

September 2025

# The Westerly

FREE monthly community magazine  
for Massey to Hobsonville Point



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

**Taste Bakery & Roast  
wins gold. Unit B11/192  
Universal Dr, Henderson**





# Greetings

Smiling is contagious. Smiling is also easy, free, and good for you, recent research has proved this. Smiling has never been more important than in today's busy world as we navigate the ups and downs of daily work and tasks, gratefully accepting a reassuring, caring, and warm smile. The smile is unlike any other form of interaction among humans, but of immeasurable value and universally one of our first forms of communication, innate, instinctual and doesn't need to be learned. It's reported that people can identify people by their smiles from a distance of 100 metres.

People who are born blind show the same smiles as sighted people in the same situation, indicating that it's a natural response to pleasant feelings. You don't learn how to smile, it's pre-programmed behaviour. Researchers found that speakers smiled more when listeners smiled, especially in same-sex interactions, indicating that mutual smiles foster warmth and comfort. A friendly smile when meeting someone new can ease nervousness. A smile can soften tension in a debate, showing respect among the participants despite disagreement.

The act of smiling can stimulate the brain's reward mechanisms with release of feel-good hormones and improve mood, even if things aren't going well. However, if people feel pressured to smile to appear happy when for emotional or cultural reasons smiling does not match their feelings, this may create negative reactions.

Welcome to September's Westerly. This month we will discover why individuals would like you to vote them on to the Local Boards next month so we should consider what they are offering to our communities. There is a wide range of topics here for many interests, general community news, food ideas, health & beauty, home and garden, and all aspects of property care, including Graham's report of what's happening in the property market. Enjoy the views covered by our area columnists.

Read about other local activities, such as community gardening, a film festival, or circus fun during the school holidays. Please follow up our advertisers, and let them know that you saw their details in the Westerly.

Enjoy September in our corner of West Auckland.

John, Editor.



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

## Taste Bakery and Roast wins gold – again

Taste Bakery and Roast, located in the heart of Lincoln North Centre, has just earned another Gold Award – this time for their mouthwatering Steak & Gravy Pie at the 2025 NZ Bakels Pie Awards.

This marks a remarkable three-year winning streak:

2023 – Gold for Bacon & Egg Pie

2024 – Gold for Mince & Cheese Pie

2025 – Gold for Steak & Gravy Pie

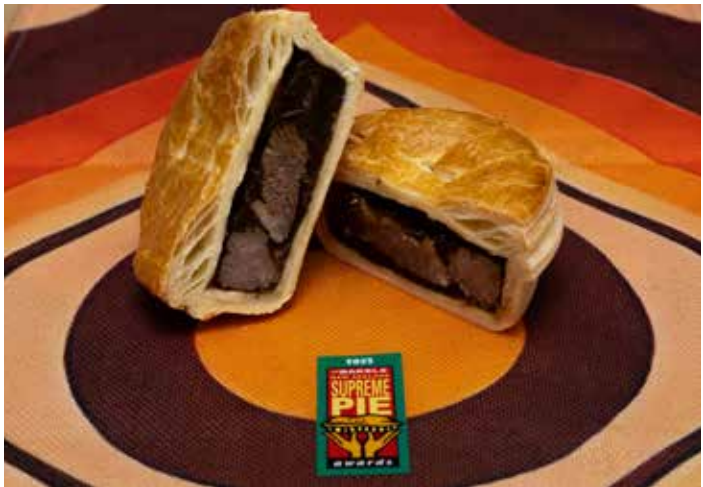
In addition to their gold medals, the bakery has collected numerous Silver, Bronze, and Highly Recommended awards, cementing its reputation as one of New Zealand's top pie destinations.

But it's not just about trophies – Taste Bakery and Roast has won the hearts of everyday Kiwis and food lovers nationwide. Popular internet personalities Jimmy Jackson and Steven Setu both hailed the bakery's Mince & Cheese Pie as the best in the country, bringing even more attention to this local gem.

From flaky, golden pastry to rich, flavour-packed fillings, every pie is made with passion, care, and top-quality ingredients. Whether you're after a classic mince pie, a hearty steak option, or something for breakfast on the go, there's something at Taste to satisfy every craving.

Locals already know the secret – now it's your turn to taste the difference.

Come visit Taste Bakery and Roast at Lincoln North Centre, Unit B11/192 Universal Drive, Henderson, Auckland and see why they're stacking up gold medals – one delicious pie at a time.



**TASTE**  
BAKERY & ROAST

**Sok Heang Nguon**  
Owner | Taste Bakery and Roast

☎ +64.021 1081 481  
✉ [nona.ke1@gmail.com](mailto:nona.ke1@gmail.com)  
📍 Unit B11/192 Universal Drive, Henderson, Auckland 0610





# Success dances in the family



There are three young women from West Auckland, all from the same family, who have something to celebrate this year. Taylor Waters has been selected to tour Japan, representing New Zealand on the world stage with 50 other dancers from around the world. Taylor, age 18, is no stranger to dancing internationally, having performed and competed in the US throughout her young life. She is primarily a tap dancer, one of the country's best, having just won a scholarship to the Australian Tap Festival, but also dances Hip-Hop, Jazz, Ballet, Musical Theatre and Contemporary. Her younger sisters, MacKenzie (16) and Peyton (14), are no strangers to dance success either. Mackenzie recently successfully auditioned for the Dance programme at the Brent Street and Ev and Bow schools in Sydney, and Peyton won a place in the Brent Street summer programme. Brent Street is one of Australia's top institutions, the home of the Amazon Prime show Dance Life. All three sisters were awarded top International Dance exam marks across a range of styles. Between them, they got 100% in 5 dance exams in 2024. On top of being excellent dancers themselves, the three sisters are supporting younger dancers to follow in their footsteps. Taylor, who teaches dance at her studio, Dance24Seven in Northwest, loves seeing her students succeed. "The absolute best feeling is seeing the wins in the studio with my students. From seeing them become close friends, helping them nail tricky combinations after putting effort in, to seeing the students perform with passion on stage at the end of year show. These are the moments I love." Dance24Seven offers classes in Hip Hop, Jazz, Ballet, Tap, Musical Theatre, and Contemporary.

Check out [dance247.co.nz](https://dance247.co.nz) now to book in your free trial class and join the Waters sisters on the dance side.

## Join Us

Register your child for their free trial dance class now visit [dance247.co.nz](https://dance247.co.nz)



Dance 24 Seven  
12 Kawakawa place, Northwest

# Worksafe NZ workplace inspections 2025



WorkSafe NZ has announced plans to recruit up to 60 new health and safety inspectors in 2025 to address New Zealand's high rates of workplace harm. This will inevitably mean more site inspections.

## How inspections are selected

Organisations may be chosen for inspection based on:

- Regulatory notifications
- Public, industry, or other regulator concerns
- ACC claim trends
- Compliance history
- Type of operation
- Local or specialist inspector knowledge

Past poor performance, deliberate non-compliance, or specific complaints (often from neighbours or ex-employees) can also trigger visits. "Random" inspections are rarely without a reason.

## What happens during an inspection

For SMEs, visits typically last 1-2 hours. If no issues are found, the file is closed. Where non-compliance with the



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

securo

Health and Safety at Work Act 2015 (HSWA) is identified, WorkSafe may take one of the following actions:

- Directive Letter - Confirms the duty holder is aware of an issue and already has an action plan (e.g., health monitoring for dust/noise).
- Improvement Notice - A formal order to fix a risk within a set timeframe, publicly displayed on site. Failure to comply can lead to shutdowns and further enforcement.
- Enforceable Undertaking - A binding voluntary agreement to address a breach, requested by the duty holder and approved by WorkSafe.
- Prosecution - Considered in cases of serious harm, reckless disregard, unlicensed work, or major safety case breaches. Decisions involve both operational and legal review.

## Our advice

If WorkSafe contacts you for an inspection, notify your Securo consultant before confirming a date. We can assist with preparation, hazard management, and health monitoring. Email John Riddell [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or call Securo head office on 0800 55 33 44.

# Massey Community Men's Shed: A place for growth and camaraderie

Nestled in the Royal Heights Shopping Centre, Massey Community Men's Shed is more than just a workshop - it's a vibrant, welcoming space where men of all ages and backgrounds come together to learn, share, and grow. Whether you're a seasoned craftsman or someone who's never picked up a tool, the Shed offers a unique opportunity to explore new skills, swap stories, and work shoulder to shoulder on personal or community projects, all while enjoying good company and a few

laughs. Retirement and downsizing can be challenging. Many retirees find themselves isolated, or without their personal workshop, and the shift to being at home all day can create what some call "underfoot syndrome." Men's Sheds provide the perfect escape, offering a new space to tinker, create, fix things, and connect with like-minded blokes. Our workshop has tools and materials for our members interests, including woodwork, electronics and computers, 3D printing, DIY, inventing, and much more. Everyone is free to have a go, with no judgement - only encouragement and support. It's a place where accountants learn from builders, and plumbers learn from computer programmers. Everyone discovers new talents they hadn't had the chance to explore during their working life. Membership is only \$100 a year. We undertake projects for early childhood centres, community gardens and environmental groups, within the shed and out in the community. Our small shop, 'Works End' offers refurbished tools and household items. Come along to any of our open sessions to see what we're all about. We also invite you to our Open Day on Saturday September 27th. Bring your partner, dad, brother, son or uncle and see first hand what makes Massey Community Men's Shed special.



## MASSEY COMMUNITY MEN'S SHED

Build Share Connect

A community workshop where men can build, fix, and share practical skills while working on projects. A friendly place to socialise, learn new skills, and enjoy hands-on projects.

### OPEN DAY

Saturday 27 September  
10am - 1pm

### VISIT US

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[www.masseymensshed.org.nz](https://www.masseymensshed.org.nz)



# Celebrate Father’s Day with fun, fitness, and family at Love Tennis Open Day



This Father’s Day, Sunday 7th September, West Harbour Tennis & Pickleball Club invites you to join the annual Love Tennis Open Day—a vibrant celebration of sport, community, and connection.

Whether you’re a seasoned player or have never picked up a racquet, this is your chance to experience the joy of tennis and pickleball in a welcoming, family-friendly environment. The day promises something for everyone:

- Free coaching sessions for kids and adults
- Pickleball demonstrations and trial games
- Fun and social tennis matches
- Lucky draws with prizes including free club membership
- Exclusive discounts for those who join the club or sign up for group coaching on the day
- Free BBQ to keep the energy up
- Beginners welcome—racquets and bats provided. 10am to 2pm

Bring your friends, bring your family, and bring your enthusiasm. Whether you’re looking to learn, play, or simply enjoy the atmosphere, West Harbour Tennis & Pickleball Club is the place to be this Father’s Day.

## Mountain Film Festival

Let’s make it a day to remember—on and off the court. A reminder that for Friday 12 September, come to the beautifully refurbished, historic Sunderland Lounge in Hobsonville Point for a NZ Mountain Film Festival Evening like no other. Featuring two hours of seven NZ-made award-winning films. Doors open 6.30pm, Evening commences 6.45pm. Ends by 9.30pm. Free popcorn provided. Early Bird tickets just \$10pp before 8 Sept (under 5’s free) – purchase through [www.neighbourhoods.nz/mountainfilm](http://www.neighbourhoods.nz/mountainfilm) Door sales \$15pp (if not sold out prior)

# Collaborative leadership: Auckland needs team players, not lone wolves



Opinion by Linda Cooper MNZM, candidate for Waitakere Ward – Auckland Council and Henderson- Massey Local Board

Leadership in local government isn’t about being the loudest voice in the room, it’s about listening, building relationships, and getting things done together. In a city as diverse and complex as Auckland, the era of the “lone wolf” leader is well and truly over.

Councils, boards, and community organisations don’t function on ego. They thrive on collaboration. Real results come when leaders bring people together, work through differences respectfully, and focus on shared goals. Communities don’t benefit from grandstanding, they benefit from practical, inclusive problem-solving.

When leaders choose to criticise or berate others, especially staff or colleagues, they often find themselves isolated and ineffective. In contrast, those who respect process, treat people with dignity, and know how to collaborate are the ones who deliver for their communities.

Aucklanders want solutions, not drama. They want parks maintained, footpaths fixed, community events supported, and housing progress made. None of that happens without teamwork across departments, agencies, and elected officials.

Effective leaders know their strengths but also know they can’t do it all alone. They draw on the knowledge of others, listen to local voices, and build trust. That’s what gets budgets passed, projects delivered, and progress made.

It’s not about being soft, it’s about being smart. Collaborative leadership means leading with humility, respect, and a focus on service, not spotlight.

