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November 2024

FREE monthly community magazine for Kumeu
& surrounding townships

Kumeu Courier

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

Kumeu Rotary Christmas Parade returns



Greetings

So the SH16 Northwest bypass and the Brigham Creek to Auckland City centre rapid transit link are to be fast-tracked, as is a Riverhead 210-lot development and 350-unit retirement village.

The "alternative route" (or bypass) is included in the Fast-track Approvals Bill Schedule 2 but could still be up to 30 years away and appears to not yet have significant funding allocated.

It's among nearly 150 projects cited for fast-tracking – to be considered by "expert panels".

Waka Kotahi NZ Transport Agency (NZTA) intends constructing a new four-lane dual carriageway motorway and upgrade the Brigham Creek Interchange on SH16 to provide a connection for inter-regional and freight trips between Redhills North and SH16 west of Kumeu-Huapai as an alternative to the existing SH16.

Property owners along the proposed corridor have been notified their land may be needed for the project.

The NZTA and Auckland Transport (AT) lodged designation decisions for the bypass in June with the Auckland Council with the bypass expected to coincide with the proposed Rapid Transit Corridor through Huapai- Kumeu previously covered in this magazine.

Rapid Transit infrastructure in Auckland is expected to cost about \$4 billion over 10 years.

I'll probably never see or use any of this in my lifetime, and I hope the infrastructure comes with any of these developments.

Meanwhile, potholes are being fixed throughout the area with resealing of some road sections included.

My journeys have become generally less bumpy (apart from the many raised levels at pedestrian crossings and some key intersections) as a result.

I know the weather hasn't helped road conditions, but the Government's "Pothole Prevention Fund" will sure assist a better drive.

About \$2 billion has been allocated over three years to a state highway pothole fund and nearly the same for local roads.

Potholes have damaged cars (including my family's) and cost a small fortune in repairs – many at a time when plenty of people can't really afford the bills.

I've also seen some vehicles veer to avoid potholes.

I'll be glad to see the last of potholes – and some of the speed restrictions too although some opponents to the lifting of many speed restrictions says they will lead to more road deaths – time will tell.

By all means keep speed restrictions around schools and other vulnerable places, but not on straight roads. It might see a reduction in speed-related fines as well.

Geoff, Editor



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Circulation is 10,000 print copies and 3371 opened and read email copies. Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.

ENQUIRIES / FEEDBACK / ADVERTISING:

Geoff Dobson

P 027 757 8251

E geoffdobson2017@gmail.com

W www.kumeucourier.co.nz

COVER PHOTO: Kumeu Christmas Parade

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

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People & Places

Kumeu Rotary Christmas Parade returns



The Kumeu Rotary Christmas Parade is back in the heart of Kumeu on Friday December 6 starting at 6pm.

Many Northwest locals have grown up with the parade marking the beginning of the Christmas season, with the parade's history dating back to the 1960s. The area has changed in that time but parade organisers are passionate about keeping the

much-loved tradition alive so that residents old and new can enjoy seeing their festive community on the main street.

The organisers thank Kumeu Rotary, which is again the principal sponsor, with Traffix Ltd and North West Country Business Association as gold sponsors.

"It's the generosity of our volunteers and sponsors that make the historic parade possible," organisers say.

The Main Road will close from 6pm and will reopen once the floats have cleared and the crowd has dispersed.

The parade begins at Tapu Rd, Huapai and travels south, down the Main Road to turn right into Access Road, ending at the Kumeu Showgrounds.

The community can view and enjoy the parade from both sides of the main street.

Convenient, free public parking is available at the Kumeu Showgrounds, with no parking at the Huapai Domain or on Tapu Rd.

It's a good idea to bring a picnic or support one of the many takeaway shops that Kumeu and Huapai have close to the parade route.

Rubbish bins are provided along the route, so dispose of your rubbish carefully.

Information about the parade, route, float entry and traffic management updates can be found on the Kumeu Christmas Parade website, Facebook page, Instagram account, and shared on local community Facebook pages.

Local businesses and homeowners whose access will be affected for the parade's duration will be notified.


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Space-planted tree trial in Northwest



A three-year trial of space-planted native trees to stabilise hillsides while supporting stock grazing is underway on two pockets of farmland in Northwest Auckland.

Verdantia Research has partnered with Kaipara Moana Remediation (KMR) and the Auckland Council on the trial at a coastal sheep and beef farm near Glorit and on an inland beef unit at Kaipara Hills, both hit by large slips in early 2023.

Verdantia co-founders Dr Tom Mackay-Smith and Dr Raphael Spiekermann are working to develop a planting model that can be adopted in Auckland and Northland to reduce landslides and minimise erosion using native silvopastoral 'space-planted' systems.

"We have planted both poplar wands and three native species - kanuka, puriri and totara - at about a 13-metre spacing on two farms in the region (totalling 300 trees per farm) says Tom, adding tree survival and growth rates will be monitored during the trial.

He hopes Verdantia's tree guard will enable native seedlings to become more consistently established around sheep, cattle, deer and goats.

"For livestock farming in New Zealand hill country, it is challenging to find the balance between optimum productivity and the costs of environmental action," he says.

"We believe a potential solution could be found through native silvopastoral systems where individual native trees are grown in paddocks at 12-20 metre spacing."

Stock shade and wind protection helps improve animal health, and many native trees should grow for at least 150 years.

KMR Pou Tataki Justine Daw says her team is keen to develop native silvopasture practices that help stop landslides and reduce large-scale soil erosion and sediment delivery into waterways while KMR continues to invest in projects to restore wetlands, fence waterways, plant trees and regenerate forest on erosion-prone land.

"These actions all help to protect and restore the Kaipara Moana while helping farmers to meet expected future environmental standards and potentially also helping landowners to diversify on-farm income, while increasing resilience to storms and other extreme weather," says Justine.

Auckland Council Senior Healthy Water Specialist Peter Nowell says the partnership provides an opportunity to do something different.

"The standard soil conservation approach in New Zealand was developed in the 1960s, so this trial is a chance to compare indigenous species with poplars for space-planted soil conservation purposes," says Peter, who hopes trial learnings are applied across the Auckland region.

Email hono@kmr.org.nz for more information.

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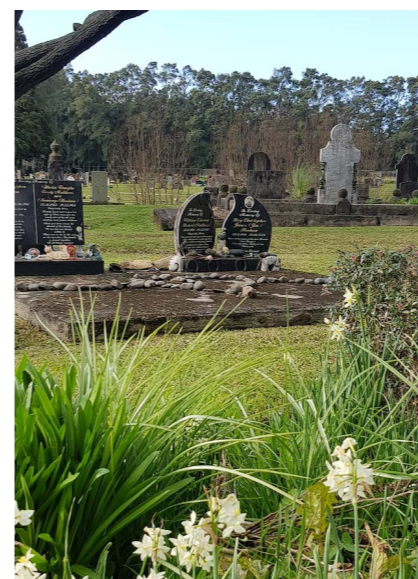
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Kumeu Cemetery



I wonder how many of you reading this have recognised Kumeu Cemetery in some of the locally made programmes on TV? The Cemetery has featured several times in episodes of Broken Wood Mysteries as well as a few years ago in a couple of small movies, Juniper and Don't Make Me Go.

Kumeu Cemetery is owned by the Diocese of Auckland but is administered

by St Chad's Church in Huapai. The land, on the corner of Waitakere Road and Farrand Road, was originally purchased in 1884 and was extended in later years. Although the Cemetery is owned by the Anglican Church, there are people of different faiths interred there. We don't ask that the person to be interred is Christian, but we do check that they are local. This ensures that Kumeu Cemetery is a place of rest for people of the Kumeu area.

It is a beautiful, restful place and if you have never visited it, you really should.

If you are interested in purchasing a burial plot or an ashes plot please contact either Rev Carolyn Newel kumeucemetery@gmail.com or Ruth Pine info@silverdalelandscapes.co.nz for further information.

And, thinking of people who have passed on before us, Saint Chad's Sunday services in November will be considering various Biblical prophets - people like Esther, Daniel, Jeremiah, Ezekiel and Isaiah - as well as worshipping the living God. Anyone is welcome to join us at 10am on Sundays.

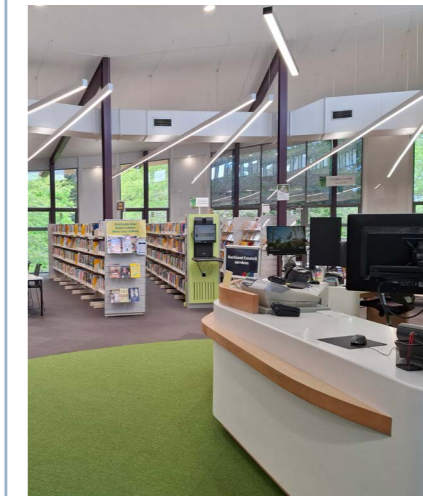
PS a date for your diaries - 4pm on Sunday 1st December the Pohutukawa Singers are returning to St Chad's with a concert of Christmas music - including the chance to join in with some well-known carols. For more details see www.pohutukawasingers.wordpress.com



Geoff Dobson
MEDIA

P 027 757 8251
E geoffdobson2017@gmail.com

Kumeu Library



Here at Kumeu Library we're enjoying the warmer weather and looking forward to the coming summer. The warm weather brings us into the outdoors, especially the garden. If you need inspiration for your garden, Kumeu Library has got it. We have a huge range of books, eBooks, magazines, eMagazines and DVDS covering all

aspects of gardens and gardening: planning and design, what to plant where, garden maintenance, and great gardens around New Zealand and the world. Check out our online catalogue to see all that is available, and get inspired.

Kumeu Library is also a great place for children. Every week we have activities for children of all ages, encouraging development, literacy and connections. Storytime for children aged 3 to 5 years is on Monday and Saturday mornings at 10.30am, with stories, songs, rhymes and a craft activity. Homeschool Make: Build: Do, for homeschooled children aged 8 to 12 years, takes place on Wednesday mornings at 10.30am during term-time - what can you make in an hour? Afterschool Make: Build: Do is a fun activity session on Thursdays at 3.30pm encouraging creativity in children. On Friday mornings, Rhymetime at 9.30am is for children aged 18 months to 3 years with songs and rhymes, and Wriggle and Rhyme at 10.30 am offers active movement for babies aged 0 to 18 months, encouraging brain and physical development. We also have a wide range of material for children - board books for babies, picture books, early readers, chapter books, fiction and non-fiction books, DVDs, Vox books that let you read along, books on CD, as well as eBooks and eAudiobooks. It might not actually take a library to raise a child, but we certainly can help.

Keep up with all Kumeu Library's news and events on Facebook (www.facebook.com/kumeulibrary).



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Vale John Vallings



More than 200 people attended a Muriwai memorial service for Northwest identity John Frederick Vallings who died on October 5 aged 88.

