us more capacity to carry required equipment for a variety of situations. Patrollers will continue to receive further training and education from our partner emergency organisations. Come along to meet the team and learn more about CPNZ at this month’s Snow In The Park at the Royal Reserve, Massey on Saturday 14th June. If you want to contribute to your community welfare, email [join@cpnzwestharbour.org.nz](mailto:join@cpnzwestharbour.org.nz) and we will send you all the details.

## Lincoln Heights School

At Lincoln Heights School, kai is more than food – it’s a living philosophy grounded in culture, connection, and care for the environment.

With support from Healthy Families Waitākere, the school has embraced the Mana Motuhake o te Kai (MMotK) framework as part of its journey through Kāhui Māra Kai – a wider movement to embed food sovereignty and local leadership in everyday spaces. The school’s mārakai (food garden) has become a vibrant outdoor classroom where tamariki learn to grow, harvest, and care for the whenua – deepening their connection to whakapapa, leadership, and kaitiakitanga. “It’s not just about what tamariki learn – it’s about the values they carry and the relationships they build with the whenua, their communities, and their culture,” says kaimahi Augustine Kopa, who supports the kaupapa alongside teacher Jen Harris.

Now in its fourth year, the initiative is thriving. After a recent wānanga with Christian Curtis, Systems Innovator at Healthy Families Waitākere, the school is expanding its use of MMotK beyond the māra kai. Under Harris’s leadership, the environmental group has grown to over 60 students. Together, they care for the local Huruhuru stream, exploring ecosystem health through both western science and te ao Māori. “We’re nurturing a connection to whenua and to one another,” says Harris. The school now looks to deepen its connections with iwi, kaumātua, and community experts to further ground the kaupapa in local mātauranga.



## Off-leash dogs on sports fields pose serious risk to children and players



A recent dog attack during a football training session at Tahurangi / Crum Park has highlighted the serious risk off-leash dogs pose to our communities. A young girl, watching football training with family members, was attacked by an uncontrolled dog. She will be left with a large scar and a life-long traumatic memory because of this preventable incident.

Auckland Council’s General Manager for Licensing and Compliance, Robert Irvine says this is not an isolated incident and off-leash dog attacks on sports fields are on the rise. “Similar situations have occurred at other sports grounds where off-leash dogs have rushed at junior players during training. Week after week, dogs are walked off-leash across Auckland’s sports fields while children train, play, and compete; an attack can and does happen so quickly when there are kids running around and a dog is off leash. This behaviour not only puts children and adults at risk of injury, but it also degrades the quality of our fields. Dog fouling on sports grounds is a persistent problem – one that poses health risks and ruins the experience for players.”

Chair of the Regulatory and Safety Committee Councillor Josephine Bartley, herself a dog lover and owner, says it’s unacceptable to have dogs running uncontrolled across our playing fields. “Dogs must be always kept under control near playing fields. This sort of thoughtless behaviour has serious consequences; let’s keep our sports grounds safe, clean, and enjoyable for everyone.”

Auckland Council’s regional rule states that dogs are not allowed on most sports playing surfaces at any time. This includes marked football pitches. These areas are for organised sport and recreation – not dog exercise. Dogs may still be allowed away from playing surfaces, including on a leash on the sidelines when sport is being played.



## Microplastics

We are surrounded by plastic. It’s a light, flexible and durable wonder-material, and has revolutionised our world. Our food and drink comes in it, household items are made of it, our floors are covered in it, we wear it. Plastic appears inert, but in fact the over 9000 types of plastics we now have contain a myriad of chemicals, which can leach out.

New research is concerning. Microplastics have been found in human lung tissue, breast milk, placental tissue, and blood. Studies on mice show that microplastics cause inflammation, damage the gut microbiome, lower sperm quality and testosterone levels, and impact learning and memory. Research on the effects of plastics in humans is only beginning.

There’s no point panicking, but there are things we can do to reduce our exposure:

- Dust and vacuum regularly and ventilate your home well. Next time you need to change your carpet, get wool instead of synthetic. Use an air purifier if you have one.
- Avoid personal care products that contain microbeads. Try to buy clothes made of natural fibres such as wool, cotton and linen, instead of polyester and acrylic.
- Don’t heat food in plastic containers in the microwave, even if the label says it is safe. Keep plastic out of the dishwasher. Avoid bottled water and leaving plastic drink bottles in the sun.
- Reduce your plastic consumption – choose other types of packaging, or shop at the bulk food store.

In time we will find out more about how microplastics will affect us. Meanwhile, we can all do our bit to reduce the number of microplastics entering our environment, and our bodies.

Microplastics found in human blood for first time


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Ryman resident, Suellen,  
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