As we head into another cycle of local body elections, let’s remember: strong communities need strong teams and that starts with leaders who are ready to roll up their sleeves and work together.

**Vote Linda Cooper – Backing the West.**



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-  **Works With, Not Against**  
Collaborates to get things done — no drama, just delivery.



Authorised by L. Cooper 41 Renoir St, West Harbour, 021 440 281

Thank you for voting



# Why council local body elections matter

Opinion by Joseph Erceg, Candidate for Henderson-Massey local board.



Every three years, Aucklanders get the chance to elect who represents us on our local boards, council and licensing trusts. These elections often take a back seat to national politics, reflected in the low voter turnout of around 35%. With little coverage in newspapers or TV news, they are not front of people’s minds, but they can have more impact on our daily lives than

Wellington politics.

Who finds smarter ways to keep down rates and the cost of living or decides if the area finally gets a pool? Who pushes for better transport options or more local jobs so commutes are shorter? These decisions are made by the people we choose for local office.

Low voter turnout means everyday decisions are shaped by a small slice of the community. If you do not vote, you are effectively letting someone else decide your future and how you live. Local election issues are not just about the latest cycle of media outrage talking points. They

are about what kind of city we want and the direction we take. Do we have infrastructure for growth? The parks, the stormwater, the transport? Are our streets safe, with strong, vibrant communities?

That is why election engagement matters. Yes, it can be a minefield to read through candidate statements, and they can sound “same-same.” But take time to look deeper. Do they have the experience, knowledge, passion and commitment for this important governance role? Community centres, footpaths and parks don’t have political allegiances to Wellington, decisions about them should be made by the community. Step beyond political party lines and ask who has the skills to make practical, balanced decisions and bring fresh ideas.

The choice to vote is yours. Have your say or let others decide how you live.



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## Safer Community

# FIRE, FIRE, FIRE



It’s a good idea to talk to your children about fire safety, how to avoid starting fires, and what to do if there’s a fire in your home.

Children as young as five can learn what to do in a fire emergency. This is lifelong learning that they will take into adulthood. Children also need to understand that fire can be dangerous.

### Talking about what to do in an emergency

If a fire starts in a room, a person has about 3 minutes to get out before the room is engulfed in toxic smoke or flames that will kill them.

Teach your children to get out and stay out if there’s a fire. If they see a fire or hear a smoke alarm, tell them to:

- Get out of the house FAST (using your escape plan)
- Shout “Fire, Fire, Fire!”
- Go to the agreed safe meeting place

### Talking about fire

When talking about fire, children might ask about people dying in fire incidents. You should provide truthful answers without making the child afraid.

You can tell your child about firefighters and how they rescue people in fires. However, sometimes firefighters might not arrive in time to rescue everyone. A fire can also be burning so fiercely that it’s not possible to rescue people.

That’s why it’s so important to have smoke alarms and an escape plan to know what to do in a fire. Remember, get out, stay out.

### The Get Firewise programme

Get Firewise, is an in-school programme that centres around fire safety for children. Fire and Emergency have developed this course as it uses best practices in teaching safety information to 5 and 6 year olds.

Many children come home excited about what they’ve learned in the Get Firewise programme. You can use this as an opportunity to discuss fire safety around your home.

### The programme encourages families to:

- carry out fire safety checks and prevent fires starting
- install smoke alarms in hallways and living areas, allowing early warning

- develop escape plans that include determining two ways out of every room and establishing an agreed family safe meeting place

- practise getting out of all the rooms in the house and meeting at the safe meeting place

At Waitakere Fire Brigade we are active in assisting our local Pre-School and young School Pupils easy access to our station, appliance and crew to ensure fire safety messages are understood and communicated back to their family.

### Information about fire

For a fire to burn it needs:

- Fuel
- Heat
- Oxygen

Heat from a match, burning cigarette, the stove, a heater or an over-heated electrical circuit

Oxygen from the air in the room

If one of these is not present, the fire will not start. If one of these is removed, the fire will go out. A fire in a wood burner will go out when all the wood has burnt because there is no more fuel. A camp fire can go out if it rains as there is not enough heat to keep the fire burning. A pot lid put on a burning pan puts the fire out because it deprives the fire of oxygen.

### Safe Fires

A safe fire can be described as a fire that is:

- Lit in a suitable place, for example, in a fireplace, a barbecue or an incinerator
- Not so large that it is out of control – which usually means the amount of fuel is controlled
- Being watched and controlled by a responsible adult

### Unsafe Fires

An unsafe fire is a fire that is:

- In the wrong place, for example, a fire in a chip pan, a fire in a bed or chair, a rubbish fire that is too close to a house or near trees or dry grass
- Out of control, burning fast and using more and more fuel
- Burning without people knowing about it or without people watching it and controlling it
- Placed where people, especially young people or the elderly, could fall into it or touch it and get burnt. For example, an open fire or wood burner that does not have a guard that will stop children or adults falling on it and getting burnt.

The fuel is the substance that is flammable or can burn (for example, wood, fabric, glue, petrol, rubbish, grass, trees and people). The fuel can be a solid, liquid or gas.

The heat can be:

- Direct flame (for example, lighter, candle, match or open fire)
- Radiant heat or heat that is radiated across a space from the source of the fuel but is strong enough to ignite a fuel (for example, heat from an electric bar heater, glowing paper, some distance away or the sun burning our skin)
- Conducted heat or heat that is transmitted from one object to another by direct contact (for example, a hot spoon after it has been in a container of hot food or a poker in a fire)
- Connected heat or heat that is carried through air currents (for example, hot air carried through the air from a bush fire to start another bush fire some distance away)

The oxygen comes from the air.

For a fire to start in a room in a house there must be:

- Fuel or something to burn, for example, paper or fabric

If you would like to engage, and are looking for a starting point, call me and I will point you in the right direction

Call Graham McIntyre, Phone 0276 320 421 or email [graham.mcintyre@fireandemergency.nz](mailto:graham.mcintyre@fireandemergency.nz)

Graham McIntyre,  
Chief Fire Officer –  
Waitakere Fire Brigade





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# Senior pets need love too



As our beloved pets age, their needs begin to change—just like ours do. Senior cats and dogs often experience health challenges that can quietly affect their comfort and quality of life. One of the most common issues is arthritis, which causes joint pain and stiffness. You may notice your pet slowing down, hesitating to jump, struggling with stairs, or showing stiffness after resting—especially during colder weather.

Pain in pets can be subtle. Dogs may seem “just a bit slower,” while cats might stop grooming or retreat to quiet places. They rarely cry out, so it’s important to know what to look for. Limping, licking at joints, a change in posture, or reduced interest in play can all be signs of discomfort.

There’s a lot we can do to keep our older pets comfortable and happy. Regular veterinary check-ups—at least once every six months for senior pets—can catch problems early. Conditions like arthritis, endocrine problems, dental disease, kidney or liver issues, weight gain, or even early signs of cancer are all more manageable when caught sooner rather than later.

There are safe pain relief options available for arthritic pets, along with joint supplements, therapeutic diets or physiotherapy options. Simple changes at home—like warm bedding, non-slip mats, or ramps—can also make a big difference.

If you have a senior pet at home, take a moment to observe them closely. Are they moving differently? Eating less? Avoiding activities they once loved? These could be signs that they need a little extra support.

Aging is a natural part of life, and with the right care, our senior companions can enjoy their golden years in comfort and with dignity. They’ve given us their best—now it’s our turn.

Dr Gary Duggal  
Huapai Vet Clinic

**Dr Gary Duggal (BVSc)**

☎ (09) 412 2223  
📍 371 main road, Huapai  
✉ Huapaivet@gmail.com

# World challenge tag paintball



Come down to world challenge tag paintball on Ararimu valley road and discover freshly painted art and exciting gameplay.

Matt has worked tirelessly on the paintball fields for the last few years and has been upgrading and improving the various obstacles and barricades to keep things interesting for players.

A couple of months ago he was approached by Stefan, a young artist working under the name RVST ART who was looking for opportunities to improve his skills and showcase his work.

Matt was keen to spruce up the plain gray barricades with some cool new murals, so Stefan began with one field. After the first, they agreed on doing a vibrant aztec theme for a field of wooden pyramids.

The finished area features fierce south american jungle animals in a geometric, colourful style which matches the wild energy of a paintball or airsoft game perfectly.

Stefan has been making art since birth, but has ramped up his passion over the last 3 years into an ever-growing body of work including murals, standalone pieces, commissions, stickers, 3D artworks, and much more.

If you are keen to get some eye-catching, energetic, and unique art for your home or business you can reach him: instagram: @rvst\_art Facebook: RVST website: RVST.SHOP

This is a “must see” so get your mates together for a fun adventurous round of paintball so you can experience this in real life!! Stay tuned - more murals will be popping up shortly at the field.

**Paul Miller**  
Freedom Drivers Hobsonville

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# What do I do when someone dies?

Historically, many people have contacted the Police which for many deaths is not required. The Police should only be contacted in situations where a sudden, and unexpected death has occurred; in other words, a person who was not expected to die to due to illness suddenly dies or the death is because of an accident. The Police will attend, they will take statements from those present and will check with medical professionals who are known to the deceased to ensure that the death is unexpected Where it is confirmed there is no medical professional able to identify the likely cause of death due to the deceased’s medical history, the death is then likely to be placed under the jurisdiction of the Coroner to determine a probable cause of death. The coronial examination can take a few days, and it is during this period that the family can start working a funeral director to make plans for a suitable farewell.

When someone dies following a known illness or known medical event, there is no requirement for Police involvement. All that is required is two phone calls, one to the deceased’s regular medical attendant (Doctor) or Hospice is under their care, the other your chosen funeral director. The Doctor will need to issue a medical cause of death certificate, and if the deceased is to be cremated necessary cremation certification. Note, there is a requirement for the doctor to sight the body after death where a cremation is to occur. Funeral Directors will always wait to receive confirmation that the doctor has completed such certification, or that the doctor has agreed to the transfer taking place with the certification

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requirements being completed at the funeral home prior to any transfer activity takin place.

The most important thing is to slow down; there is no hurry. Your Funeral Director will guide you seamlessly through every step of the process.

Do you have a question or topic you would like us to cover? We would welcome your sending feedback to mike@davisfunerals.co.nz



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## Tamariki me Rangatahi | Children and teen events at Te Manawa



Te Manawa, 11 Kohuhu Lane, Westgate 0814.

Our preschool and after-school programmes will be running right through to Saturday 20th September 2025 – just in time for the September/October school holidays to begin.

Get ready for an exciting school holiday time at Te Manawa. We're bringing you an action-packed line-up of incredible STEAM plus events and hands-on activities the whole whānau will love.

Keep an eye on Te Manawa's social media and grab our upcoming school holiday handout for all dates, times, and details – you won't want to miss a thing.

Facebook: TeManawaAC

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

## 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). You can also email – volunteers: [volunteer@thenzcatfoundation.org](mailto:volunteer@thenzcatfoundation.org). nz donations: [info@thenzcatfoundation.org](mailto:info@thenzcatfoundation.org).

## Crescendo

Crescendo has recently opened at Te Puna Creative Hub in Henderson, Auckland. Offering everything from song recording to sound design, podcasting and music production lessons and even film and photography capture and editing. It's never too late to try something new, so if you've always wanted to have a song recorded in a professional studio, start a podcast or learn music production Crescendo's experienced engineers can guide you through the process.

Crescendo is a social enterprise that uses music to engage marginalised and disconnected rangatahi/young people, empowering them with industry skills and experience and seeing them carve their own meaningful pathways in the world. Crescendo is focused on empowering youth with a powerful combination of wellbeing, technical and employability skills, preparing young people for the future of work in the gig economy and connecting them to employment pathways in the creative industry; an industry with over 57,000 jobs in Tamaki Makaurau/Auckland alone.

Crescendo's youth programmes bring people together over common themes of music and creativity. Over 10 weeks, youth work with industry mentors on a mix of 'power skills' (self confidence, resilience, wellbeing) and course specific skills culminating in a graduation concert at Te Puna's Kōmanawa Theatre.

We are innovating in the charitable sector by operating as a social enterprise. The combination of our Charitable Trust combined with our Commercial Music Studio allows us to stay committed to sustaining our impact model whilst growing our income diversity stream, and providing a direct pathway for youth employment. We operate a commercial music studio, Crescendo Studio, delivering audiobooks, podcasts, sound design and music production projects. State of the art facilities that we are keen to hire out and offer community rates.