John came from the United Kingdom at 27 years of age with wife Jane and four of their children in 1967, under the 'Ten Pound Pom Assisted Migration Scheme'. Another child was born in Helensville Hospital.

The family of five children attended Huapai District School, while John and Jane became well known in the local horticultural industry.

He and wife of 65 years Jane first knew of each other as children, with John a renowned sportsman, excelling in cricket, gymnastics, athletics and more.

His service heard John spent about three years in the UK Army in 1954, joining at the age of 17, before marrying Jane in 1959.

A Kumeu Agricultural and Horticultural Society Life Member, John attended Kumeu Shows often as an

equestrian steward and in various other roles.

He ran several orchards in the area producing a wide range of fruit including feijoas, citrus, ugly fruit, peaches, plums, apples, nectarines, blackberries, blueberries and others.

Kumeu A and H Society Junior Vice President Monte Neal recalls John had an old bulldozer often used to help pull tractors out of mud in the area.

"He was one of the first growers to wax fruit."

John developed his horticultural and engineering skills in the UK and put them to good use in the Kumeu area where he was also a Kumeu and Huapai Fruitgrowers' Association member for years.

He later joined the Riverhead Deerstalkers Association, as well as establishing the local cricket club in 1972, taking up to 11 boys to cricket games in his Land Rover.

John loved cars. His first was a Morris Major, and he went on to purchasing a 1926 vintage Bentley - used at several family weddings. He participated in car rallies, along with hill climbs, mainly at the Chelsea Sugar Works in Devonport. He later owned a DB6 Aston Martin.

John retired from orcharding at 60, moving from Huapai to Constable Road in Muriwai for 25 years where he farmed some stock and developed an interest in repairing old church organs. He sold a few and collected more, stacking them to his workshop ceiling.

His many hobbies included woodturning, daily weather recording, stamp collecting, and repairs.

John is survived by Jane, five children, 11 grandchildren and 15 grandchildren.

The Rodney Youth Project

The Rodney Youth Project, a new initiative by the Rodney Local Board is calling on young people, local artists, musicians, community organisations and groups who would like to collaborate with us to deliver new and exciting youth programmes. In particular we are looking for activities that:

are youth initiated or led involves youth in the delivery or design supports and grows rangatahi maori activates





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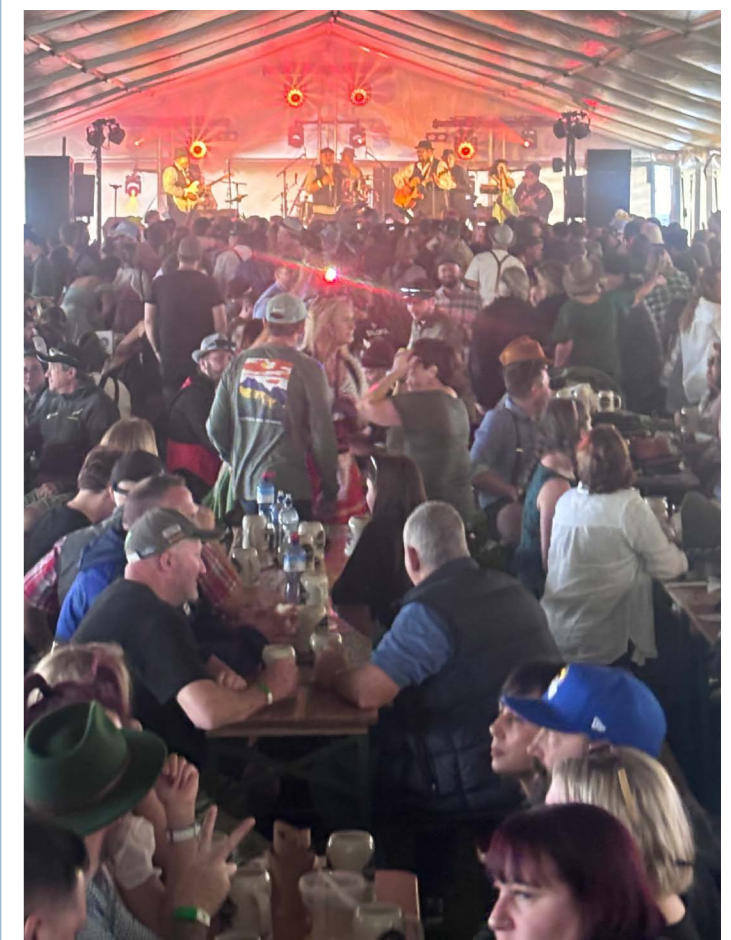
See more info on our website: www.rodneyyouth.co.nz

Morepork Kumeu Oktoberfest a success



The Morepork Kumeu Oktoberfest at the Kumeu Showgrounds on October 5 is quickly becoming a highlight on the local events calendar, bringing together a mix of local food trucks and a selection of Hallertau craft beers, wines, and ciders.

The Oktoberfest had laughter and music filling the air,



many attendees dressing up in traditional costumes.

Visitors wandered through stalls showcasing a variety of food options from traditional German fare to local delicacies. The food trucks created a lively street-food vibe, allowing guests to sample flavours from around the globe.

The festival also featured an impressive lineup of live music, providing everything from folk tunes to contemporary hits. Various games and activities were also held. The Morepork Kumeu Oktoberfest not only celebrates food and drink but also fosters a sense of community.

It's an opportunity for locals to connect, relax, and enjoy the spring weather. Organisers say if you missed it this year then mark your calendars for next October.



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Father's Day celebration at Craigweil House



This year, Craigweil House Home and Hospital hosted a heartwarming Father's Day celebration, bringing smiles and joy to residents and staff alike. The event was filled with laughter, games, and, of course, some delicious treats to make the day extra special. The residents enjoyed a delightful spread of freshly made sandwiches and sweet chocolate treats. The food was a hit, with everyone

appreciating the effort that went into preparing such a lovely assortment. The mix of savoury and sweet allowed everyone to indulge a little. The fun continued with a series of indoor games that got everyone involved. Residents and staff alike joined in on the action, whether it was board games, card games, or more active challenges like indoor bowls. There were plenty of friendly competitions and lots of laughs as everyone worked together, cheered each other on, and enjoyed the lively atmosphere.

The day was not just about celebrating fathers but also about community and connection. The residents appreciated the chance to spend quality time with one another and with the caring staff who always go the

extra mile to make every event memorable. It was a day filled with love, warmth, and a sense of togetherness, reminding everyone that Craigweil House is not just a place to live but a community where meaningful moments are made. The residents are already looking forward to the next special occasion.

If you're looking for a caring and engaging environment for yourself or a loved one, we invite you to come and see what we do at Craigweil House. We'd love to show you around and share how we create memorable experiences for our residents!

Ph 09 420 8277

Kumeu Kids Christmas Market Event



The Kumeu Kids Christmas Market is back this year! If you're looking for a great Christmas present or just a little something for yourself, come along to the Kumeu Kids Christmas Market showcasing the talent of the kids in our local community. Last years event was a huge success with selling some amazing quality products and raising \$400 for child Cancer. This years event is shaping up to be even better with

around 40 stalls with arts and crafts including: candles, scrunchies, Christmas decorations, crochet items, jewellery, tote bags, amazing yummy baking (cupcakes, cookies, slices and cakes) plants, cotton candy, hotdogs, nachos, drinks and more for sale all by kids! There will be also some fun games. The event is being organized by 13 year old Elisabetta Tamburini from Taupaki, Miss Tamburini says "My goal is to raise money for charity while helping fellow kids learn some business skills and earn money for themselves while having fun doing it". Entry to the market is free, however you can give a gold coin donation to child's cancer. Thanks to the Kumeu Lions Club for supporting us with sponsorship. Come and support the local entrepreneurial kids in our community and get yourself some great food and gifts. Cash only Market.

10am - 1pm, Saturday 7th December at the Kumeu Community Centre.



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Safer Communities



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	Class A	Class B	Class C	Class D	Class E	Class F
Water	Green	Red	Red	Red	Red	Red
Wet chemical	Green	Red	Red	Red	Red	Green
Foam	Green	Red	Red	Red	Red	Red
Dry powder	Green	Green	Yellow	Yellow	Red	Yellow
Carbon dioxide	Green	Green	Green	Green	Red	Red

Fire extinguishers play a pivotal role in domestic and industrial fire suppression and hopefully put out a fire before it gets too large to control.

There are many different sizes and types available for purchase across NZ but it is critical to ensure that the correct extinguisher is selected for the fire type you may encounter.

There is no NZ standards approved 'General Purpose' extinguisher. To use the wrong extinguisher may make the situation worse or can put you and your family in further danger.

The more common type of extinguisher is the ABE or more often referred to as 'Dry powder' and suited to fires from woods, cardboards etc.

Carbon Dioxide (CO2) is a common type which is used around electrical fires as it does not have the residue etc left behind that may cause further damage to electrical componentry.

Other types of extinguishers are available and should be located around your home and placed according to the potential risk, ie, Wet Chem extinguisher in the kitchen for grease, cooking oil or fat fires.

What about extinguisher for Lithium-ion batteries?

This is a common question that gets raised and what extinguisher will put this out.

To cut it short, there isn't one. Currently there is no extinguisher available that will put out an active lithium-ion battery fire. Any product that is saying meets the required NZ standards to do so is false. Once a lithium-ion battery enters thermal runaway it is extremely difficult to stop.

This highlights the importance of ensuring any batteries or rechargeable items are well cared for and that

chargers are checked and not used if either is showing any signs of damage.

When charging these products, ensure that they are done so in an environment that will not cause any other items to catch fire and has a smoke alarm (preferably interconnectable) in the room to alert you as early as possible should something go so your family can evacuate and get to a safe meeting place and call for assistance by dialing 111 from a mobile phone.



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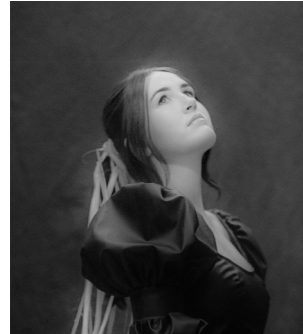
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Safer Boating

Auckland Folk Festival returns January 2025



The Auckland Folk Festival is back to full strength at the Kumeu Showgrounds on January 24-27 (Auckland Anniversary weekend) next year following the “wobbly years” of COVID-19 and the January 2023 floods, say organisers. Tickets go on sale mid-September, with early bird tickets closing December 31, 2024.

The music line-up for the 2025 festival includes Australia’s “sister” duo Charm of Finches, Hina - Auckland songwriter Amy Boroevich (Te Rarawa, Ngati Raukawa), Aotearoa Music Awards 2024’s Best Folk Artist Adam McGrath, Pony Baby (Arahi and Jazmine Mary), Austral (Australia), Rain of Animals (Scotland and Australia), Fortino Trio (Australia), BB and Alex (USA/NZ), Tess Liautaud and Jessie Shanks (US/NZ), Tall Folk (US/NZ), Krissy Jackson, and Kiwi indie group Marmalade. The festival, which has been going more than 50 years, features music, dance, craft workshops and concerts - across multiple stages, along with food trucks.

“We’re back,” says Auckland Folk Festival Programme and Artist Coordinator Emily Roughton. “We can’t wait to bring a jam-packed lineup to the festival which celebrates and brings together the folk community, and equally pushes the boundaries of folk. “We’re delighted to be showcasing some amazingly talented locals, along with some really quality international acts.”

Other performers include The Barleysakes (Australia), Basant Madhur Ensemble, Hannah Morrell (Australia), Lizzie Flynn and the Runaway Trains (Australia), Medena Ensemble, OriginZ, Rasoul Abbasi Ensemble, Sounds of the Cedar Forest, and Tom Rodwell, with more acts to be announced. Music ranges from gypsy to indie and blues to bluegrass. A huge kids’ programme is planned too, with a dedicated kids’ stage. Large marquees provide shade, and plenty of campsites are available.

Visit www.aucklandfolkfestival.co.nz for more information.

Cat lovers we need your help



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

Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return 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. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz

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New Kaipara sculpture exhibition opens December 1

Kaipara Coast Plant Centre opens its Sculpture Gardens Exhibition on Sunday December 1, 2024, from 2pm to 5pm.

Each year the 40 sculptures created by local and

Community News

overseas artists are replaced and remain on continual display for the following year.

Kaipara Coast Plant Centre encourages family and their friends to come along for this year’s grand opening of the new exhibition for 2025 and be among the first to see the new artworks along the kilometre of garden trails.

“There will also be opportunities to mingle with the artists as well as drinks, nibbles and live music to enjoy,” organisers say. A 2.5km nature trail is available for people to explore too.

“This is set in the lovely Kaipara countryside and placed so as to blend sympathetically with the surrounding environment and offering some great views of the Kaipara”, organisers say, adding the nature trail and Sculpture Gardens are a great way for all the family to spend a fun and relaxing afternoon as there’s also an extensive children’s play area and a barbecue site within the gardens. A coffee shop is on site plus the Plant Centre to browse through.

“Our knowledgeable and friendly staff will also be on hand to help with any garden related questions,” say organisers, adding that the trails are unsuitable for wheelchairs and walking frames.

The Kaipara Coast Plant Centre is at 1481 State Highway 16, about 4km north of Kaukapakapa.

Visit www.kaiparacoast.co.nz or phone (09) 420 5655 for more information.

November at Kumeu Arts



We’re excitedly preparing for our biggest exhibition of the year, the Kumeu Arts Awards. We’ll have a huge range of artworks on display highlighting artists from all over NZ. Local businesses have donated prizes to be awarded on November 2nd. Pop in to see who wins and choose your favourite in the ‘People’s Choice Award’. On Saturday the 30th of November between 11 am -3 pm, we’re holding a Makers Market. Come along to buy hand-made gifts directly from our ‘Makers’ stalls. Shop ethically while supporting local people. Or, why not buy a loved one a voucher for one of our ceramics courses? As the silly season gets underway find some peace by visiting our galleries or calm down during one of our stress-relieving workshops. We’re here to help. Find information @ www.kumeuarts.org or pop in to see us behind the Library.

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BEHIND LIBRARY

Kumeu Book Fair November 23 & 24



The fairs rely on books donated by the community and people's generosity is very much appreciated, says a Huapai-Kumeu Lions spokesperson.

"It is an opportunity for people to cull their bookshelves or other places where books have accumulated over time, although old or tatty books are not wanted as they do not sell."

Good quality books are set out in categories on tables, including gardening, cooking, sport, travel, biographies, and many other subjects as well as soft and hard covered novels.

All books are \$2 with special prices for bundles of children's books. "There is something of interest for everyone, making a visit to the fair a good family outing," says the spokesperson.

The fortnight before the fair donated books can be left on a table outside the Lions' Den Kumeu Community Centre front entrance for Lions to uplift daily.

Profit from previous Book Fairs as well as funding from the Lions' Vintage Shop at the adjacent Pomona Hall have enabled the club to give financial support to several local groups. These include an Invictus Games team based at Whenuapai, the Kumeu Band and a dog rehabilitation centre.

Students from Matua Ngaru School were also supported by the club donating some excess books for a recent student run mini-Book Fair.

The Huapai-Kumeu Lions Club is giving financial support to students organising the Kumeu Kids Christmas Fair the Kumeu Community Centre on Saturday December 7.

The club has a dinner meeting at the Kumeu Community Centre on the first and third Tuesday of every month and recently introduced several new members.

All welcome.

Phone (09) 412-7752 for information.

The Village Market Helensville Showgrounds



Sunday 17th November 8.30am to 1pm

Locally made crafts, art and gifts, fresh locally grown fruit & veg, preserves, plants, pet products and much more. Delicious food from the market cafe, coffee, sausage sizzle and ice cream. Plus there's live music from duo Gillian & Mike and free hair plaiting

Can't make it on Sunday? - then join us on Friday 6 December from 4pm to 8pm at our very festive Twilight Christmas Market. Fantastic Christmas gift ideas, food trucks, live music from The Curls and much more plus Santa will be popping in to see if you've been naughty or nice.....

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No dogs please with the exception of assistance dogs. Gold coin donation for parking - proceeds to the Helensville/Kaukapakapa scouts and St John youth. For more information contact sarah@riversidecrafts.co.nz

Used spectacles wanted for Pacific Islands

Huapai-Kumeu Lions and Riverhead Scouts also participate in a project whereby donated used glasses are processed and checked in New Zealand and then offered to Pacific Island eye clinics. Many island residents with visual impairment are unable to afford or access glasses, Lions say.

A receptacle for people to put in glasses they no longer use will be at the Lions' Book Fair on November 23 and 24.

SeniorNet Meetings

We have been busy the last few months; we have had some interesting speakers coming to the club. First our local Librarian came and gave us a talk on all the library services they offer. The following month we had a talk on Auckland history especially the Fencibles. Both meetings were well attended and our members seemed to enjoy. As well as the talks we learnt a lot about the future of technology and one of our members gave us a talk on the future of Artificial Intelligence. He also gave us a live demonstration on what it can do which was quite outstanding. As usual we are running two courses every month on different subjects which are very popular with our members. If you would like to come and see what we are all about why don't you come along to one of our meetings. We meet the first Wednesday of the month at 10am in St. Chads church hall. I hope to see you then.

Regards, Nigel Dempster

Gently Loved Markets

Gently Loved Markets Flea Market returns to Hobsonville Point for its final Flea Market of 2024 on Saturday 30th

HUAPAI
VetClinic

Dr Gary Duggal (BVSc)

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+ 371 main road. Huapai
+ huapaivet@gmail.com



November. Perfect timing to stock up on preloved treasures for Xmas or to clear out around your home for a bit of extra holiday spending money.

Flea Market is an indoor garage sale filled with preloved treasures

at significantly reduced prices. Explore stalls selling preloved clothing, accessories, books, games, records, plants, home grown produce, homewares and more.

Gently Loved Markets Flea Market is on Saturday 30th of November from 10am until 1pm at The Sunderland Lounge - Te Rere, Hobsonville Point. Free entry. Come have a preloved treasure hunt with us. Don't forget your fabric bag on the day.

Having a declutter around the house? Come sell with us. Contact Donna Buchanan on gentlylovedmarkets@gmail.com to book a stall. Gently Loved Markets hold different styles of market days - from curated preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds), Flea Market and Just Kids! Keep an eye on their Facebook and Instagram for the market day announcements @gentlylovedmarketsnz

North West Country Inc

North West Country supported two major art events in the area this year, celebrating our many talented artists. Arts in the Ville in Helensville was huge hit this year, with more artists than ever. Held on Labour Weekend, the North West Country business hub at Mill Road opened its doors and hosted four local artists. Art is a big part of our local area, and the business hub has a number of art pieces on its walls from local artists so it was a fitting location.

On Saturday 2nd November, the Kumeu Arts Centre held its annual Kumeu Art Awards and as sponsors, North West Country was delighted to present the second prize award. All the entries were incredible and we congratulate all artists who took part.

CHRISTMAS
SHOP DECORATING COMPETITION

Get those Christmas decorations out and get creative. Let's show visitors that the North West is the best place for Christmas cheer.

Results will be announced on Saturday 14 December.

2 x \$1500 cash prizes to be won!

Register your business and see full terms and conditions at www.northwestcountry.co.nz

North West
COUNTRY
BUSINESS ASSOCIATION

Christmas is just around the corner and we are looking forward to having a cracking time. We have a lot of things on the go for everyone to enjoy, including our business members.

November is also the launch month for our annual Christmas Shop Decorating Competition. This is open to all North West Country members and every entrant has an opportunity to win one of two \$1500 cash prizes. Our two winners last year were so elated to be chosen from all the entrants, and a lovely cash bump made it even better.

All businesses who want to take part in the competition need to register, then across the months of November and December we will keep an eye on your business and watch the decorations go up. Our judge will head out in December to make their choices, and the winners will be announced on Saturday 14th December.

Don't forget, please come to me with any questions, ideas, issues, or support that you might need. I am here to help. Danielle Hancock, Business Manager Manager@northwestcountry.co.nz

Waitakere Forest and Bird Lecture Series



Thursday 21st November 7.30 pm

Ruby Moore is a freshwater ecologist who has a particular interest in the streams and waterways around the Auckland region. During her career, she has worked with many school and community groups to raise awareness of the natural environment through education and citizen science. In her current role as Entomology Collection Manager she has been adding the Freshwater Invertebrate collection. Recently this has included the contributing to the eDNA project, to add new specimens to the eDNA library. Venue: Ranui Community Centre 474 Swanson Rd, Ranui. Non members welcome, join us for supper after to chat with other like-minded people, free but koha appreciated to cover hall hire.

For further information ph Liz 0274 762732 lizanstey@hotmail.com

C'mon Hobby, Let's Reconnect



"C'mon Hobby, Let's Reconnect" is being facilitated again by Connected Neighbourhoods Trust and runs through to June 2025. They provide \$100 local food vouchers to any streets, laneways or blocks in the Hobsonville area that want to get together for a neighbours gathering. Super easy and great way to connect with your neighbours and embrace community. Minimum of 10 households (although a \$50 voucher is available for between 5-10 households). More info at neighbourhoods.nz/connect

Children's Market at Scott Point School



During the school holidays, young entrepreneurs from the Scott Point community came together to sell their pre-loved toys, clothes and other exciting items that some of them had made themselves.

Navya who was one of the stall holders sold some of her original creations at her NS Creations stall. The children were supported by their parents and the day was a great success with many people from Scott Point and Hobsonville enjoying getting some great bargains. Local Mum, Mrs. Christina Yan who had the original idea to run the Children's Market is hoping to hold the event twice a year to encourage young entrepreneurs in the local community to get involved and enjoy the rewards of running their own business.