To find out more about Crescendo's recording services, please contact

[studio@crescendo.org.nz](mailto:studio@crescendo.org.nz), call 021 0902 7816, or visit [crescendo.org.nz](http://crescendo.org.nz)



## 'Getting to the Guts of it' within 7 working days for your Peace of Mind



Let's be honest, a Colonoscopy probably isn't topping your list of "fun things to do." The thought of the procedure, the preparation, and the waiting can often feel

overwhelming. But it's a small step that can make a big difference to your health, your future, and you and your family's peace of mind.

Early detection often leads to better outcomes, and we understand that waiting for a procedure can be a stressful and uncertain time on top of any symptoms. Hence we have been working really hard to solve the problem of timely access and are proud to be able to offer confirmed appointments within 7 working days for most standard Colonoscopy and Gastroscopy procedures, when you let us match you with the availability of our 19 experienced Specialists.

With a focus not just on reduced wait times, but also on providing exceptional endoscopy care – a valid

question might be, "is a Colonoscopy, just a Colonoscopy anywhere?". At Waitemata Endoscopy, we regularly undertake audits of our Colonoscopy quality against international standards for every Endoscopist in our Group. Against key performance indicators for clinical quality including polyp detection rates (for abnormal growths), our results consistently exceed these benchmarks by 10-15%. So, the decision is yours, in terms of who you would prefer to perform your Colonoscopy if you have to have this procedure ideally just once!

Just as important as clinical quality, the quality of our patients' experience of our care also matters to us. From the results of our most recent patient survey, over 99% of responses said that they would recommend us to their family and friends if they needed an endoscopy, which reflects our dedication to excellence and passion for what we do.

From our bookings team, to our endoscopy nurses, and experienced team of Gastroenterologists and Surgeons, our team is passionate about supporting you through each stage of your endoscopy procedure with empathy and professionalism. So, take action for your health, and let us help you 'get to the guts of it' within 7 working days for your peace of mind.

To take a video tour of our Clinics and the patient journey, head to our website at [www.waitemataendoscopy.co.nz/](http://www.waitemataendoscopy.co.nz/) locations of what to expect at

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

Ngā manaakitanga (best wishes).

Sarah McNamara Quality Coordinator, Waitemata Endoscopy

# WE

are dedicated to exceptional patient care

With increased capacity, Waitemata Endoscopy is able to offer timelier access to a group of experienced Gastroenterologists and Surgeons

**Appointments are available within 7 working days for most Colonoscopy & Gastroscopy procedures by matching you with the availability of our experienced 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)

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a joint venture with

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Healthcare

**URGENT APPOINTMENTS AVAILABLE**

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# Food & Beverage

## ‘Tis (almost) the Season at The Riverhead

It might still be a few months away, but Christmas has a way of sneaking up on us. One minute you’re enjoying short winter evenings, and the next you’re knee-deep in tinsel, humming along to Mariah Carey, and wondering how the year flew by so fast. That’s why now is the perfect time to get those festive plans sorted - before the December rush begins.

The Riverhead is a gem of a venue for end-of-year celebrations. Overlooking the water, with a mix of indoor and outdoor spaces, it offers a relaxed country feel. Whether it’s an intimate team lunch, a lively evening with colleagues, or a client thank-you event, the options are flexible. The Boat House can be hired privately for larger gatherings or shared with other smaller groups for a more casual vibe. On-site

catering, riverside views, and even the option to arrive by ferry (tide-dependent) make it a memorable spot for work parties and festive get-togethers alike.

Of course, Christmas Day itself is something special at The Riverhead. Skip the stress of cooking - and cleaning - and let their team handle it. The Landing Restaurant offers a peaceful, 3 course degustation menu at \$130 per person. The Boat House, where the festive spirit runs high - suits the whole family and the buffet is back by popular demand - this year with the addition of a children’s buffet.

From shared platters and seated menus to live music and custom cocktails, The Riverhead delivers an effortless mix of good food, good company, and a dash of holiday magic. Just don’t leave booking too late - after all, Christmas may be months away, but those coveted tables won’t stay empty for long.



**Christmas**  
at The Riverhead

Book your  
Christmas Function or  
Christmas Day Lunch  
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Everything you need to know about property

# Property

## Hub

**Mitre10 MEGA  
Westgate**

Property Hub



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Property Market  
Home & Garden



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

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## Property News

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### Upgrade your kitchen in time for summer hosting



Summer in New Zealand is all about sunshine, great food, and time spent with friends and whānau. If you're planning on playing host this season, now is the perfect time to give your kitchen a refresh. Whether you're looking for a full renovation or just a few smart upgrades, the right improvements can make summer entertaining a breeze.

Start by thinking about functionality. A well-organised kitchen with plenty of bench space, clever storage, and the right appliances makes cooking for a crowd much easier. Consider upgrading to energy-efficient appliances that not only perform better but also help keep your power bills down over the busy holiday season.

Fresh surfaces can instantly modernise your kitchen. New benchtops, splashbacks, or cabinet handles can transform your space without the need for a complete overhaul. Lighting is another easy win—bright, well-placed lights make food prep easier and create an inviting atmosphere when the sun sets.

Don't forget the flow between your kitchen and outdoor areas. With summer weather calling everyone outside, creating a seamless connection between your kitchen and entertaining spaces means you can be part of the action while preparing food. Outdoor dining sets, BBQs, and stylish servingware can help make your place the go-to spot for gatherings.

From practical kitchen fittings to stylish finishing touches, Mitre 10 MEGA Westgate and Henderson have everything you need to get your home ready for summer entertaining. Whether it's a quick upgrade or a major transformation, you'll find the tools, materials, and inspiration to make your kitchen the heart of the season's celebrations.

**Make this summer one to remember—starting in your kitchen.**

### Make the most of Interest rate cuts in your mortgage repayments

With interest rates trending down, many homeowners are asking: Should I reduce my repayments or keep them the same?

Let's unpack how to make the most of falling interest rates – whether you're coming off a higher fixed rate or considering a strategic refinance.

Do you maintain repayments and pay off your mortgage faster?

Reduce repayments and free up cashflow?

Maintaining the same repayment level despite lower interest rates, can help you pay your loan off faster, leading to substantial savings on interest costs over time. I can show you your potential savings very easily – you'll be amazed.


You will also be better positioned to weather future interest rate hikes, as a smaller loan balance means lower interest costs.

Break your current fixed rate and refix at a lower one?

If you have already locked in a higher rate, you might be wondering whether it's worth breaking this term to refix at one of the lower rates now available.

Before making a decision, it's important to talk to a Mortgage Adviser to perform a cost-benefit analysis, as breaking a fixed-term loan can incur a break fee which could negate any potential savings from switching to a lower rate. I can calculate whether the savings from the lower interest rate over the new fixed term would outweigh the break fee and any other associated costs that come along with it. Every option has pros and cons depending on your goals, cash flow, and long-term plans. That's where working with a Mortgage Adviser can give you the edge.

**Let's Chat. Stephen Massey – Mortgage Adviser and Re-Fix Specialist, Call or Text 021 711 444.**



Loan Market

**Stephen Massey**  
Mortgage Adviser  
[stephen.massey@loanmarket.co.nz](mailto:stephen.massey@loanmarket.co.nz)  
021 711 444  
**Let's chat.**



## September property market report



Owners are becoming realistic that house prices are not bouncing back to 2021 levels.

The latest figures from Trade Me Property suggest people selling their homes appear to be becoming more realistic in their price expectations.

The national average asking price of residential properties advertised on Trade Me Property was \$821,750 in July, down by 1% compared to June.

In the greater Auckland market the average asking price dropped below \$1 million for the first time since September last year to \$989,250 in July.

That's down by \$17,000 (-1.7%) compared to June and the average Auckland asking price has now declined by \$68,050 since March.

There is often a dip in prices over winter, however this year's dip in Auckland's asking prices could be more prolonged than in previous years.

This dip has occurred earlier than last year, suggesting that we may see a more prolonged period of prices below the \$1 million threshold in 2025,

In selected areas in the North West the biggest price decrease has been felt in townhouse developments where the lack of parking and garaging, the cost of body corporate or laneway fees push up the operating costs of a property forcing buyers to consider the purchase price and the monthly costs as part of the decision.

Properties that are independent and unique are still holding good value and attracting buyer engagement

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



**Raine & Horne**

**Graham McIntyre**  
Licensed Agent  
Kumeu | Hobsonville



027 632 0421  
[graham.mcintyre@kumeu.rh.co.nz](mailto:graham.mcintyre@kumeu.rh.co.nz)

Raine & Horne New Zealand PTY Ltd Licensed REAA(2008)

## Thinking about a retirement village?

**By Kristin Sumpter, Lawyer at ClearStone Legal**

When thinking about moving into a retirement village, try to visit several villages before deciding. Talk to existing residents if possible, and involve your family if you can. Buying into a retirement village is quite a different concept from purchasing a house. Some things to think about include:

1. You are buying the right to occupy a unit and won't have a title to any land, nor receive any capital gain when you leave.
2. You may need to adapt your existing lifestyle to a more communal one with less privacy, and restrictions and rules that apply.
3. Are pets allowed?
4. How long can guests stay?
5. Is the carparking convenient for you and guests?
6. How far away are the community facilities from your unit and how easy will access be if your state of mobility changes?
7. What services and facilities are offered, and are there existing care facilities available if your health needs change?

The next step is to complete an Application for an Occupation Right Agreement (ORA) with the village and pay a small deposit to hold the unit of your choice. The Application covers the key financial terms of your ORA and any conditions needed, such as for the sale of your home.

Your Application and ORA documents will then be sent to your lawyer to review and you are required to get your own legal advice before signing the ORA. This involves meeting with your lawyer to discuss the ORA.

After signing the ORA you still have a period to change your mind for any reason and get your deposit back. Your lawyer can assist you with this and with any conditions as they are due. They can also assist with the sale of your home and completion of the ORA purchase.

You are required to have Enduring Powers of Attorney and a valid will in place before entering a village so you will also have to complete these with your lawyer if needed.



**Call now to discuss your legal needs**

**Kumeu Office**  
1A Tapu Road, Kumeu

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

**p: 09 973 5102**  
**w: [cslegal.co.nz](http://cslegal.co.nz)**

## As a tenant or a landlord, you need to get an annual rental appraisal?



If you own the property, or you rent a property, a rental appraisal will ensure that you understand the weekly rent, this ensures that the rent is fair, reasonable and market calibrated.

Your specialist team at West Auckland Property Management have a depth of real time information and advice in your area, and can provide reference properties and comparable details to evidence fair rent value.

If you are considering what, or where to buy, a rental appraisal can be extremely valuable! Knowing the returns you might be able to get for a particular property can help you compare it to others you might be looking at.

And if you're looking to obtain finance to buy an untenanted property, then an up-to-date rental appraisal will assist in your conversation with the bank, in the absence of a signed tenancy agreement.

At West Auckland Property Management our rental appraisals are fast to generate and free of cost.

**When should you get a rental appraisal?**

The rental market changes fast. Changes can be seen in rentals available and the rent achieved for them. Extra's that add significant value include garaging, off street parking, multiple bathrooms, backyards and cul-de-sac locations.

When you are considering the rent, all factors that affect the performance and enjoyability of the property make an impression on the fair rent achieved.

**Why use a Property Manager, rather than a D.I.Y approach.**

A property manager provides a structured approach to your asset and your investment return. It provides confidence if any issues go to Tenancy Tribunal. And it

delivers a program of work that manages and monitors water use, rates, regular rent reviews. Your insurance company will favour a professional Property Manager managing your asset which provides a structured and regular inspection program to ensure confidence in the asset.

**Added value.**

At West Auckland Property Management we consider the best yield over the best term. This ensures Tenants achieve security of tenure and Owners get security of income. This provides a win-win solution while also minimising cost of service to the Owners of loss of rent and cost of re-Tenancing. A healthy homes standard audit and updates also ensures benefit to the Owner and the Tenant.

To learn more about the value delivered to you from West Auckland Property Management call Graham McIntyre today on 0276 320 421 or email [graham@wapm.co.nz](mailto:graham@wapm.co.nz)

**Fast & Free Rental Appraisals**

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

PHONE: **09 832 0832**

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

**West Auckland Property Management**



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**West Auckland Property Management**



The image shows a black and white advertisement for VODANOVICH LAW. At the top, the firm's name 'VODANOVICH' is in a large, bold, sans-serif font, with 'LAW' in a smaller font below it, all enclosed in a thin rectangular border. Below this, the text 'SALES & PURCHASE OF REAL ESTATE', 'RELATIONSHIP PROPERTY | BUSINESS STRUCTURES', 'POWERS OF ATTORNEY | WILLS & TRUSTS', and 'COMPANY & EMPLOYMENT LAW' are listed in a medium-sized sans-serif font, separated by vertical bars. At the bottom, a white horizontal bar contains the text 'PLEASE CONTACT IVAN' on the left and 'ivan@vlaw.co.nz 09 412 8000' on the right. Below this bar, the address '4a Shamrock Drive Kumeu, Auckland' is written in a sans-serif font.