Food & Beverage

Make This Year's Christmas Gifts a Recipe for Success!



At the Good from Scratch Cookery School, we've been busy preparing an exciting calendar for the New Year! With a variety of hands-on cooking classes, evening supper clubs, events and farm shops there's something for everyone.

Whether you're treating family, friends, kids, or yourself, we offer classes and events to match every taste. Prefer

flexibility? We also have vouchers available for all our classes and events.

This year, do it a little differently, gift them an experience they'll never forget. Head on over to our website for more details, or give us a call on 094118808.

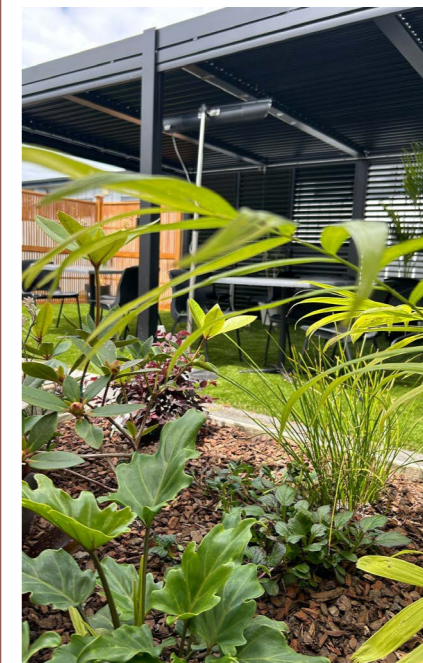
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The Food Vault Cafe



New Outdoor Garden Seating Available

Starting from Labour Weekend, The Food Vault Cafe has introduced a lovely outdoor garden area at the back. This space features a pergola and open-air seating, surrounded by lush plants, creating a perfect spot for enjoying coffee, snacks, or lunch. Many customers, especially those with pets, have requested this addition for some time.

The Food Vault prepares all their meals in-house daily, ensuring guests receive the freshest food possible. Beginning November 1, 2024, they will also cater for small groups of up to 25 people.

For inquiries, please contact owner Afsana at 021 214 3242 or via email at thefoodvaultcafe2023@gmail.com.

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Strawberries a sign of summer



A good strawberry crop is warming up in the sun. The tasty fruit is plentiful and expected to remain cheap with Phil Greig's Strawberry Gardens in Kumeu selling strawberries for around two punnets for \$8.

A better spring has contributed to a good strawberry supply this year, says Phil. He has three varieties - Camarosa, Monterey and Fronteras - all producing big, luscious red fruit. With the COVID years essentially behind, Phil says they also have more staff to help. Phil's shop is open seven days through summer, selling not only strawberries but real fruit ice-cream, frozen yoghurt, smoothies, Belgium waffles and coffee. Strawberries are particularly popular around Christmas, and 'pick-your own' is expected to kick in soon or later in the season.

Zaknick Farms (Zakberry) expects the strawberry season to continue through April next year. Its strawberries are selling quickly, including 'seconds', with prices reported around \$2 a punnet or \$10 for 3kg. Many roadside fruit and vegetable shops also sell strawberries in season, often home-grown.

George's Garden on Fred Taylor Drive, for instance, has been selling strawberries for years, not only there but at markets too.

The fruit is also available in supermarkets.

Warm Spring Salad

Ingredients

- 1 cup uncooked quinoa (or try speltberries)
- 1/2 tbsp extra virgin olive oil
- 1 leek, sliced into rounds or half moons
- 2 garlic cloves, minced
- 1 bunch asparagus, ends broken off and chopped into 1-inch pieces
- 1 cup diced strawberries (optional)
- 3/4 cup fresh or frozen peas
- 1 cup fresh parsley, roughly chopped
- 2-3 tbsp extra virgin olive oil, to taste
- 3 tbsp fresh lemon juice
- 1/2 tbsp pure maple syrup (or other sweetener)
- 1/4 tsp fine grain sea salt & lots of pepper, to taste
- lemon zest, for garnish (optional)

Method

Rinse quinoa in a fine mesh strainer and place into a medium pot. Add 1.5 cups vegetable broth (or water) and bring to a low boil. Reduce heat to low-medium, cover with tight-fitting lid, and cook for 15-17 minutes, or until fluffy and all the water is absorbed. Fluff with fork, remove from heat, and let sit covered for 5 minutes.

Meanwhile, grab a very large skillet or wok. Sauté the leek and garlic in the oil for about 5 minutes over medium heat. Season generously with salt and pepper. Add in the asparagus and sauté for another 5-10 minutes or until the asparagus is just tender, but still a bit crisp. Stir in the strawberries (optional), peas, and parsley. Heat for a few minutes and then remove from heat.

Whisk together the dressing ingredients (olive oil, lemon juice, maple syrup, and 1/4 tsp fine grain sea salt) to taste. Pour dressing onto skillet mixture and stir in the cooked quinoa. Season to taste with salt and pepper & enjoy! This would also be lovely with nuts or seeds sprinkled on top.



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Property News

West Auckland Property Management's new home in Hobsonville

West Auckland Property management and its combination of local knowledge, proven systems, and excellent results, has a new home at 2 Clark Road in Hobsonville. Graham McIntyre and Gail McIntyre are super excited about bringing this outstanding property management solution to the area, with a large client pool throughout the North West it was a natural fit to support the business and the future.

With 25 years of business experience Helen, Tracy and Trina will provide a seamless and integrated solution built on history and experience. "We combine local knowledge with a personal approach to property management to deliver a better experience for Owners and Tenants" says Graham McIntyre co-owner.

"We take the confusion out of staying compliant with the Residential Tenancy Act" says Helen Warriner, Senior Property Manager. "You can rely on us to keep your property in good shape and attract standout tenants, all while keeping you informed. It costs no more to put your rental property in safe hands that have safe guards and checks and balances in place".

"The reason that we wanted to buy the business", says Graham, "I love our people and the passion that they have for finding the balance between Owners and Tenants to get the very best result. The systems and the thinking in how they run the business, minimise vacancies and ensure the best value is delivered to Owners is truly exceptional. I have seldom seen a business that is so considered of all the pieces that makes up the whole".

"We're invested in protecting people's rights and a property's value" says Helen, "with decades of experience behind us, we know striking the right balance between landlords and tenants is absolutely crucial. That's why as property managers, we keep close relationships with both teams. With experienced and qualified property managers by your side, your investment property can earn income for years to come, while making dealing with tenants as seamless and stress free as possible".



"Look it's really simple, we want the very best tenants. Our aim is to reduce potential tenancy problems from occurring in the first place. To do this we go beyond what's expected. We go through a thorough process to ensure we have found the best tenants for your rental property with a proven formula. We talk with past landlords, referees, employers, contacts to do a thorough character reference and follow up with a full credit check. We then talk with the applicant about what we find and ensure they are of good character. We talk a lot" says Helen.

"We have an extensive history and experience in local investment property, ownership, management, and sales" says Graham, "we can provide you with specialist rental advice and services. We know the Residential Tenancy Act and will keep you informed of your rights and responsibilities. If you are thinking of selling your rental property, or buying more we can ensure you have the right assistance at all times. Whatever position you're in, we've got the experience and knowledge to help you succeed".

For more information, advice or a no obligation rental property appraisal call 09 832 0832 or go to www.wapm.co.nz today.

Pictured Graham McIntyre and Helen Warriner

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Property market report

On 14 August and 9 October, the Reserve Bank of New Zealand (RBNZ) cut the OCR (official cash rate) by 25 basis points (bps) to 5.25% and 4.75% respectively. Kiwi Bank Chief Economist Jarrod Kerr forecasts that the RBNZ will return to a neutral cash rate over the next two years. "We think they'll cut the OCR from 5.5% to 2.5%, and we expect a cut of 25bps at every RBNZ meeting from here, well into 2026." Interest rates are the largest driver of house prices. Falling interest rates will support the market and we expect steady gains in house prices from here." says Jarrod Kerr.

But what does this mean for the housing market?

- The New Zealand housing market is still struggling, reflected in the Real Estate Institute of New Zealand (REINZ) recording another fall in house prices in July. House prices have gone sideways over the last 12 months (+0.2% year on year).
- The RBNZ has finally started cutting the official cash rate, which will support the economy, boost confidence and help to stabilise the housing market.
- However, we still have a chronic shortage of housing in Aotearoa. We need to entice investors back so that developers will follow.
- When debt-to-income (DTI) restrictions came into effect on 1 July 2024 loan-to-value ratios (LVR) relaxed. They are complementary. DTI restrictions are unlikely to have a meaningful impact as they're introduced, although some borrowers may find it harder to get the loan size they need.
- When debt-to-income (DTI) restrictions came into effect on 1 July 2024, loan-to-value ratios (LVR) were relaxed.
- And as investors no longer need to worry about an extended Brightline test or interest deductibility, we should see investors return to the market.

The stockpile of homes for sale sitting on the property market got a little bigger in September, with both Trade Me Property and Realestate.co.nz seeing an increase in the number of homes available for sale on their respective websites.

Trade Me Property reported a 1% increase in total stock

for sale in September compared to August, and a whopping 23% increase compared to September last year. Realestate.co.nz's total stock was up 1.5% compared to August and up 27.4% compared to September last year. So there are plenty of homes on the market for potential buyers to choose from, and it seems, more arriving every day.

Vendors appear to be optimistic they will get a good price, with both websites reporting an increase in their average asking prices in September.

Trade Me Property's national average asking price in September was up 0.6% compared to August, while Realestate.co.nz's national average asking price was up a more substantial 4.9% for the month.

We do not know if those increases in average asking prices were due to vendors having more optimistic price expectations, or a slight shift in the mix of properties coming onto the market, or a combination of both.

But the big question hanging over the market now, is whether the increased optimism of vendors will be matched by an increase in enthusiasm from buyers.

We got an early indication on that front last week when Barfoot & Thompson, which is easily the largest real estate agency in the critical Auckland market, released its September sales figures.

These showed buyers were indeed more active in September, with the agency's sales at a four year high for the month, up 10.9% compared to August and up 19.5% compared to September last year.

However the extra commitment from buyers did not result in an increase in selling prices, which headed in the opposite direction.

Barfoot's average selling price declined for the third consecutive month in September and was down 2.4% compared to August. The median selling price also declined for the third consecutive month, and was down 1.9% compared to August. Those figures suggest market activity is picking up in spring, with more buyers and more sellers committing to a sale, but buyers remain cautious on price.

Refer to the prices achieved in the area property stats page.

If you are considering listing your property for sale it costs no more to use an experienced agent with a proven track record. A sensible commission structure and excellent advertising program offered to ensure satisfaction. Call me for a no obligation chat on 027 632 0421 or 0800 900 700, Graham McIntyre AREINZ. Country Living Realty Limited t/a Raine and Horne Kumeu - Hobsonville. Licensed REAA2008

Rental market report

Good properties are achieving good tenancy applications and above average prices as the market continues to be over supplied in some housing stock and undersupplied in others. We expect this to be the normal rather the exception moving forward as tenants actively seek out rental property that offers garaging, storage, bathroom

flexibility and laundry convenience over homes that don't.

We summarise the market bonds on 2 bedroom homes this month to look at the trending:

Kumeu	2 Bedroom	\$ 553 - \$ 568pw
Helensville	2 Bedroom	\$ 590 - \$ 600pw
Hobsonville	2 Bedroom	\$ 600 - \$ 670pw
Massey	2 Bedroom	\$ 570 - \$ 620pw
Westgate	2 bedroom	\$ 610 - \$ 650pw
West Harbour	2 Bedroom	\$ 520 - \$ 650pw
Whenuapai	2 Bedroom	\$ 610 - \$ 650pw

If you have an investment property and are seeking a smart and sensible property management solution which is customised to your situation and requirements we would welcome the opportunity to chat. We offer a more sensible management fee and accountable asset protection schedule which will make you feel right at home. Call Graham McIntyre on 0276 320 421 or visit www.wapm.co.nz for more information. West Auckland Property Management..

Ascend financial services

The banking and lending industry is becoming more complicated with rules, regulations and layers of policy being added frequently. It is becoming increasingly



important to obtain quality advice on both how to obtain lending and how to structure it.

They key to this is having a good advisor on board. Going to the bank limits you to one option and remember bankers work for the bank. Advisors work for you. That carries a lot

of meaning and weight.

The difference in advice can cost or save you significantly. Advisors live and breathe the industry and know all the various ways to obtain a solution to your needs and there are often many paths to take.

Advisors are versatile, we can cover your whole lending environment using a range of lenders fit for purpose. Whether it be business, commercial, mortgage/asset finance, property development etc.

It's free to engage for a consult.

Ben Mune, 0212178208

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Getting a foot on the property ladder



By **Tina White,**
ClearStone Legal

With property prices remaining high, we often see family and friends buying property together. There are benefits and risks - so what should you consider before taking the plunge?

The benefit of purchasing property with family or friends is that costs for conducting due diligence, loan applications,

conveyancing and ongoing maintenance is shared. Additionally, bank loans can be separated so each person (or couple) is responsible for repaying their "own" loan. Although, all parties will be jointly liable should one party default on their repayments.

If you are using KiwiSaver, you must live in the property for at least 6 months. If you are intending to live in the property together, you will want to be selective about who you live with. Think about what happens if they lose their job and can't contribute to the outgoings or how well you would work together to resolve any issues.

You can own the property jointly or as tenants in common in equal or unequal shares. The main difference is that if one owner passes away, their share of the home is automatically transferred to the remaining owners. Owning a property as tenants in common means your share of the property may be dealt with in accordance with your Will.

When buying property with friends and family, we strongly recommend a property sharing agreement (PSA). A PSA sets out each party's rights and obligations and is recommended for joint ownership. This covers things like who pays for what, in what shares and also states what happens in the event of a sale by some, or all of the owners.

Obtaining some advice at the outset can prevent potential issues. For free no-obligation advice, give us a call on 09-973-5102.

CLEARSTONE LEGAL

Call now to discuss your legal needs

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Your Local Builder: GJ's Rodney West



GJ's Rodney West are excited to open the doors in their new location - 248 Main Road, Kumeu. GJ's has been operating in the Rodney area since 1997 and are proud to build great homes throughout the area. The local team is dedicated to helping you have a great building experience. Owned and operated by husband and wife team Rachael and Matt, the team looks forward to serving the community they love from their new location.

Matt and Rachael are very proud to have lived in the Rodney West district for over 25 years, with a long-term family association that stretches back over 100 years to Huapai's earliest settlers. Matt and Rachael believe the key factors in creating a home are:

Good communication, understanding and teamwork. They respect and understand your individual needs and unique requirements when building a home.

"We take immense pride in knowing that our dedicated team will build you a home that you will be extremely proud of." - Matt Lelean

By working with you, the team can design and build a home that suits you, your lifestyle, and your needs. Their experience and passion are a real asset for those building a new home.

Whether you're a first home buyer looking for a quality and affordable home, a family wanting a great home with room for everyone, or a larger lifestyle home that meets your family's unique needs, the Rodney West team looks forward to working with you to design a home you can be proud of.

Feel free to drop by their new offices at 248 Main Road, Kumeu to chat about your new home journey and discover for yourself why more New Zealanders trust G.J. Gardner to build their homes year after year than any other builder.

Mortgages and Loans Ltd



Things you need to know before refinancing your mortgage:

With interest rates reducing and banks offering cash contributions to new customers many clients want to talk about a refinance. Your Mortgage Adviser who will have all the latest information when it comes to interest rates and what's currently happening in the market. Loan term is the length of your mortgage term appropriate for your financial situation, or would you benefit from extending or shortening the term? Repayment flexibility Does your current mortgage allow for extra repayments or other flexible repayment options that suit your financial goals?

Costs Associated with Switching Lenders. This one can catch you out if you haven't done your homework. It's important to consider the associated costs, which may include:

Break fees - Breaking a fixed-rate mortgage early, can result in early repayment fees (AKA break fees), or penalties which the Lender may charge.

Legal fees - When you refinance your mortgage there will most likely be legal fees involved. You'll need to work with a lawyer to handle the necessary documentation and registration.

Loan Market

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

Repayment of incentives - If your original mortgage included incentives, such as a cash contribution, you may need to repay this if you refinance before the specified loyalty period ends

Working with a Mortgage Adviser to refinance your mortgage will open up the door to a wide range of loan products enabling you to secure the best terms for your needs. I can quickly do the calculations for you to make sure a refinance is the best thing to do.

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

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318 square metre (approx.) home on 1012 square metres (approx.) of land in a cul-de-sac Whenuapai Village inner harbour location, with boat ramp, park, reserve, shops and School close by.

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Set within an established treescape, with large decking, all weather pergolas and wide double sliders to seamlessly flow outside to inside.

If you have a mixed family, blended family or enjoy the freedom of big-home space within quiet surrounding, look no further.

The CV on this property is \$1,740,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@kumeu.rh.co.nz

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

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2/10 Javelin Place, West Harbour

4 Bed 2 Bath 2 Car

Motivated Vendor, sunny, spacious, home

Welcome to a beautifully presented mixed/weather board/ brick home, a short stroll from Marina View School, parks and convenience shopping. In a quiet, mature, Tahitian Pohutukawa lined cul-de-sac street surrounded by substantial homes you'll feel inspired by colour and bird life.

From integrated alfresco living to glorious views to the city over the inner harbour, certainly nothing better on a sunny day. Enjoy the warmth and serenity of this modern layout, with multiple entertaining zones with kitchen to dining and lounge to alfresco dining with full luvatech and weather screens. Offering four bedrooms, including master ensuite and walk in wardrobe. Three toilets including bathroom, guest toilet and ensuite. Abundant sunshine and heat pump compliments this warm home, perfect for winter snuggling in. A private courtyard and back yard compliments the offer. Come and experience this fabulous home today, a short drive away from shopping, schools, parks, inner harbour and motorway access.

Guide
Negotiation



3 Bluefin Way, West Harbour

4 Bed 2 Bath 2 Car

Sun filled, 2 level - Marina View School

A fabulously crafted and meticulously cared plaster on cladding board set in a cul de sac road, with established plantings, clever gardens and enjoying all day sunshine.

An open plan kitchen, dining with alfresco to patio and outdoor entertaining area. Significant storage, large garaging and guest w/c.

Upstairs enjoy three bedrooms, plus large lounge/media, or additional bedroom and two bathrooms with excellent connectivity, a peek of the inner harbour and alfresco champagne decking.

There is so much to love within this modern family home. Owners are heading South so don't delay.

Guide
Negotiation





5A/ 15 Augustus Terrace, Parnell

3 Bed 2 Bath 3 Car

View Today, 3 Bed, 3 Car Parks, Harbour Views

The convenience of Parnell Penthouse living, the ease of three secure car parks, mixed with an inspiring view down the Harbour out of extensive sliders.

The very best of open plan living with three bedrooms and two bathrooms on offer.

From the master, a delightful (as Manhattan) city skyline sparkles at night and gives way to impressive perspective through the day.

A convenient storage lock-up ensures flexibility and ease of use. As an investor or homely occupier looking for a very special Parnell apartment this must be on the top of your list.

Offering a very sensible purchase within a very smart building.

Body corporate investment \$16,000pa

Guide
Negotiation



6 Wharara Lane, Massey

2 Bed 1 Bath 1 Car

Views to City, affordable duplex with carpark

This near new GJ Gardner build with Master Build Warranty provides an excellent opportunity to jump on the property ladder with lock-up and leave options, public transport at the gate and convenience shopping a short stroll away.

A beautifully presented two bedroom home with bathroom and guest toilet, alfresco to patio and small grassed lawn.

An outstanding option for a discerning buyer looking for pedigree and performance.

Earthy colours and upgrades, this home is one that will be on top of your watch list. Don't dilly-dally, great homes like this don't last.

Guide
By Negotiation





24/ 18 Williams Road, Hobsonville

2 Bed 1 Bath 1 Car

Sun filled Brick & Tile, over 55's Sanctuary

This boutique and well appointed over 55's village provides an excellent environment, community and sun filled quiet home, out of the hustle and bustle but close enough to walk to convenience shopping, parks and bus stop. The land is flat but elevated, out of flow paths and out of flood plains. Built to last, this brick and tile two bedroom home with single garage has been refurbished and is presented to a very high standard, with new kitchen and new carpet. Generous space inside and out side that will allow you the canvas to create your home and garden, just the way you like it. The home has been invested in, with attic stairs to access ceiling storage area, a moisture reduction system and heat pump, all designed to make the living environment the best possible. The neighbors are engaging, fun and the community is inclusive which allows you to have time for yourself or shared with activity and events. A great time to view, a fabulous option to invest in.

Guide
Negotiation



18 Peters Lane, Taupaki

Sun kissed, north facing house and land package

A large north facing canvas, with natural water course and established plantings with options to select the best house and land package for you, including home and income options. Elevated rolling land with views to Kumeu and beyond, the houses selected are designed to make the most of the aspect and the outlook. This land is historical and original clay base which has no historical slip effects nor movement lines. In addition much of the area is slowly moving to countryside living which allows for great intensification within this residential lifestyle community. Please survey the house and land package options outlined and book a walk-the-land meeting with leading Taupaki agent and local resident Graham McIntyre. Renders and pricing for House and Land Packages provided by: GJ Gardner indicative value \$3,479,000 approx. enquire for further information Golden Homes indicative value \$3,798,000 approx. enquire for further information Signature Homes indicative value \$3,326,500 approx. enquire for further information

Guide
Negotiation





22 Zingaro Place, Massey

3 Bed 1 Bath 2 Car

2 Car Garaging, Big Workshop, Sunny, Elevated

Set on 979sqm (approx) this is a big section with a big home.