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
Coatesville						
	Lynton Masters Lane	\$3700000	5	359	23000	\$2900000
	Coatesville Riverhead Highway		0	0	10300	\$1225000
	Coatesville-Riverhead Highway	\$5175000	5	376	10000	\$4600000
	Coatesville Riverhead Highway		0	0	10300	\$1030000
Helensville						
	Kawariki Road	\$1000000	4	155	505	\$1060000
	Awaroa Road	\$750000	3	87	651	\$731000
	Garfield Road	\$840000	3	96	1063	\$870000
	Pipitiwai Drive	\$1310000	3	190	8140	\$1121000
	Garfield Road	\$990000	5	158	562	\$880000
Hobsonville						
	Tahingamanu Road	\$1100000	4	147	83	\$1050000
	Kanuka Road	\$1455000	3	181	385	\$1180000
	Genevieve Lane	\$750000	2	76	0	\$628000
	Nugget Avenue	\$970000	3	109	171	\$897500
	Hendrika Court	\$1525000	5	259	552	\$1355000
	La Bella Road	\$1550000	5	266	300	\$1543000
	Hobsonville Point Road	\$1225000	4	175	0	\$1190000
	Rangihina Road	\$1150000	3	177	144	\$1080000
	Frank Gill Road	\$1105000	3	122	162	\$965000
	Autumn Blaze Street	\$1200000	3	183	172	\$1197000
	Poaka Road	\$1350000	4	226	237	\$1245500
	Nugget Avenue	\$930000	3	109	143	\$910000
	Glenae Lane	\$880000	2	108	124	\$828000
Huapai						
	Paihere Street	\$1325000	4	521	772	\$1222000
Ara Kakara Avenue						
Kumeu						
	Reserva Crescent	\$120000	4	200	410	\$1150000
	Hanham Road	\$1625000	3	325	14300	\$1600000
	Dida Park Drive	\$650000	2	82	0	\$665000
	Jeroboam Loop	\$1350000	4	223	525	\$1237000
	Gilbransen Road	\$1350000	3	182	621	\$1270000
	Station Road	\$1075000	3	133	458	\$1050000
	Papa Orchard Drive	\$1225000	3	180	407	\$1100000
	Jeroboam Loop	\$1225000		163	0	\$1090000
	Riverhead Road	\$2050000	3	140	28800	\$2320000
	Lockyer Road	\$1350000	6	216	689	\$1278000
Massey						
	Arlette Place	\$710000	3	81	0	\$685000
	Donovan Avenue	\$780000	3	100	991	\$900000
	Tiriwa Drive	\$600000	2	77	85	\$590000
	Lanham Lane	\$930000	5	234	514	\$545000
	Katrina Place	\$830000	3	96	615	\$767000
	Cedar Heights Avenue	\$740000	3	104	374	\$400000
	Anich Road	\$1050000	5	247	933	\$1005000
	Doone Place	\$860000	3	90	705	\$818888
	Killygordon Place	\$810000	4	103	540	\$860000
	Gallony Avenue	\$860000	3	110	667	\$850000
	Tararua Street	\$1130000	4	198	450	\$1239000
	Landsdale Place	\$820000	3	90	0	\$720000
	Mudgeways Road	\$1575000	4	144	40500	\$1390000
	Darcy Place	\$910000	3	110	734	\$909000
	White Heron Drive	\$790000	2	150	0	\$765000
	Reynella Drive	\$295000	2	96	0	\$565000
	Red Hills Road	\$1580000	7	353	10000	\$1650000
Riverhead						
	Elliot Street	\$1760000	6	198	817	\$1520000
	Pitoitoi Drive	\$1450000	4	203	609	\$1340000
	Jessie Rise	\$1425000	4	202	661	\$1320000

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SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
	Wautaiti Drive	\$2250000	5	301	0	\$2050000
	Berenice Lane	\$1805000	0	0	20000	\$1750000
	Pohutukawa Parade	\$1625000	4	244	807	\$1745000
	Ridge Road	\$1501000	0	0	23900	\$720000
Waimauku						
	Solan Drive	\$1475000	4	256	1023	\$1550000
	Waikoukou Valley Road	\$2950000	4	178	202200	\$2400000
	Pukemarino Road	\$1200000	4	186	879	
\$1190000						
Waitakere						
	Amreins Road	\$1475000	2	130	11700	\$1660000
	Sunnyvale Road	\$1300000	3	208	3617	\$1430000
West Harbour						
	Kayle Glen	\$820000	3	100	398	\$760000
	Lagoon Way	\$900000	3	160	424	\$865000
	Wiseley Road	\$1050000	5	153	428	\$1195000
	Magdalen Place	\$820000	3	120	557	\$885000
	Buisson Glade	\$920000	4	130	193	\$920000
	Glucina Avenue	\$1300000	4	180	685	\$1300000
	Seacrest Drive	\$1360000	4	185	465	\$1235000
	Crosby Road	\$770000	2	105	91	\$730000
	Suncrest Drive	\$1325000	3	220	677	\$1335000
	Sumich Place	\$1200000	3	94	654	\$935000
	Crosby Road	\$1250000	3	90	849	\$820000
	Crosby Road	\$820000	3	102	91	\$744000
	Hobsonville Road	\$1300000	3	260	373	\$1255000
	Picasso Drive	\$1175000	4	162	156	\$1040000
Westgate						
	Berba Lane	\$950000	4	167	192	\$1032000
	Pukewhero Rise	\$790000	2	96	140	\$750000
	Henwood Road	\$1075000	5	185	248	\$1134000
	Tarapuka Road	\$910000	2	100	121	\$720000
	Greenbrier Street	\$990000	4	128	251	\$1010000
Whenuapai						
	Harewood Street	\$970000	3	102	137	\$835000
	Nils Andersen Road	\$900000	3	143	301	\$940000
	Camp X Place	\$1250000	4	235	315	\$1235880

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





## OCR Cut & Market Wrap

The Reserve Bank has cut the Official Cash Rate by 0.25% to 3% and signalled more reductions ahead, with the OCR expected to reach 2.5% by March 2026.

What does this mean for you?

- If you're on floating rates, banks have already begun cuts, with some trimming floating rates within hours of the announcement.
- If you're on a fixed rate, wholesale swap rates are easing too. These are the international funding markets (largely US-based) where NZ banks source money. When swap rates drop, banks borrowing costs fall, giving them more margin to pass onto Kiwi borrowers in the form of lower fixed interest rates.

We have seen some movement on the short term fixed rates in the lead up to the OCR, many banks pricing in the cut ahead of time.

Market outlook:

The property market remains subdued, regional areas are showing more activity and increased buyer enquiry. The Cotality Home Value Index recorded a 0.2% fall in July, taking the national median value to \$819,921.

For the full monthly breakdown, head to our blog for the latest Cotality Property Insight

Opportunities for borrowers:

- Refix strategy: Shorter-term fixes could leave you better placed as rates continue to fall over the next year.
- Restructuring lending: Lower rates can also free up cash flow or help you repay debt faster.
- First Home Buyers: Many using the current market to take their first step.
- Investors Returning: Falling servicing rates and improved cash flow are encouraging investors back, although many are hunting for the right deal.

Now's the time to review your mortgage - whether you're refixing, restructuring, or planning your next purchase. Get in touch and let's make sure you're positioned to benefit.



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0204 1122 481

# Your Partner In Property And Finance

Call Ben for personalised mortgage advice to help you achieve your property and financial goals!

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• Upsizing & Downsizing

• Property Investors

• Repayment Strategies

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ben@mortgagesupply.co.nz

www.mortgagesupply.co.nz

THE Mortgage SUPPLY CO. NEW ZEALAND

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

# Spring Into Stress-Free Property Management this September!

Let us handle the details, so you can enjoy the season!

As everything starts to bloom, it's the perfect time to refresh your property management strategy. Whether you're a landlord looking for reliable tenants or a homeowner needing expert oversight, we're here to help your investment thrive.

With our team by your side, your property will be in full bloom—just like your peace of mind. 🌸

Call or email us today to find more

09 832 0832 office@wapm.co.nz

# West Auckland Property Management





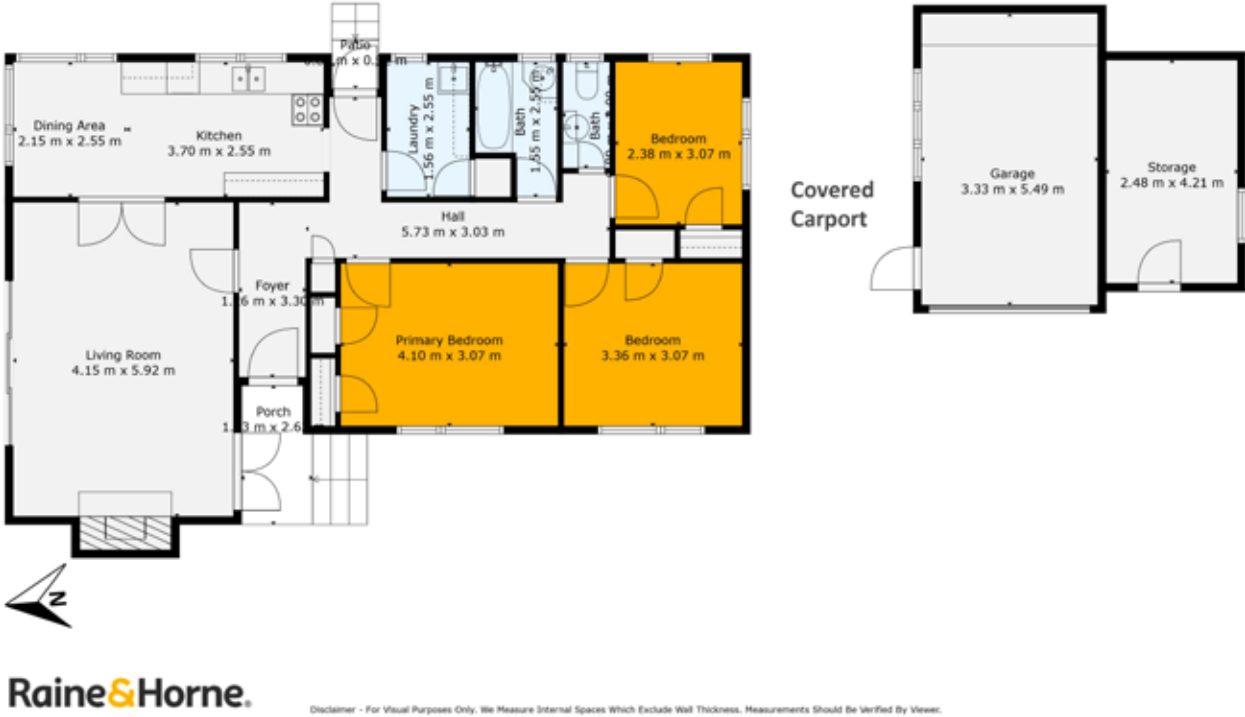
# Charming Three Bedroom Brick and Tile Home

## 27 View Road, Henderson

We are pleased to bring to the market this solidly built 1960's one level three-bedroom brick and tile freehold home of 105m2 approx on a 757m2 approx section close to Henderson Central. This lovely brick home was built in the days when they knew how to build houses to last and it still holds its original charm. The house has been recently refreshed with new floor coverings and

repainted internally throughout, and the original wooden joinery has been replaced with aluminium joinery. There is onsite an external one car garage and a carport for another car plus parking for one or two more vehicles. There is also a good-sized storage shed to house your extra outdoor utilities or sports equipment. You will also find the front lawn has space to spread out an/ or continue to further the surrounding garden to your requirements.

## 27 View Road Henderson



- Featuring:
- 3 bedrooms
  - 1 bathrooms
  - 1 dining
  - 1 living
  - 1 garage, 1 carport & 2 open spaces
  - Land area 757 sqm
  - Floor area 105 sqm
  - Brick & Tile freehold home
  - Price by negotiation





For more information on this property call:  
Brendon Hodge on **021 608 234**  
or email: **brendon.hodge@kumeu.rh.co.nz**  
Country Living Realty Limited T/A Raine and Horne Kumeu  
- Hobsonville. Licensed REAA (2008).