Offering extensive garaging and off street parking with storage options galore, work from home, or develop an additional guest wing.

Upstairs enjoys extensive gated lawn and gardens with mixed alfresco settings to enjoy sunshine or shade with easy access to kitchen, dining and lounge areas.

All the bedrooms and bathroom off a central hall, this is a home that will deliver peace and ambience upstairs and hobby, work and workshop downstairs, certainly a ying and a yang for all buyers.

The CV on this property is \$975,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email

Guide
By Negotiation



26 Squadron Drive, Hobsonville

2 Bed 2 Bath 1 Car

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

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

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

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

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

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

Guide
Negotiation





29 Sunny Crescent, Huapai

4 Bed 2 Bath 2 Car

Hinuera stone on 1/2 acre - Beautiful setting

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

Guide
Negotiation



421 Kiwitahi Road, Helensville

1.58 hectares (approx) bare land

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

Guide
Negotiation

Discover a rare opportunity on this expansive 15,860 sqm (approx.) piece of land, offering a diverse range of contours, from flat expanses to gentle slopes.

With a North West facing orientation, this plot provides the canvas for crafting your own personal paradise. Embrace breath taking views and explore various landscaping possibilities within this distinctive microclimate. Tucked away from the road, on a tar sealed access way, convenience meets serenity, with services within easy reach.

Unlock the potential for a harmonious lifestyle by exploring house and land package opportunities tailored to your vision for a dream home in this idyllic setting.



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Home & Garden

Let's clear the air: Talking septic tanks



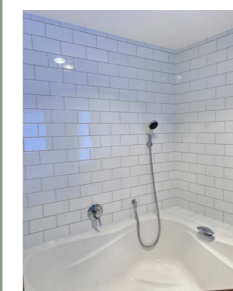
If you don't want a "stink" Christmas season this year, consider getting your septic tank emptied soon, before the holiday rush. The last thing you want spoiling your Christmas celebrations and summer fun is unappealing wafting scent or an overflowing tank - no thanks.

Most tanks require servicing every 3 to 5 years, depending on the size of the tank and household usage ie how many of you live there. During a HydroVac septic tank empty, our professionals pump out the tank and transport the waste offsite for safe disposal.

This is a not a job you can DIY. Hiring a professional septic tank emptying service ensures the job is done safely and thoroughly. Our team uses specialised equipment to pump the contents out of the tank, followed by a proper disposal process that meets environmental standards.

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Blackout Electric

Blackout Electric is a local family owned and operated business, run by Sebastian Weaver, a registered Electrician with over 17 years' experience in the industry.

After completing his apprenticeship and spending a number of years working for electrical companies, learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business



from the ground up - since then, he hasn't looked back. Nearly 3 years on we have 4 staff and two of our staff are out of Kaipara College, which Blackout supports via their Gateway Programme.

Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves. Since starting Blackout Electric, the support and loyalty we have experienced from locals is second to none. Customers who not only continue to use our service, but refer and recommend us to their own family and friends. This is a testament to the service we provide, and the reason we continue to grow as a business. Seb is highly experienced in delivering cost-effective, high quality workmanship - offering solutions, not problems. At Blackout Electric, we pride ourselves on exceeding client's expectations. We build a relationship with our customers that begins on the first day of contact, and only ends once they're fully satisfied with our work.

We specialise in all forms of residential and commercial electrical work. Including new builds and renovations, alarm systems, CCTV and AV, and general maintenance - From something as simple as a new power point, to an entire house rewire, Blackout Electric is happy to help. Contact Blackout Electric for all your electrical service needs.

We can be found at www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

Whenuapai Floral & Garden Circle Oct 2024



The Meeting was led by Margaret B in the absence of Margaret T and reinforces our need for a vice President to step in when needed. Margaret told us a little about her four weeks in England with her daughter and some of the places they visited. One of the highlights was sharing lunch in a restaurant in an unlikely place, "inside" a women's prison, aptly named "The Clink". It was run by inmates learning the hospitality trade prior to their release.

Sandra Cross, a former florist, who nowadays only helps out at peak times like Valentine's Day and Mother's Day, demonstrated the art of floral arrangement which still uses the "three or five of the same" rule for maximum effect. Before our watching gaze, she made four different beautiful displays. First a small yellow floral delight followed the leafy base inside a ceramic dish, next a lovely lavender basket of blooms with ribbon and bead decorations around the handle. A Christmas red and green combination with gold baubles followed, with, lastly, a natural collection built into oasis carefully positioned inside a nikau frond.

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

Until next time, Happy Gardening from Mary Anne Clark

Sunflowers in Taupaki

Chris Flaunty and his Cedel Downs team are preparing to plant sunflowers again at Cedel Downs farm in Red Hills Road, Taupaki, after a successful first event early this year.

He expects the farm will reopen for sunflower experiences



Kumeu Community Garden update



and visits for four weekends from about Saturday January 11, 2025.

People swarmed to the farm's two hectare "Cedel Downs Sunflower Patch" in January this year, many also taking up the offer of VIP "Sunset Sessions".

Visitors were encouraged to take photos, bring a picnic and enjoy some family time among the flowers.

Sunflowers can be cut and taken home and seed packets are available for sale too.

Tickets will be available on Eventfinda Auckland from December 15, 2024. Visit www.cedeldowns.co.nz for more information.

As the gardening season blossoms, our community garden is thriving with a colourful array of plants and exciting upcoming events. Here's a snapshot of what's growing and what's to come.

Our garden is currently bursting with a variety of fresh produce growing and ready to eat. We're growing a delightful mix of brown and red onions, along with spring onions that add a punch to any dish. While we've seen

a few challenges - slugs and snails have taken a liking to our broccoli - we're not deterred. The garden is also home to bok choy and 'drunken woman' lettuce.

As we dig deeper into the soil, we're excited about our potatoes just planted, and a coming selection of herbs, including coriander, basil, fennel, and thyme - perfect for whipping up summer pesto. Our radish seeds have been sown, and we're keeping our fingers crossed for a good yield. We've also planted carrots, although they're taking their time to make an appearance. While the silverbeet and spinach may be going to seed, they're still providing some lovely green leaves. Be sure to grab these before they disappear.

Looking ahead, preparations are underway for tomatoes and sunflowers, which promise to add a splash of colour to our garden. Meanwhile, our asparagus is sprouting beautifully, offering fresh, crisp spears ready for the table.

We're thrilled to see new volunteers joining us in our gardening efforts. There's always room for more hands, so whether you're an experienced gardener or a curious newcomer, come down and get involved.

We're excited to host a visit from Matua Ngaru School, where we'll share our gardening experiences with the students. Additionally, we'll be giving a talk to the Kumeu Garden Club, fostering community engagement and sharing our passion for gardening.

As we continue to cultivate our garden, we're grateful for the support of our community. Let's keep growing together.

Waimaku Garden Club



We had an interesting visit to the Fo Guang Shan Buddhist Temple complex at East Tamaki, with its serenely landscaped gardens and awesome vegetarian cafe,

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where we enjoyed a nutritious lunch. They also have a wonderful art gallery. It is the largest Buddhist temple in New Zealand and was designed in the architectural style of the Tang Dynasty. They gave us an informative tour. Following there we went to the Auckland Domain to visit the newly opened Winter Gardens whose historic, old heritage glasshouse buildings have been restored over the last few years. It was a great visit to an Auckland favorite housing a myriad of rare plant species and botanical displays a visual delight. We finished off our day by enjoying ice cream while overlooking the lovely pond in the afternoon sunshine before our bus trip home.

Jo Little

Hardfell Ltd

How to select the right arborist for your tree care needs.

Choosing a professional arborist is crucial for maintaining the health, safety, and beauty of your trees. Whether you're dealing with a hazardous tree, routine pruning, or planting new ones, hiring a qualified arborist ensures expert care and peace of mind.

1. Verify Qualifications and Experience - Confirm that the arborist is properly trained and qualified. Qualified arborists have the technical knowledge and hands-on experience to care for trees according to the best industry standards.

2. Check Insurances - Tree work can be hazardous, especially when dealing with large or damaged trees. Ensure the arborist you hire has adequate insurance coverage. This protects you from being held responsible



in the event of an accident or damage to your property.

3. Request References and Reviews - A reputable arborist should have a proven track record. Ask for references or check online reviews to gauge the quality of their past work. Positive feedback from previous clients is a good indicator of reliability and professionalism.

4. Obtain Multiple Quotes -Don't settle on the first arborist you find. Obtain multiple estimates for the work you need done, and compare both the cost and the services offered. Keep in mind that the cheapest option may not always be the best. Look for transparency in pricing and scope of work.

5. Ensure Safety and Professionalism - Tree work is dangerous, and safety should always be a top priority. The arborist should use appropriate safety equipment and follow established safety protocols. They should also demonstrate professionalism in communication and respect for your property. By considering these factors, you can ensure your trees receive the expert care they deserve while protecting your property and your investment.

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Hauraki Property Services



Hauraki Property Services was started in 2019 after the owners, Morgan and Lera moved to New Zealand after travelling extensively. Given their combined experience in the building industry, it was only logical they would start up a trade business. However, they didn't want to be like every other painting company. They set out to build a business that delivers a client focused experience. From the initial contact, where customer service is a priority, to the quality of painting work itself, and even follow up on completion, Hauraki Property Services was quick to develop a reliable reputation.

As Residential and Commercial interior/exterior painters, they have great examples of their work across the greater Auckland area. Projects such as The Cloud on Auckland's waterfront, to the beautiful historical Ferndale House in Mt Albert are great examples of Hauraki Property Services ability to complete complex jobs.

Like all painters, their favourite work is to do interior/exterior painting on architecturally designed new build homes. As well as satisfaction and the joy owners get when they see their home come alive with colour, in some cases it gives them a chance to work with Porter's specialty coatings such as French washes.

Supporting their great work is accreditation with Master Painters New Zealand and the Dulux Accreditation program. If this isn't enough, a quick Google of Hauraki Property Services shows clients are also very impressed by the professionalism of the company with a 5 star rating. If you have some painting work you need done, they should be at the top of your list to call, they are happy to come around and provide a free quote.

Morgan Payne from Hauraki Property Services

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November is the ideal time to refresh those ornamental garden beds with fresh mulch. Not only will it look great when the rellies come to visit-mulch actually helps regulate ground moisture, keeping your plants healthy during the warmer months ahead. We've got options to suit every garden-from stunning Reharvest Black Decorative Mulch to Forest Floor Mulch for that natural look. Give your home-grown Christmas veggies a boost with our Premium Garden Mix. A blend of composted bark, chicken manure, gypsum and slow-release fertilisers, it's perfect for raised gardens and planters. Your citrus trees will appreciate a feed of Dave's Growth Booster Sheep Pellets and you'll have a ready supply of fruit for those summer drinks in the backyard.