# Quintessential Kiwi Dream - Cottage on ¼ acre

802 Waitakere Road, Kumeu

In a rural setting, surrounded by equine and viticulture, in a sun-bathed north west position is this beautifully presented 3 bedroom home. Offering open plan living with renovated kitchen, breakfast bar and lounge with separation to generous bedrooms and bathroom. It's beautiful in it's presentation and it's simplicity, delivering easy living, rural vista's and privacy. The land is flat and wire and baton fenced, providing options to overlay pet fencing should you wish. A planted frontage provides additional privacy from the road, with simple access to good off-street parking. A 25,000 litre water tank and

rural septic system ensures you are out of the clutches of watercare services, ensuring your water and waste is cost effective and self managed. The home is positioned to the front of the 1038sqm section allowing for an expansive lawn playground for the children and pets. Set a short distance from Kumeu and Taupaki, this is a rare opportunity to purchase a truly residential home on flat land, within a truly rural environment.

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







- Featuring:
- 3 bedrooms
  - 1 bathrooms
  - Land area 1038 sqm
  - Floor area 110 sqm
  - North west position
  - Plenty of parking
  - Expansive lawn area for kids & pets
  - Close to Kumeu & Taupaki





A modern kitchen and dining area. In the foreground, a dark grey dining table is set with green ceramic dishes and glasses. A large vase with dried flowers sits on the table. In the background, a kitchen island with a white countertop and a black sink is visible. The kitchen cabinets are a mix of light wood and dark grey. A large window on the left side of the image shows a view of the outdoors.

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For more information on this property call:  
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or email: **Graham.mcintyre@kumeu.rh.co.nz**  
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- Featuring:
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  - 1 bathrooms & 2 toilets
  - 1 living rooms
  - Floor area 84 sqm
  - Land area 99 sqm
  - Located near Bomb point
  - Close to Hobsonville Point coastal walkway
  - Catalina Bay farmers market & Hobsonville point Ferry Terminal approx. 8 mins drive





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A rare opportunity for owner occupiers or investors to purchase high quality retail units in the heart of the rapidly growing Riverhead area. These units are situated along the busy Coatesville Riverhead Highway. The development was constructed in 2022 and has not yet been occupied. The units are presented in an 'as new' condition and are situated beneath apartments with a large number of new homes immediately behind. With six units on offer, all on their own unit title, there are various sizes available from 28 sqm to 126.30sqm (approx). In addition to the street parking directly outside the development, each unit has its own designated carpark, provided as auxiliary units on each title. There are Body Corporate Rules in place to maintain the high standard of the development. The units are presented as bare shells ready for the new owners to fit out to suit. Deadline for offers at 4pm on 10th September 2025. Buy one or more.

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# Home & Garden

## Pole Yard



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Alongside our signature SED poles, we stock SG8 square posts, a small but well-selected range of fencing supplies (including wire, posts, and staples), and a variety of landscaping timber products. From SED poles, timber railing, and decking boards to drain coils, multicrete, nails, and plywood – if it's for your outdoor project, chances are you'll find it here.

Our commitment to delivering top-quality products has always been our focus. We supply our products to

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Getting what you need is simple. You can collect your order directly from our Silverdale yard or have it delivered with our own tip trucks, with trusted Hi-ab partners on hand for heavier loads.

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What this means... With a 4.65 stars average, our clients consistently rate us among the best.

Reviews often mention us as reliable, efficient, and environmentally responsible. There's also lots of kind comments name-checking members of our team and their professionalism and personal service, which we pride ourselves on.

Thank you, from all of us at HydroVac, for taking the time to share your experience and feedback with us. Your comments motivate us all!

If we can help you with any septic tank inspection or empty, drain unblock, stormwater, emergency spill or hydroexcavation, please don't hesitate to call our friendly local team: 0800 493 768 or email [service@hydrovac.co.nz](mailto:service@hydrovac.co.nz). [www.hydrovac.co.nz](http://www.hydrovac.co.nz)

# Spring's here after a soggy winter – Time to freshen up the house



After what's felt like one of the wettest winters in years, spring has finally arrived. The days are getting longer, the sun's a bit warmer, and it's a great time to get those outdoor jobs ticked off – especially if your place could do with a fresh coat of paint.

Exterior painting works best when the weather's settled, and after months of rain delays, painters are already starting to book up. If you're thinking about it, best to get in early before the summer rush hits.

We're locals who specialise in giving homes a top-quality finish that lasts. Whether it's a full repaint or just touching up those weather-beaten spots, we've got the gear, the

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

# Whenuapai Floral & Garden Circle

We will be back on Thursday 11th September after our winter recess. There are trips planned to beautiful gardens and there are some interesting speakers lined up. We are waiting to see your best blooms and best garden produce and hear about your successes and failures. Do come along and share a couple of hours with fellow enthusiastic gardeners.

Daffodils have been showing their bright heads for a few weeks now and magnolias are already in bloom so while the nights are still cold, warm days are ahead as spring shows off with all its frills and fragrant floral power.

By the time you read this our gardens should be springing into new life and we will resume our Garden Club meetings on Thursday 11th September. I do hope the winter break has recharged your batteries and you are raring to go and learn new things. To that end, our Guest Speaker will be Paul Dine, Beekeeper, the same occupation as our famous Sir Ed, just in case that pops up in any quiz or crossword you may be doing.

The benefits of bees in the garden include pollination, increased yields and biodiversity, they are non-damaging and nutrient cycling. Bees are essential for cross-pollination, which helps flowers produce more seeds and increases the growth of plants. Having bees in your garden can significantly boost the yields of fruits and vegetables.

Bees contribute to a diverse ecosystem by supporting the growth of various plants, which in turn attracts other beneficial insects. Bees do not harm plants; instead, they enhance the visual appeal of gardens by promoting healthy blooms.

By pollinating plants, bees help maintain the nutrient cycle in the garden, leading to healthier soil and plants. In fact bees are the unsung heroes in our gardens.

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.

To quote from one of my colourful bookmarks, "Bee kind and loving to each other" (originally from the Bible)

Until next time,

Happy Gardening from Mary Anne Clark

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# Spring cleaning time Waterblasting with STIHL SHOP Kumeu & Westgate

Waterblasting is one of the fastest and most effective ways to clean outdoor areas such as your deck, driveway or house. They are also great to wash down a muddy mountain bike, or to clean your outdoor furniture. Cleaning with a waterblaster instead of a hose can also reduce water consumption (and it does a better job!)

**Size** - As is the case for all outdoor gardening power tools, bigger is not always better. This is important for waterblasters and pressure washers because, for example, using too much pressure on something like wood, stucco or plaster can cause damage to the surface.

**Work** - Smaller size models are more suited to general property maintenance such as washing down your muddy mountain bike, car or deck. If you are looking at washing down your house, concrete floors, or even unblocking drains, you should consider a medium size model. Larger models are great for heavy-duty jobs such as cleaning large machines, long driveways, or even cleaning professionally.

**How often** - Home users generally use their waterblasters 6-12 times a year to complete small cleaning jobs, if this is the case an entry level model is all you need. If you use your machine more often it might be a good idea to invest more to gain extra features and convenience as well as greater PSI and water flow.

**Power source** - If you have easy access to power supply and can finish your cleaning job without having to move around too much, a quiet, compact electric waterblaster could be the right choice. In comparison battery and petrol powered machines will go anywhere, with petrol offering higher pressure, flow and durability. All that is required with a petrol waterblaster is a reliable water supply. Alternatively, you can use water from a bucket to run STIHL's new battery models.

**Nozzles & accessories** - STIHL's waterblasters come with a selection of nozzles, like a fan jet nozzle to cover larger areas more quickly or a rotary nozzle to concentrate



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power on tough dirt. There are also a range of brushes for cleaning delicate surfaces and patio cleaners for cleaning large flat surfaces quickly and more efficiently. To find out more about STIHL's waterblaster range, come visit us today.

Our Kumeu store is open Monday-Saturday and our Westgate store is OPEN 7 DAYS for all your outdoor power equipment (and waterblasting!) needs.

## Waimaku Garden Club

We haven't let the rain over the last two months dampen our spirits. Last month we had our annual mid winter Christmas lunch celebration. Our venue was The Brigham Cafe set on 3 acres of sprawling gardens. We were served a delicious traditional Christmas lunch of succulent ham and lamb with all the trimmings. We also had an inspiring presentation from Jasmine Franklin on why the Monarch Butterfly is endangered and what we can do to help with that. Her passion for the Monarch is contagious. Last Thursday was another wet day ideal for our yearly movie trip. We boarded our luxury coach and ventured to the Bridgeway Boutique Theatre in Northcote. We were welcomed with morning tea before enjoying an inspiring drama set in Ireland called Tarrac. Following that we headed up the road to the Historical Northcote Hotel to have a sumptuous lunch in a cosy atmosphere. We had a quick trip home on the bus lane to end our lovely day.

Feel free to contact any of us: Ann(0210357406), Diana (0274788928), Gail (021344070), Maree (0274963006), Moira(0274989154), Sandi (0273184514).



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# Spring into Planting Season!



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# Winter woes? We're here to help



Winter in Auckland is well and truly here, and with it comes heavy rain, cold mornings, and unfortunately, some unwelcome surprises around the home or business.

From blocked drains and leaking roofs to plumbing and drainage issues, this time of year tends to

reveal problems that might have been brewing quietly through the drier months.

At Laser Plumbing & Roofing Whenuapai, we've seen it all – and we're ready to help you tackle those winter problems head-on.

## Common winter issues we're seeing:

### Blocked drains

Rain, leaves, and debris can easily clog your drainage systems, causing water to back up and create flooding around your property.

### Roof leaks

That minor drip can quickly become a major headache. Whether it's failed flashing, or general wear and tear, our roofing team can pinpoint the problem and fix it, saving you the stress.

### Plumbing problems

Cold weather can put stress on older pipes, seals, and joints, leading to leaks, bursts, or reduced water pressure just when you need it most.



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- Fast, reliable service with clear communication and upfront pricing
- Community Focused Business this month, we were proud to support our local Whenuapai Senior Campus School by providing sausages for their cross-country fundraiser.

Don't wait until it gets worse

Whether it's a slow-draining sink, water pooling on your roof, or a full-blown leak, acting early can save you thousands in damage and repairs.

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# Spring into food planting – Grow your own freshness

There's nothing quite like stepping into your garden and picking fresh, homegrown produce for the table. As the days get longer and the soil warms, spring is the perfect time to get planting and set yourself up for a season of fresh flavours and rewarding harvests.

Start with the essentials – tomatoes, lettuce, beans, cucumbers, and courgettes thrive in spring's mild temperatures and longer daylight hours. Herbs like basil, parsley, coriander, and mint also grow beautifully now, adding bursts of flavour to your cooking. For root crops, try beetroot, carrots, and radishes – they're quick to grow and add vibrant colour to meals.

When planning your planting, consider both variety and succession. Staggering your sowing every few weeks will ensure a continuous supply rather than a single glut. Companion planting is another great trick – marigolds, for example, deter pests and look cheerful alongside your vegetables.


Healthy plants start with healthy soil. Enrich your garden beds with compost or organic fertiliser before planting to boost nutrient levels and encourage strong growth. For smaller spaces, raised garden beds, vertical planters, or even large pots can be surprisingly productive.

Spring can still bring the odd cool night, so keep frost

cloth on hand for tender seedlings. Regular watering, mulching to retain soil moisture, and keeping on top of weeds will help your garden thrive.

At Mitre 10 MEGA Westgate & Henderson, we have everything you need to make your spring planting a success – from premium seeds and seedlings to quality soil, fertilisers, garden tools, and irrigation solutions. Whether you're starting small with a few pots or planning a full vegetable patch, our friendly team is here to share advice and help you grow your own delicious, fresh produce this season





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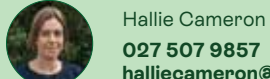
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# Understanding Auckland’s climate impact on septic tank cleaning

Summer months: Ideal for septic tank cleaning (December – February)

Summer presents optimal conditions for septic tank maintenance in Auckland. With average temperatures ranging from 20-25°C and minimal rainfall, the ground conditions are perfect for accessing and servicing your system.

During summer, the drier soil allows better access for vacuum trucks, and any minor excavation work needed around tank lids or inspection points is easier to complete. The lower water table also means your tank can be thoroughly cleaned without concerns about groundwater infiltration.

Autumn preparation: Smart septic tank cleaning (March – May)

Autumn serves as a crucial preparation period before Auckland’s wet winter months. With temperatures cooling to 15-20°C and rainfall beginning to increase, this season offers an excellent opportunity for maintenance before winter challenges arrive.

March and April provide good conditions for septic tank cleaning, as the ground remains relatively dry whilst temperatures are comfortable for outdoor work. This timing ensures your system has maximum capacity to handle increased water loads during winter.

Winter challenges for septic tank cleaning (June – August)

Winter presents the most challenging conditions for septic tank maintenance in Auckland. With average rainfall exceeding 140mm per month and temperatures dropping to below 0-15°C, careful planning becomes essential.

Winter septic tank cleaning requires special considerations. Saturated ground conditions can make access difficult, and high water tables may affect the cleaning process.

Spring recovery: Optimal septic tank cleaning Time (September – November)

Spring offers improving conditions for septic tank maintenance as weather patterns change. With temperatures rising to 15-18°C and rainfall beginning to decrease, September through November provides increasingly favourable conditions for comprehensive system care.

After enduring winter’s challenges, spring cleaning allows thorough assessment of any weather-related impacts on your system. This timing also prepares your tank for increased usage during summer months.



# Young Learners

## Embracing winter’s delights: The profound joy of mud play

As the seasons shift and the cooler, wetter weather settles in, it’s easy to succumb to the “winter blues” and retreat indoors. However, this time of year also brings with it the perfect conditions for a truly enriching outdoor experience: mud play. Far from being just a messy activity, engaging with mud offers a wealth of benefits for children’s holistic development, fostering a deep connection with nature and promoting profound mental and emotional well-being.

At Gumboots, we eagerly anticipate our annual Mud Day, an event where tamariki (children) and enthusiastic

kaiako (teachers) alike dive headfirst into the joyous, tactile world of mud. It’s a remarkable opportunity for children to be truly present, engaging all their senses with the slippery, sticky, and malleable qualities of this natural substance. Through this highly creative and expressive play, children gain confidence and control over their sensory experiences, developing fine motor skills and problem-solving abilities in an organic way.

What’s truly fascinating is observing the different approaches: some children are instant devotees, relishing the opportunity to get as gloriously messy as possible, whether making mud sculptures, mud cakes, or simply squishing it between their fingers and toes. Others start cautiously, gradually warming up to the unique sensory experience. And for those who initially resist, the gentle invitation to participate – perhaps just by touching a small amount or using a paintbrush – often leads to surprising moments of discovery and delight. As we often say, regardless of age, background, or

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disposition, when we're covered in mud, we all look the same – a powerful testament to the unifying nature of this universal play.

The beauty of mud play lies in its simplicity and accessibility. All you truly need is mud itself. Whether it's adding water to a patch of grass in your backyard or utilising an already naturally muddy area, setting up a mud play zone is remarkably straightforward. Concerns about the aftermath are often quickly alleviated; with the return of warmer weather, any disturbed areas will naturally recover, and the grass will grow back. This makes it an ideal activity to replicate at home, requiring minimal resources but offering maximum engagement. For instance, a simple blow-up pool filled with dirt and water can easily become a dedicated mud pit.

For children who might be hesitant about a full-body mud immersion, there are equally valuable and creative alternatives. A container filled with mud, adjusted to the right consistency with a little water, can transform into an artistic canvas. Provide a paintbrush, and watch as they express their creativity, exploring textures and developing fine motor skills in a natural, open-ended way. This flexibility ensures that every child can find their personal level of comfort and engagement with the medium.

Embracing mud play isn't just about getting dirty; it's about fostering resilience, encouraging imaginative and collaborative play with friends, and nurturing a profound connection with the natural world. It's a free, enriching experience that contrasts sharply with the expensive "mud treatments" adults often seek, reminding us of the inherent value in simple, natural engagement. So, this winter, don't shy away from the mud – embrace its unpredictable charm and discover the profound joy and developmental benefits it can bring to your tamariki.

<https://www.gumboots.ac.nz/>  
1157 Peak Road, Helensville  
09 411 9038



Tapere | Children's Area - Level 1

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

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

Circus fun at NorthWest these school holidays

Looking for school holiday fun? NorthWest Shopping Centre is bringing the circus to life with free daily workshops for kids.

From Monday 22nd September to Friday 3rd October, children aged 5-12 can make their own juggling balls and learn fun circus tricks.

Workshops run Monday to Friday, 11am-1pm, right in front of Customer Service – and no bookings are needed.

It's the perfect way to keep the kids entertained these holidays, and best of all – it's \*completely free.

\*Parental supervision required.

SCHOOL HOLIDAY FUN!

CIRCUS CRAFT FUN!

Enjoy FREE\* School Holiday fun at NorthWest Shopping Centre!

Week One: 22nd September - 26th September

Week Two: 7th September - 11th October

20 minute sessions from 11am - 1pm Monday - Friday.

Come one, come all! Walk the red carpet and enter the NorthWest craft-circus where you'll learn how to make your very own circus juggling ball!

Children aged 5+.

Check our website for more details.

northwestshoppingcentre.co.nz

Love NorthWest

NORTHWEST



Aged care Winter warm-up at Craigweil House



What better way to beat the winter chill than with a shared lunch and some good company? The Craigweil House team recently came together for a cosy winter celebration. It was a much-needed break and a chance to catch up outside of our usual busy routines caring for residents.

With homemade treats and hearty favourites on the table, there was no shortage of good food or good laughs. It's not often we get to sit down together like this, so we made the most of every minute.

At the same time, there's plenty happening around the facility too. Renovations are currently underway as we prepare to expand the hospital care side of Craigweil House. We're looking forward to being able to support even more residents with the same level of care and comfort we're known for.

If you're considering care for yourself or a loved one, come by and take a look around. We'd love to show you what makes Craigweil House such a warm and welcoming place.

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Aged Care

Waitakere Grey Power Association

Waitakere Grey Power Association sadly lost Peter Harvey, who passed away recently after ten years on our Committee and as our Office Manager. We send our condolences to Jill Harvey and their family. May he Rest in Eternal Peace.

At our General Member's Meeting on Friday 26th September at 12.30pm at the Te Atatu South Community Centre, we invite Members and friends to come to hear our Guest speaker, Trish Fleming, Clinical Community Liaison Manager of West Auckland Hospice (which we assist with advocacy in terminal illness care).

At our Committee meeting in July we moved a resolution to post and email our August Newsletter. All subsequent Newsletters will be emailed. We urge members to give us their email address. We are keen for people over 50 years of age to join Waitakere Grey Power Association. We are your advocacy organisation and go to the Henderson Massey Local Board regularly with issues of concern in your community and also are progressing prostate cancer awareness and screening to Health New Zealand to do screening by blood test every two years. We have had the Rates rebate increase from \$790 to \$805 from 1st August 2025 and the income threshold for a married couple has been raised, allowing 60,000 more people throughout the country to be eligible for a Rates rebate from their Council. We have volunteers in our Office in the Te Atatu South Community Centre at 247 Edmonton Rd, Te Atatu South from 9.00 am to 12.00 pm Monday to Friday. Written by Mate Marinovich, President Waitakere Grey Power Association.

Recognising distance grandfathers

With Father's Day falling in September, it feels timely to put in a good word for distance grandfathers. It's often assumed that grandmothers take the lead in grandparenting—and in many cases, that's true. But from what I've observed, distance grandfathers are quietly proactive behind the scenes, contributing in ways that deserve recognition. While some husbands might be known for tuning out emotional conversations, many grandfathers are deeply engaged when it comes to their distance children and grandchildren. When the moment is right, they have thoughtful perspectives to share and play their part with quiet strength. Baby Boomer grandparents raised children in an era of more clearly defined gender roles, and this continues to influence how they grandparent—especially at a distance. Many couples take a team approach. They've weathered enough life together to understand how the other feels, and that mutual understanding is a source of great emotional support. When grandmothers travel solo overseas to help out with a baby it can be easy to overlook the grandfather's role. Yet their support is often vital. Some are still working to help fund the trip, while others manage at home, missing their partner and waiting patiently for updates and photos. Holding the fort is no small thing. So this Father's Day, let's acknowledge distance grandfathers—not just for what they do, but for the steady, dependable presence they provide. Their love may be quieter, but it's just as deep.

HelenEllis 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..



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tributes

BIRTHS — DEATHS — MARRIAGES

The introduction, change, or loss of a family member or a friend can be influential in a range of ways. It can be felt as a wave of emotion or pockets of reflection.

Kumeu Courier and The Westerly Magazines offer the opportunity to reflect and celebrate the life, introduce the life, and showcase commitments made, providing a window into the life of someone loved and in a lasting showcase, be that half page, full page, or two page spread.

It is a way to share, reflect, celebrate and pour homage to someone or some-two, in a way that carries the essence and mana of life in a unique way and format.

Every story is unique, every life different.

To book a tribute within Kumeu Courier or The Westerly call Gabs on 0800 900 700 or email editorial@kumeucourier.co.nz

Danny Lendich tribute



Lendich Construction and Wendy's New Zealand founder, Danny (Danilo Stanislev) Lendich who died in May aged 81 was remembered at a special service at his Fred Taylor Drive-based business attended by nearly 1200 people.

Denny started business in 1956 at the age of 12 with a single bulldozer doing small earthmoving jobs for farmers and orchardists near his parents' (Filip and Ruze) apple and pear orchard in Moire Road, Massey.

He later established earthmoving and hauling company Lendich Construction and in 1988, with wife Dianne, opened his first Wendy's New Zealand franchise restaurant at Te Atatu, Auckland, with 24 others following.

Wendy's New Zealand was later sold to global franchise operator Flynn Group in May last year.

The Lendichs learned about the restaurant chain during visits to the United States for midjet car events.

Denny was a midjet car owner through D.L. Motorsports and sponsored drivers including Sleepy Tripp, Craig Brady, Jerry Coons Jr, Graham Standring (who was at the service), Sammy Swindell and Alex Bright, working on many of the cars.

Lendich Construction has been involved in a wide range of work such as Westgate's development, demolition of old theatres and buildings in Auckland, digging graves at Waikumete Cemetery, quarrying, gold mining, extending Samoa's airport in 1984 and helping recover an old schooner beached and buried near the Kaipara Harbour entrance for about 150 years.

Born in 1944 to Croatian parents who had emigrated to New Zealand prior to World War II, Danny had been using his family's tractor to work for local farmers before persuading his father to help him buy a small bulldozer.

Denny and his family have also operated service stations and own various properties in Auckland.

Denny died at his Auckland home on May 13, 2025.

He is survived by wife Dianne, daughters Danielle and Joanne, and grandchildren Savannah, Olivia, Denny, Roman and Ariana.





# Health & Beauty

## Grace Munro Medispa: A sanctuary for vibrant, aging skin

Women over 50 are embracing their beauty and vitality more than ever, and Debbie Craig understands this perfectly. With over 30 + years of industry experience, Debbie has dedicated her career to helping women achieve healthy, glowing skin to match their energetic lifestyles.

Debbie's journey began in the 1990s when she opened one of Auckland's first luxury beauty salons in Parnell. Today, she offers her expertise at Grace Munro Medispa—a private, discreet retreat, designed exclusively for women who value personalised care and results-driven treatments.

Located away from busy retail hubs, Grace Munro provides a serene environment for relaxation and renewal. Debbie emphasises privacy and limitations

on her clientele to ensure each client receives her full attention. Her philosophy focuses on powerful, effective facials tailored to promote drainage, cell production, and skin firmness.

Using advanced products like Medik8®, Debbie has seen remarkable improvements in her clients' skin—immediate responses that boost confidence and boost radiance. She is passionate about making a difference, especially for women whose skin may have become neglected but still holds the potential for rejuvenation.

More than just skin deep, Grace Munro promotes a holistic approach—creating time and space for women to relax, recapture their inner glow, and feel beautiful at every age. Debbie believes that looking good and feeling good are interconnected, and her treatments help women over 50 celebrate their timeless beauty.

Debbie Cralg's expertise and personalised approach make Grace Munro Medispa a true haven for women seeking genuine results and a moment of calm in their busy lives.

Grace Munro Medispa are one of the few proud stockists of Medik8® and offer their award winning treatments in the spa as well as being able to purchase their products on the Grace Munro online store.

To celebrate our new website we are offering all new customers to receive 10% off their first order. Visit [www.gracemunro.co.nz](http://www.gracemunro.co.nz) and enter WELCOME10 at the checkout.

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"Beauty begins the moment you decide to be yourself."

COCO CHANEL

## Health & Beauty

## Treating hair loss: Evidence-backed solutions for men and women

Dr. Cherie Wyatt-Hutana



Hair loss is a common concern for both men and women. The emotional toll can be just as real as the physical change, yet many people wait a long time before seeking help.

At Restore Cosmed, we offer support for hair loss that goes beyond surface-level solutions. Our approach is rooted in medical expertise, combining prescription medications with evidence-based treatments such as microneedling and exosome therapy to stimulate and strengthen hair growth while helping to prevent further loss.