Make sure your garden paths are looking their best when the guests arrive. We stock a range of decorative pebbles including white chip, river pebbles and pea metal. For that beachy feel, go for Hoggin. A very fine decorative white chip that compacts down easily, Hoggin is ideal for pathways and entertaining areas when you are looking for semi permeable finish and a stylish white surface.

November is still a good time to sow a new lawn, we can advise you on the grass seed variety that will best suit your location. Our grass seed range includes ProLawn Coastal Blend, which is formulated for sandy soils, or the hard-wearing Lifestyle Blend - ideal for lifestyle blocks. Xmas Hours: Open until 23rd Dec. Closed 24th to 3rd Jan. Open 4th Jan 2025 Central Landscapes Swanson: 598 Swanson Rd, Swanson.

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Young Learners

Kidz Kartz Kumeu a fun club for youngsters and ponies



Kidz Kartz Kumeu encourages and teaches life skills such as caring for ponies, self-reliance, self-confidence and resilience in a safe and fun environment.

Sarah Enfield, 12, is a regular at the club where she works with the club's ponies (like Kookies and Kream) and has received her harness racing licence which enables her to race at Alexandra Park. She says that she "loves the variety of ponies, who all have different personalities and are great fun to be around. They are all very cute."

Alexis Grbic, 16, says she joined Kidz Kartz Kumeu about seven years ago after learning about it from a friend. Since joining she has won many cups and ribbons for her

achievements after developing her horse skills through the club.

Kidz Kartz Kumeu competes in regular races at Alexandra Park against similar clubs from around the country and joins in an Easter event at Hawera.

"We wanted all children to be able to take part in this great sport (not just the rich and famous) so started with buying all our own ponies and gear so that parents did not have a large outlay to see if their child liked this sport," says Kidz Kartz Kumeu president Deneece Goldsworthy of Taupaki who developed the club and is supported by husband Murray.

Deneece says Kidz Kartz Kumeu has led many youngsters into full-time work in the equine industry, including a local trainer who was one of the first children to join the club.

The club is based at the Kumeu Trotting Club in Boord Crescent and has been running about 21 years - starting in the 2003-2004 season. They meet every Sunday from 9.30am to about noon to train, care for and drive the ponies (all under 13 hands tall).

New members are welcome to visit.

Check out Kidz Kartz Kumeu on Facebook, view their Alexandra Park races on YouTube (KidzKartz AlexandraPark) or email kidzkartzkumeu@gmail.com for more information.



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Kōrero Pukapuka (To read) in our World



Language is an essential aspect of our everyday lives, found in everything we read and hear. It's crucial that tamariki (children) are immersed in language from birth, through being spoken and sung to.

At Gumboots Early Learning, our kaiako (teachers) ensure that children engage with literacy's symbols and tools for personal, social, and cultural purposes. This approach helps them gain confidence and competence, express emotions, connect with others, and make sense of their experiences.

There are countless reasons to read to tamariki. Reading nurtures their love of language, which is vital for life long learning. It allows them to access diverse texts, make connections to their world, and sparks their imagination. Enjoyable reading sessions create opportunities for discussion, enhance vocabulary, improve concentration, and strengthen listening skills. Most importantly, it fosters a special bond between the reader and the child, making it a fun experience for both.

Reading to tamariki enriches their vocabulary, exposing them to words not commonly heard in daily conversation. The number of words children encounter dramatically increases with each book read aloud, particularly before they turn five.

Your tamariki cherish your presence and treasure hearing YOU read. Dedicate time daily for shared reading—make it enjoyable! Establish a cosy reading nook, take books outdoors, and bring characters to life with different voices and expressions.

For variety, encourage your tamariki to create their own books to 'read' to you. Explore diverse texts, including picture books, non-fiction, poetry, and comics—tailored to their interests. Use puppets or props to enhance storytelling and engage their imagination.

Investing time in reading with your tamariki pays dividends, enriching their lives and paving the way for success in our world. How will you engage in fun reading with your tamariki today?

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Aged care

Kumeu Village Resthome: Where care meets community



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

Our dedicated team follows a Residents' First approach, which prioritises combating loneliness, helplessness, and boredom. We understand the unique challenges faced by individuals living with dementia, and we have tailored our care programmes to ensure their wellbeing and comfort. Our beautiful outdoor spaces, cosy interiors, and engaging activities all contribute to a fulfilling life for every resident.

At Kumeu Village Resthome, we believe that families are an essential part of the care journey, and we encourage you to be involved every step of the way. Whether it's our specialised dementia care or our hospital-level support, we are committed to providing a safe, nurturing environment for your loved one.

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

For more information or to arrange a tour, visit our website at www.kumeuvillage.co.nz, call us at 09 412 9112, or email us at info@kumeuvillage.co.nz.





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NEXT DRIVEWAY





Elder abuse support service available



Visionwest Community Trust in Glen Eden has a new service aimed at supporting older Māori and Pasifika people who may be experiencing elder abuse. Mana Tiaki exists to uphold the mana of the elderly by providing

support to Māori and Pasifika kaumātua and kuia who are experiencing, or at risk of, elder abuse, mistreatment or neglect.

This year as many as one in ten older people in New Zealand will experience some kind of elder abuse and yet it often goes unreported because those affected can feel embarrassed or may not know where to go for help.

Elder abuse can take several forms including psychological abuse, financial abuse (the unauthorised use of money or possessions), physical abuse, neglect (inadequate food or clothing, or lack of social contact or support).

Mana Tiaki, Visionwest's elder abuse response service, provides confidential and compassionate support for kaumātua and kuia who are experiencing, or are at risk of, elder abuse. Support offered includes advocacy and intervention support, wraparound support services (incl. housing, budgeting, kai), and confidential counselling.

Mātanga Oranga, Visionwest's Māori-informed and Māori-based specialised counselling and care service has support therapists trained in supporting those experiencing elder abuse or family members who are concerned about older loved ones.

For more information about Mana Tiaki: Phone, 0800 990 026 or visit, www.visionwest.org.nz/matangaoranga.



Impacted by the 2023 floods? You are not alone, help is here.

Visionwest is offering up to ten free and confidential counselling sessions for those impacted by the 2023 Auckland weather events.

Following the 2023 weather events, many West Aucklanders are still grappling with some tough emotions. If you are one of them, here's your opportunity to talk to someone.

You'll receive:

- Professional Counselling
- Individualised Support
- Support for the whole family

We are situated at 97 Glendale Road, Glen Eden. To schedule an appointment or for more information, contact:

0800 227 343
counselling@visionwest.org.nz
visionwest.org.nz/wellbeing



Visionwest
 Waka Whakakitenga
Wellbeing Centre
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Health & Beauty

The benefits of physiotherapy for seniors: Promoting health and independence



As we age, maintaining mobility and independence is vital. Physiotherapy can significantly enhance the quality of life for seniors by helping them manage pain and prevent injuries. Our clinic is dedicated to addressing the unique challenges faced by older adults with personalised care.

Why does physiotherapy matter?

1. Improved Mobility: Seniors often experience stiffness and a decreased range of motion. Our tailored exercises

aim to enhance flexibility and strength, enabling individuals to regain their mobility and confidence in daily activities.

2. Pain Management: Chronic pain from conditions like arthritis can be debilitating. Our physiotherapists employ various techniques, including manual therapy and customised exercise programmes, to alleviate pain and improve comfort.

3. Fall Prevention: Falls pose a serious risk for older adults, often resulting in significant injuries. Our physiotherapy programmes include balance training and strength-building exercises that can significantly reduce fall risk and promote stability.

4. Post-Surgery Rehabilitation: For seniors recovering from surgery, physiotherapy is crucial for restoring strength and mobility. Our team creates individualised rehabilitation plans to ensure a safe and effective recovery process.

5. Enhancing Quality of Life: Physiotherapy also contributes to mental well-being. Regular physical activity can uplift mood, reduce anxiety, and encourage social interactions, all essential for maintaining overall health.

Get Started Today

If you or a loved one could benefit from physiotherapy, we encourage you to reach out. Our compassionate team is committed to helping seniors regain their independence, manage pain, and lead active lifestyles. Together, we can positively impact the lives of older adults in our community.

For more information or to schedule an appointment, please call 0272640003 (Hobsonville) or 0273136036 (Riverhead).



0273136036
physio@riverheadphysio.co.nz
 1058 Coatesville-Riverhead Hwy
www.riverheadphysio.co.nz



09 416 4455 / 0272640003
physio@hobsonvillephysio.co.nz
 124 Hobsonville Rd, Hobsonville
www.hobsonvillephysio.co.nz

5 ways to turn prescription glasses into sunglasses



Your eyes don't always love summer as much as you do! How can you protect them from UV damage and glare?

1. Transition lenses go dark in the sun and clear again indoors. What an easy and convenient way to have your glasses double as sunglasses.

2. Did you know we can make prescription sunglasses here at For Eyes? Choose from our sunglass range, including Maui Jim, RayBan, O'Neill and more and have customised prescription lenses fitted to them. We have sports/cycling, safety-eyewear and fashion ranges - you'll really enjoy summer in style with this option.

3. If you want to relax outdoors with a book over the summer, why not turn your reading glasses into sunglasses with a simple sun-clip from our ready-made range? We have a template of available styles and sizes and to help you choose the one that best matches your current glasses. Trust us, it will look so much better than perching your sunglasses on top of your reading glasses.

4. If you're buying new glasses, check out our frame models that come with their own perfectly matching sun-clips. These clips are unobtrusively held in place with tiny magnets so your glasses will look great with or without the clip in place, and it's easy to take on and off as needed.

5. If you like the sun-clip idea but have chosen a frame that doesn't come with a clip, we can even order a customised sun-clip to fit. Made in NZ, these little rimless beauties have tiny magnets inserted to hold them onto your eyewear.

So don't squint into the summer sun this year. Bring your eyes to For Eyes and sort out a glare and UV protection strategy before those long sunny days are upon us.

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Swan Skin and Nutrition



Recent research highlights the intricate connection between gut health and skin health, revealing how an inflamed gut can lead to skin issues. Factors like poor diet, stress, and

lifestyle choices can compromise the gut, resulting in chronic inflammation or dysbiosis. This internal imbalance can manifest externally, leading to conditions such as eczema, acne, and psoriasis. The skin, our largest organ, acts as a barometer for internal health. When the gut's inflammatory pathways are not addressed, toxins and inflammation can seep through the skin, signaling that the body is overwhelmed.

Continuing to irritate an already inflamed gut is likened to picking at a scab—it hinders healing and can leave lasting scars. Just as disturbing a healing wound can lead to infection, consistently aggravating the digestive system impairs its ability to recover. This ongoing turmoil not only prolongs digestive issues but also worsens skin conditions.