Hair loss can be caused by a range of factors- hormones, stress, illness, nutritional deficiencies, or genetics. That's why we start with a thorough assessment and, where needed, investigations to get to the root of the problem. From there, we develop a personalised treatment plan tailored to your unique hair journey.

These treatments work best when started early, and many patients see noticeable improvements in thickness, density, and overall hair health with consistent care.

If you're concerned about hair loss, regardless of your gender, know that real, effective options are available. You don't have to wait until it gets worse.

**Restore Cosmed – Cosmetic Medicine and Skin Health.**

Book online at [restorecosmed.co.nz](http://restorecosmed.co.nz).

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[www.restorecosmed.co.nz](http://www.restorecosmed.co.nz)  
[contact@restorecosmed.co.nz](mailto:contact@restorecosmed.co.nz)

20 Matua Road, Huapai.

## Hear 4U Ltd. Bringing hearing care home: A local innovation in audiology

Did you know that West and Northwest Auckland are home to New Zealand's only fully mobile audiology service?

Local audiologist Lisa Greene is changing the way we think about hearing care. As an owner-operator, with over 25 years clinical experience, Lisa brings professional audiology services directly to your doorstep—no clinic visits, no travel arrangements, and no stress.

Whether it's a hearing test, ear wax removal, needing new hearing aids, help with existing hearing aids, or even adjusting your TV and phone settings to suit your hearing needs, Lisa does it all in the comfort of your own home. This personal approach means care is delivered in your real-life environment, with the added benefit of including family or loved ones in the process.

For many, this service is a game-changer. It's especially helpful for older adults, busy families, or anyone who finds it difficult to travel. Lisa's mobile service ensures that hearing care is accessible, supportive, and tailored to each individual.

**If you or someone you know could benefit from hearing care at home, contact Lisa at Hear 4U Ltd.**



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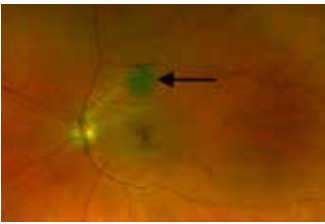
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Are your eyes healthy?



This month's case study on eye conditions features a common condition known as choroidal nevus recorded with our Optomap retinal scanner.

A choroidal nevus is a pigmented spot beneath the retina, often likened to a freckle in the eye. While commonly seen and usually harmless, it can occasionally develop into a more serious condition, such as melanoma. Early detection and regular monitoring are advisable.

The Optomap captures a wide-field, high-resolution image of the retina in seconds—without the need for dilation in many cases. This enables optometrists Molly and Matthew Whittington to clearly see the entire back of the eye, including the choroid, where these nevi are found. With regular scans, we can monitor any changes in size, shape, or pigmentation of a nevus over time.

Our patient is a young person with no history of eye problems. This is the Optomap image for the right eye, revealing a large, pigmented lesion nasal to the optic nerve head. With lesions of this type, it is important to establish their status – is it benign, and so unlikely to impact on other tissue, or does it have the potential to become malignant?

The Optomap diagnostic software offers several tools to utilise to aid in diagnosis.

• Magnifying the image greatly facilitates analysis of the course of the retinal surface blood vessels as they traverse the lesion. The magnified images for this patient clearly showed there was no sign of vessel deviation and hence the lesion is likely to be flat.

• Optomap images are recorded in two different focus depths. This lesion was clearly observed at the deeper level but was not visible at the retinal surface, suggesting the lesion is at choroidal level and does not invade higher levels, again suggesting it is flat.

The imaging is highly characteristic of a benign choroidal nevus and was not referred, but will be monitored at 1 year.

To schedule an appointment, phone (09) 4128172 or call into For Eyes Optometrists in the Kumeu Shopping Village.

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Ask Dr. Heather



I've heard Botox® can help with hayfever – is this true?

Anon, Whenuapai

As spring begins to bloom, so does the dreaded wave of hayfever. If you're one of the many New Zealanders who dread this time of year – itchy eyes, sneezing, runny

nose – you're not alone. And while antihistamines and nasal sprays are helpful for some, others find they barely scratch the surface.

That's where Botox® for hayfever, sometimes called "Haytox", is changing the game.

I know it might sound surprising – Botox® for hayfever? But the science is well-established. When a small amount of Botulinum toxin is placed inside the nasal passages (using a fine atomiser or applicator), it helps to calm the overactive nerve endings responsible for hayfever symptoms. The result? Less nasal congestion, reduced sneezing, and fewer tissues (hooray!).

I offer this treatment at ALLOR for people who've tried the usual approaches with little relief. It's fast, well-tolerated, and requires no needles in the face – just a simple in-clinic procedure with effects that typically last 3-4 months. That covers most of spring and summer.

Haytox isn't for everyone, and it's not a complete cure. But if your hayfever gets in the way of daily life, or you simply want to enjoy the outdoors without discomfort, it's worth considering. After all, spring should be a season to enjoy, not endure.

If you're curious whether Haytox could work for you, I'm happy to talk it through. Book a consultation, and we can create a plan that helps you breathe easier this season.

Dr. Heather Anderson is a Cosmetic Medicine and Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai.

If you have a question for Dr. Heather you would like answered anonymously,

please email askdrheather@allor.co.nz.

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72 Waimarie Rd, Whenuapai  
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Area Columnists

Have your say on NCEA replacement

By Cameron Brewer – MP for Upper Harbour



Our Government will replace NCEA with new national qualifications that ensure young people have the knowledge and skills they need to succeed.

All the evidence shows NCEA is not consistent and can be hard to

navigate. It doesn't always deliver what students and employers need.

New Zealand's future depends on our young people having the skills to succeed in the modern global economy. We're backing our high school kids with a new internationally benchmarked national qualification designed to do exactly that.

While NCEA was designed to be flexible, for many students that flexibility has encouraged a focus on simply attaining the qualification. This has come at the cost of developing the critical skills and knowledge they need for clear pathways into future study, training or employment.

The new qualification will be underpinned by a new national curriculum for Years 9-13 that will clearly outline what students need to learn in each subject and when, providing more consistency.

This is about making sure our national qualification opens doors for every young person, whether they're heading into a trade, university, or straight into work.

Our Government's major education reforms are also well underway in primary and intermediate. Every student is

already taught at least an hour a day of reading, writing, and maths. We've banned cellphones in classrooms, introduced a world-leading maths and English curriculum, and made huge investments into learning support.

Locally, we're building eight extra classrooms for Massey High School and six for Lincoln Heights School. What's more, a brand-new primary school near Westgate and an additional 10-classroom block for Scott Point School will both be open in time for Term 1, 2027.

Have your say before 5.00pm on 15 September at:  
<https://www.education.govt.nz/have-your-say/consultation-proposal-replace-ncea/details>



**UPPER HARBOUR YOUTH PUBLIC MEETING**

Q&A with Minister for Youth, Hon James Meager

*If you are between 15 and 25 years James wants to hear from you! Parents welcome!*

**Thursday 25 September, 1pm – 2.30pm**

Office of Cameron Brewer,  
Unit 15/102c Hobsonville Road

Scan here to RSVP:

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



# Reducing the cost of funerals



Much has been written lately on the high cost of funerals. The majority of New Zealand funeral companies are owned by overseas corporate entities, with shareholders baying for higher returns, and this in turn, is reflected in their higher pricing.

As an independently owned funeral home, Manning Funeral Cottage, has the freedom to set their own fees, making funerals more cost-effective, e.g. Manning Funeral Cottage charges \$3750.00 plus the cost of medical certificates for a no service funeral, whereas some corporate funeral homes are now charging upwards of \$7K - and providing less.

A funeral cost comprises two components; the Professional Services Fee which is payable to the funeral home for the services they provide, and secondly, the disbursements, which are payable to a third party. Disbursements may include some, or all of the following: venue hire, cremation or burial charges, catering, flowers,

orders of services, slideshow, newspaper notices, celebrant or minister, organist, Medical Referee and a death certificate.

Martha-Louise Asmus of Manning Funeral Cottage strives to make funerals more accessible, while not diminishing the worth of the person who has died, to make their farewell a meaningful one.

**If you would like to chat with her to hear how you can do this, please call her on 0272 234 797 or email her at [mla@manningfunerals.net.nz](mailto:mla@manningfunerals.net.nz).**



*At Manning Funeral Cottage, we understand how rising funeral costs may impact a family who are already grieving.*

*If you would like to know what options are available to alleviate these costs, please get in touch with Martha-Louise.*

**[mla@manningfunerals.net.nz](mailto:mla@manningfunerals.net.nz)**  
**0272 234 797**

*(Or feel free to stop me for a chat on my morning walk with my gang around our beautiful Coastal Walkway.)*

# Update from Anna Atkinson – Upper Harbour Local Board

Sometimes it feels like council work takes a while, but with limited budgets we have to prioritise carefully – listening to the community first and getting projects into the work programme. Upper Harbour is a beautiful area that's growing quickly, and it's important our fast-growing neighbourhoods get the facilities they deserve.

Happily, some long-awaited projects are now coming to life. Scott Point residents have been patiently waiting for a seat and picnic table at Scott Point Beach – funded in June, locations approved today and set to be installed in time for Christmas. Similar amenities will also be added in Whenuapai. The long-anticipated Clark Road pedestrian crossing (currently just a speed bump) is due before the new school year. We've asked AT to speed this up, but it's unclear if that will happen.

Next month we'll review remaining funding for Stage 1 of Te Kori Scott Point. With limited funds, we'll need to be smart – I'd like to prioritise some Stage 2 and 3 elements early, such as hard courts, connections to Orion Point, and possibly a modular pump track. It will be interesting to see what is possible.

An upcoming contentious item will be the decision by the Governing Body about housing intensification. In 2021 the National and Labour parties both agreed on housing intensification, this basically allowed three homes of up to three storeys high on most sites in Auckland without a resource consent. After the floods of 2023 the Auckland Council asked for a delay to implement the plan and

asked for the ability to downzone certain areas (so we don't build in flood plains). The government have said that yes, we can take control of our own planning, but that we must enable the same or more capacity was the original plans envisaged. This will mean that some parts of Auckland face major intensification and some parts will be downzoned. Due to the time limits require, I'm unsure how much public consultation there will be, but we will push for as much public consultation as possible.

Have a great month. Please do not hesitate to get in touch.

These are my personal views, not those of the Board. You can reach me at [anna.atkinson@aucklandcouncil.govt.nz](mailto:anna.atkinson@aucklandcouncil.govt.nz)

# Two big events in September



The Massey Birdwood Settlers Association is holding two events in September that are important for the community.

The first is on Tuesday, 23 September, starting at 6.30 PM, when a mayoral debate is planned. Yes, we have invited the current Mayor and hope all the hopefuls, along with Council and Local Board members, will attend.

The second event is on Saturday, 27 September, starting at 10 AM and lasting 3 hours. All our hall users have been invited to either demonstrate or hand out information about their activity.

Scrapbook classes, cake decorating, and martial arts. St John Massey Youth, West Harbour CPNZ, Housie, our Kindy, and the churches will hopefully be available to entertain you and convince you to join in their activity.

The martial arts classes will be able to demonstrate particular activities. St John might have you knitting or bandaging your arm, and CPNZ has some brilliant games and activities. We are sure the cake decorators will leave you stunned by how clever their cake artwork can be, while the scrapbook class can be amazing.

Housie may make a few calls, and the churches love having new members. The Kindy can always use new members, and the Association will be on hand to show you around the hall and tell you about what they do and have done for the community.

So come along, 27 September.

If you want to book the hall, email John Riddell at [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com).

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.  
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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




# Debutant seeks a good innings



I am Apurv Shukla and have been a happy resident of the beautiful Upper Harbour Local Board area for over 20 years. After completing my Masters education from Massey University Albany, I have gained valuable experience in Management and Human Resources, alongside some hospitality work I did during my student days. I also enjoy playing tennis & squash regularly-though my results don't always reflect the effort. I like to cook, but am no MasterChef in the making.

Upper Harbour needs safer and more reliable public transport and practical parking solutions. Changing multiple buses within many parts of Upper Harbour to travel within the area is not passenger-friendly. I would push for more frequent and practicable bus services. Our area is home to more than 200 parks, but more can be done to keep them well-maintained, tidy, and raise awareness of these wonderful green spaces amongst our residents. Additional efforts can be made to ensure a 'literally' cleaner, greener environment. Installing more outdoor exercise equipment in our parks is something I would try to get done. While Albany Library offers good facilities, there's a growing need for more mobile and boutique libraries to better serve our expanding and diverse community. Our libraries should also be used more to promote the history of our surroundings; this will also create more awareness amongst locals and visitors alike of the area they are in or wish to travel to.

LETS VOTE



ABOUT ME

I have been a happy resident of the beautiful Upper Harbour Local Board area for over 20 years. After completing my education from Massey University Albany, I have gained valuable experience in Management and Human Resources.

APURV SHUKLA

UPPER HARBOUR LOCAL BOARD

Our area needs ; Reliable, safe and frequent public transport with practical parking solutions

Supporting the local economy

Keeping our beautiful parks tidy & well-maintained

Authorised by Apurv Shukla, 107 Rauora Lane Hobsonville - Auckland

Local Markets, events, and initiatives that bring diverse communities together should be encouraged and be better promoted. We must initiate and back programs that assist the community around mental health. This is my debut election, and I sincerely hope my efforts, intentions, and your support make it a good innings.

Apurv Shukla ph 0211 613660 [apurv1shukla1@yahoo.com](mailto:apurv1shukla1@yahoo.com)

# Council sends clear warning on dog bites

Since March 2020, Auckland Council has concluded over 611 prosecutions under the Dog Control Act, targeting owners whose dogs have seriously injured people or other animals. And the message is clear – if your dog bites, mauls, or attacks, you will be held to account. The majority of these cases have been successfully resolved, reflecting thorough investigations, decisive legal action, and an unwavering commitment to public safety.

In the 2024-2025 financial year alone, nearly 3,000 dog attacks and over 15,000 cases of roaming dogs were reported in Auckland. The council's firm stance was underlined in the Auckland District Court recently, when a dog owner was sentenced after her rottweiler attacked and seriously injured a passer-by. The victim, who had stepped aside to let the dog and handler pass, suffered a 10-15cm wound to her arm that required surgery. At the time, the dog was under the control of the dog owner's 15-year-old son. Despite the dog owner's guilty plea and her assistance to the victim immediately after the attack, the Court refused the dog owner's application for a discharge without conviction, citing the severity of the injuries, and the hospitalisation. The dog owner was sentenced to 70 hours of community service and ordered to pay \$500 in reparation. The rottweiler was euthanised four days after the attack at the owners' request.

Head of Prosecutions John Kang says the Council has no hesitation prosecuting owners whose dogs attack, particularly given the serious injuries involved. "Some of these injuries are gruesome. They leave physical and psychological scars," he says. "What's worse is that many of these incidents are entirely preventable – they often happen when owners fail to control their dogs or turn a blind eye to aggressive behaviour. We will continue to prosecute where criminal action is justified under the Solicitor-General's Prosecution Guidelines."



# Warbirds flyover wows residents at Keith Park Village grand opening

An awesome display of three vintage Harvards fittingly celebrated the official opening of Ryman Healthcare's Hobsonville village, named after NZ's greatest aviator, Sir Keith Park, one of New Zealand's finest military leaders and strategists. The head of the RAF, Lord Tedder, commented after the war: "If ever any one man won the Battle of Britain, he did. I don't believe it is realised how much that one man, with his leadership, his calm judgement and his skill, did to save not only this country, but the world."

As well as marking the milestone of the village's development, it was a chance to recognise three significant anniversaries of Sir Keith Park's life: 2025 marks 50 years since his passing in 1975, it is 80 years since the end of WWII, and 85 years since the Battle of Britain, in which he played a significant part.

Nearly 250 residents and guests gathered outside the village centre to watch the flyover, which kicked off celebrations to mark the official opening of the Hobsonville village. Keith Park Village Manager Kim Dawson spoke of the pride she felt to be leading the team in her home suburb of Hobsonville, having visualised herself in the role when the development was first announced.

Construction of the village on Scott Road in Hobsonville began in 2019 with five of the nine apartment buildings and the main village centre completed so far. The care centre, consisting of rest home, hospital and dementia care options, was one of the fastest-filling in Ryman's history, with amazing views from the higher levels.

Since moving into the communal spaces last year, residents now enjoy a range of amenities including indoor swimming pool, spa, gymnasium, hair and beauty salons, cafe, movie theatre, library, bar and billiards room.



# Game on: NZCT boosts Liston College's winter sports programme



New Zealand Community Trust (NZCT) has awarded a grant of \$15,000 to Auckland's Liston College to help cover the cost of new sports equipment for the upcoming winter season boosting student participation, improving training conditions, and strengthening the school's presence at events – all while benefiting the wider West Auckland community.

Chad Coombes, Director of Sport says, "We applied for this grant to support and grow the sports programme at Liston College. Our goal was to provide students with better access to quality equipment across a range of sports, including rugby, football, and basketball."

Thanks to NZCT's support, the school has been able to purchase a wide range of new sporting equipment along with a marquee that will be a valuable asset for future events and tournaments. The new gear has already made a noticeable impact, lifting team spirits and helping students build skills and pride in representing their school.

The school also plays a key role in the wider West Auckland community, hosting and participating in local sports events. By investing in its sports infrastructure, Liston College is not only supporting student development but also strengthening its connection with the broader community.

The 1st XV forwards say, "So good to use some good equipment. Now we can focus on our technique."

Sam Baker, PE Teacher adds "This grant will cover some extra tools and other resources to help our boys learn and develop faster."

NZCT's GM of Grants, Marketing and Communications, Ben Hodges adds, "NZCT wants as many young people as possible to have access to quality sporting experiences – so when the school applied for new sports equipment we were delighted to help. Grants like this wouldn't be possible without the responsible gaming partnership we share with PINS Lincoln."



# OPINION: The value of the Waitākere Licensing Trust to our community

By Linda Cooper, Warren Flaunty, John Loau – Trust Local Candidates for Waitakere Licensing Trust

In a time when big business dominates the alcohol industry and profits often leave the communities that generate them, the Waitākere Licensing Trust stands apart because it exists to give back.

Unlike private retailers, the Trust is community-owned. Its purpose is not to maximise profits for shareholders, but to manage alcohol sales responsibly and return surpluses to local people. That means every time someone buys a drink at a Trust venue or bottle store, they're contributing to their own community. The model also uses the advantages of franchised nationwide store brands to ensure a good range of choice and national pricing. The best of both worlds.

And the results speak for themselves: millions of dollars have been reinvested into West Auckland, into sports clubs, schools, health initiatives, arts programmes, and grassroots organisations that make our region a better place to live.

But the Trust's value goes beyond the dollar. With fewer outlets and higher licensing standards, it plays a key role in reducing alcohol-related harm, especially in vulnerable communities. Staff are trained in responsible service, and outlets are managed with care, not driven by profit-at-all-costs.

It's also an ethical employer, offering a living wage, training, and opportunities for locals, often young people getting their first job in hospitality or retail.

Of course, the Trust model isn't perfect. Like any public entity, it must continue to improve its transparency, communication, and connection with the people it serves. But at its core, the Waitākere Licensing Trust is a rare example of how business can be done for the public good.

When we talk about building stronger, safer, more connected communities, we should recognise what we already have, and the Trust is a big part of that.

Let's protect it, support it, and make sure it continues to serve West Auckland for generations to come.

Vote Cooper, Flaunty, Loau



# Homegrown expertise returns to Hobsonville: Meet Glynn, our new physio

After years abroad, Hobsonville Physiotherapy is proud to welcome Glynn back home, bringing with him over 15 years of national and international physiotherapy experience. With a career that's spanned continents and specialties, Glynn's return marks an exciting chapter for the clinic and the wider community.

Glynn holds a Doctor of Physical Therapy (DPT) degree, alongside a Master's and Bachelor's in Exercise Physiology, and is currently pursuing his PhD. Much of his career was spent in the United States, where he worked extensively with complex orthopaedic and sports cases, earning recognition as a Board-Certified Orthopaedic Clinical Specialist.

His treatment philosophy is simple, logical, and efficient. Built on a strategic process that prioritises accurate diagnosis and targeted, evidence-based care. Drawing on his own experience as a high-level athlete, Glynn brings a deep understanding of performance demands, the mindset required for success, and the realities of recovery.

But what truly sets Glynn apart is his commitment to patient education and accountability. He believes in empowering individuals to take an active role in their healing journey, ensuring they not only recover but thrive.

Outside the clinic, Glynn is a passionate innovator with a love for exploring new ideas and continuous learning. He enjoys spending time with his wife, their three children, and their Rottweiler, Jemma—so if you spot a friendly face on a walk around Hobsonville, it might just be your new physio.

Glynn is available at Hobsonville Physiotherapy on Thursdays and Fridays. Give us a call to book in and experience expert care with a personal touch.

Hobsonville Physiotherapy: 027 264 0003

physio@hobsonvillephysio.co.nz



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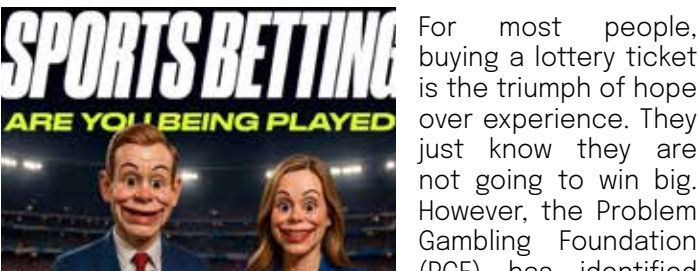
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# Problem Gambling Foundation



For most people, buying a lottery ticket is the triumph of hope over experience. They just know they are not going to win big. However, the Problem Gambling Foundation (PGF) has identified that gambling is being increasingly embedded in sport, with young men targeted and exposed to betting promotions more than ever before. So if you have men from late teens to 30s in your whānau, you might like to check out their website (pgf.nz).

Betting companies use various tactics to engage young men and keep them hooked on betting – sign-up bonuses, deposit matches and “free” bets, creating a false sense of reward and low risk. Constant push notifications, in-game betting options and celebrity or athlete endorsements are designed to build trust and social appeal. Students talking about bets at school, and teens in uniform discussing which football team they are going to bet on create an environment which plays into the psychological tricks being used to lure young men into betting. PGF Services' mission is to prevent and reduce gambling for all tangata in Aotearoa with integrity, mana and innovative solutions. They offer free, professional and confidential counselling for gamblers and families affected by someone's gambling. They provide education and training on identifying and screening for gambling harm, advocacy work, aiming to achieve effective and caring policies that minimise the harm from gambling, support for gambling venues to provide a safe environment, and stalls at community events. Visit [www.pgf.nz/knowledge-hub](http://www.pgf.nz/knowledge-hub) to read the full range of articles outlining the Foundation's support, including the research-proven ways in which betting sites and sports betting companies play mind-games to lure young people into gambling to ensure they turn their losses into the profits of the companies.

# Grow with us at Triangle Park Community Teaching Garden



Tucked away in the heart of Massey, Triangle Park Community Teaching Garden is more than just a garden—it's a living classroom, a gathering place, and a thriving hub of community connection. Every week, people of all ages and backgrounds come together to grow kai, share knowledge, and cultivate resilience in a space where everyone is welcome.

Whether you're a seasoned gardener or have never touched a spade, there's a place for you here. Our garden is built on shared mahi, organic practices, and a deep respect for te taiao (the environment) and nature-based approaches to growing and living well.

Volunteer days: Wednesdays & Saturdays, 10am – 12pm

Come for an hour or stay for the morning. No experience needed—just bring your enthusiasm and maybe a sunhat. We provide the tools, the garden, and the good vibes.

Workshops & events

Throughout the year we host free, hands-on workshops covering composting, seed raising and seed saving, pruning, food forests, and more. It's a great way to meet new people, learn practical skills, and grow your own confidence in the garden.

Triangle Park is a place to connect—with the whenua, with others, and with yourself. So whether you're keen to get your hands dirty, learn something new, or simply enjoy the peace of the garden, we'd love to welcome you.

Find us at Triangle Park, 385 Don Buck Rd, Massey

Follow us on Facebook: Triangle Park Teaching Garden

Come grow with us—there's a place for you in the garden.

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Linda  
**COOPER**



Warren  
**FLAUNTY**



John  
**LOAU**

## for Waitākere Licensing Trust

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Three great reasons to **VOTE** for Linda, Warren and John today

**1**

### Giving back more

We will run the Trusts for your benefit, giving back more funding to community groups, local schools and sports clubs.

**2**

### Local jobs

Guarantee a fair wage for workers and a career pathway for young Westies.

**3**

### Control in your hands

Convenient locations for bottle stores, but not on every corner. We keep control of bottle shop locations in the hands of locals.

Vote to protect vital funding for West Auckland communities. Vote for Linda, Warren and John your **Trust Local** candidates for the Licensing Trust and pop it into your local library by 10 October.

# TRUST LOCAL