To foster true skin healing, it's essential to treat the gut with care, allowing it to restore balance rather than perpetuating irritation. Prioritising gut health through a balanced diet and mindful living is vital for clearer skin and overall wellness, breaking the cycle of inflammation and promoting healing from within. Booking a consultation with Sarah Tumulty, Functional Skincare Practitioner and Nutritionist, can help you address skin concerns while focusing on internal healing. Together, you can work towards restoring balance, ensuring that both your skin and gut health thrive, leading to improved overall well-being.

Sarah Tumulty. 49 Main Road, Kumeu swan.
skinandnutrition@gmail.com

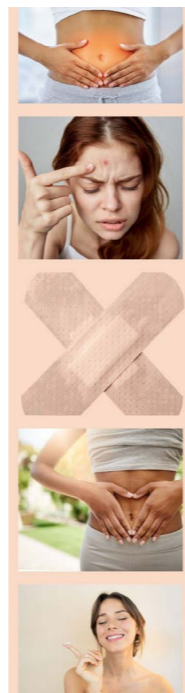
SWAN SKIN WELLBEING & NUTRITION

SKIN INFLAMMATION AND GUT HEALTH

Just as picking a scab or spot can prolong healing and lead to further irritation on your skin, continuously aggravating your gut with unhealthy foods or habits can hinder its recovery and overall health - including your skin. Both actions interfere with the body's natural healing processes, leading to more discomfort and potential long-term issues. It's important to nourish and protect both your gut and your skin to promote healing and well-being.

Understanding functional healing for gut and skin health

www.swanskinandnutrition.com
Sarah Tumulty
Functional Skincare Practitioner & Nutritionist



Constipation – A “hard to pass” topic



Take a guess as to what the most commonly reported gastrointestinal issue is? Reflux, bloating or inflammatory bowel disease perhaps to name a few?

Surprisingly or not (given the title), constipation is actually the most commonly reported gastrointestinal issue. If you have difficulty with your bowel habits,

including straining, lumpy or hard stools (poos), a sensation of incomplete emptying, reduced number of bowel motions, or abdominal discomfort and cramping, you may be suffering from constipation. Frequent stools, especially loose, may also be related to constipation.

Most constipation is idiopathic (no identifiable cause) however it can also be caused by other health conditions such as thyroid disorders, certain medications, and diseases of the gastrointestinal tract, in particular the large colon. If you have other associated symptoms such as severe pain, blood in the stools, or weight loss, it is recommended that you seek medical attention, as these

can be indicative of more serious pathology or causes. A Specialist consultation can also help to determine if further investigations are required, such as endoscopy or colonoscopy (flexible camera assessments of the gastrointestinal tract), or radiological investigations.

Simple lifestyle changes can make a big difference to your bowel habits. Two impactful self-care measures are regular exercise which can promote colonic contractions, as well as adequate fluid (water) intake. Adequate soluble fiber intake is also recommended to maintain regular bowels as it adds bulk to the stools and allows them to pass easier. This can be achieved through dietary modifications or over-the-counter supplements from your local pharmacy or health food store.

In some cases, you may need laxatives to help manage your symptoms long-term. There are many safe and effective options available, which can be prescribed by your family doctor or a specialist after careful assessment.

At Waitemata Endoscopy, taking a proactive approach to your health is easy. If you or your family doctor are concerned about your bowel habits, or any other gastrointestinal symptoms we accept GP, Specialist and self-referrals via our website. Our experienced team can readily put you at ease when it comes to your endoscopy needs.

Dr Sam Seleq

Gastroenterologist & Endoscopist,
MBChB 2014, FRACP 2021

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Dr Sam Seleq
Gastroenterologist & Endoscopist

*Terms and conditions apply
Visit our website for further details

Sun safety



As summer approaches, we need to be serious about sun safety. Skin cancer is the commonest cancer in New Zealand and Australia, and

over 90% is caused by too much exposure to ultraviolet radiation from the sun. To protect yourself and your whānau, the first priority should be physical protection. Between the hours of 10am - 4pm be sun smart (slip slop, slap and wrap as recommended by the Cancer Society cancer.org.nz), including wearing sunglasses of an adequate standard. Don't use sunbeds. Use a broad-spectrum sunscreen, preferably Sun Protection Factor (SPF) 50, applying it generously (about a teaspoon (5ml) for each arm, each leg, face, neck and ears, and don't forget the backs of the hands) and allow at least 20 minutes for it to absorb before going outdoors. That seems a lot, so wearing sun-protective clothing and a hat should be preferred, and spend time in the shade. Re-apply every two hours, or more frequently if swimming, sweating or towel-drying. Remember to check the expiry date on the sunscreen.

Be aware of sunscreens containing ingredients like oxybenzone and octinoxate, which are harmful to marine life and coral reefs. Choose sunscreens that are labelled "reef-safe" or contain zinc oxide or titanium dioxide. Since New Zealanders are encouraged to use sun protection throughout much of the year, some people might worry about Vitamin D deficiency. It's generally recommended

to balance safe sun exposure with sun protection, particularly in summer, while still aiming to get some unprotected sunlight exposure during early mornings or late afternoons.

Staying healthy after 40: essential tips



As we age, maintaining good health becomes increasingly important. Individuals over 40 often experience changes in metabolism, muscle mass, and overall wellness, making it vital to adopt proactive health strategies.

Here are some effective tips for staying healthy after 40:

1. Balanced Nutrition.

Eating a well-rounded diet is crucial. Focus on: Whole Foods: Incorporate plenty of fruits, vegetables, whole grains, and lean proteins. Healthy Fats: Include sources of omega-3 fatty acids, such as fish, nuts, and seeds. Limit Processed Foods: Reduce sugar, salt, and unhealthy fats to lower the risk of chronic diseases.

2. Regular Physical Activity

Exercise is key to maintaining strength, flexibility, and cardiovascular health. Aim for: Aerobic Exercise: Engage in at least 150 minutes of moderate-intensity aerobic activity per week, such as brisk walking or cycling. Strength Training: Incorporate resistance exercises at least twice a week to ensure your muscles maintain their strength.

3. Maintain a positive attitude

If you review your goals and how you're spending your hours, you'll become more intentional in your daily life and be able to meet your long-term ambitions. Make a habit of gratitude. It's good for the heart and soul. Have a monthly date night. Keep good company. Compliment people. Laugh and smile. Schedule fun first, before work. These suggestions can help replenish who we are.

Disclaimer The information provided in this article is for informational purposes only and is not intended as medical advice. Always consult with a qualified healthcare professional before making any changes to your diet, exercise routine, or health care regimen.

Zash Hair
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Area Columnists

Sayers says it



By Rodney Councillor Greg Sayers

As the end of the year approaches, how is the Auckland Council performing under Mayor Wayne Brown and his election promise to "Fix Auckland"?

Financially, the Auckland Council Group performed better than it has under previous mayors. Particularly

with the additional challenges from last year's weather events.

However, the big financial positive is that the Auckland Council's costs are now getting under control. The council is back-on-track in terms of being in a good position to tackle some of the bigger physical and financial challenges Auckland has put off for too long.

These include;

Fixing Auckland's infrastructure - although the governments problem of fixing the SH16 traffic congestion remains a major concern

Increased transport funding and activities to deliver better, more efficient public transport - the interim busway seems to be performing reasonably well, despite the fact that buses regularly get caught up in traffic

Building the region's financial and physical resilience following last year's weather events - flood prone areas will continue to flood, however, the flood warning systems have improved as have our local emergency response plans

Providing fairer funding for local boards

Getting council finances in better shape for the future

Underpinning this progress is that council staff and management have taken on board Mayor Wayne Brown's determination for there to be a laser-like focus to stop wasting money. He is not there yet, but he has made a good start within the bureaucracy, including dramatically cutting-out the upper management layer.

The Mayor is particularly pleased to see this layer of bureaucracy and duplication removed. This goes hand-in-hand with moves to find savings and reining in operating spending while not compromising the activities and services the council provides to Aucklanders.

At the beginning of the financial year, the council faced a fragile future with a potential budget hole.

But it has been a good year for the Mayor, and ratepayers, because he has stemmed an incoming financial tide and done a deal to get extra money for weather recovery and resilience from central government. He has also established the "Future fund" to mitigate rates rises for Aucklanders if hit by another major weather bomb.

Mayor Wayne Brown feels he has made good inroads with the new government, looking at the ways to fund transport and water infrastructure, including how flooding can be reduced, if possible, for Kumeu and its surrounding districts.

State Highway 16 congestion remains a major concern, however, the government's suggested solution of an alternative NZTA highway still remains unfunded with no start date.

All-in-all, not a bad effort by Mayor Wayne Brown during his first term - but of course, there's more to do and he will need to continue to work hard to fix Auckland, and deliver more for the Northwest working with myself, the Rodney Local Board, and our local resident and ratepayer groups.



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The landscape of borrowing is changing – for the better.



Gerrie Cashmore here from MTF Finance Kumeū.

A number of things in the lending space have come together recently to mean good news for those considering a loan to get ahead.

First, recent changes to the law mean that getting a loan could now be faster and less hassle than ever. Gone are the days of incredibly invasive checks into your fast-food habits, giving way to a sensible approach that means both parties are protected but can just get on with it.

Second, interest rates are finally coming down after a period of difficult times for both consumer and mortgage borrowers. While everyone's situation is different, generally when the 'cost of funds' decreases, lenders can drop interest rates to consumers, effectively passing on those savings.

Third, in a climate where banks are shutting local branches and can have lengthy approval times, we offer flexibility and same-day approval by our on-site team. Sometimes a borrower's situation sits outside the normal lending requirements, so we seek to understand the complexities involved in everyone's journey. Whether it's a new vehicle, a holiday or equipment, or a start-up business, we'll help to find a suitable solution.

In addition, we like talking to our customers and provide our mobile numbers, so people are never left on a phone queue or shuffled around different staff. We like to be your finance 'go to' team, providing a personal and



speedy borrowing experience.

MTF Finance has been helping New Zealand business to get ahead since 1970, so you know you're in great hands.

In-person or online, we've got you covered.

People have different ways of doing business, and with our branch based in the hub of the town we encourage locals to come in if they prefer to chat about their requirements in-person. Alternatively, we can provide lending online with digital document signing, making the process very fast for people with busy lives.

So, the next time you need a loan for almost anything, or even to roll your current outgoing debts into one easy payment, give the local team a call.

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09 3992478 / 027 662 2236

82a Main Road, Kumeū
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Lending criteria, terms and conditions apply See mtf.co.nz/terms for more details.

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Offer of finance is subject to terms, conditions, lending criteria, responsible lending inquiries and checks. See mtf.co.nz/terms for details.



Time of use charging considered

By Guy Wishart, Rodney Local Board

If Auckland's transport system were a patient, its main arteries regularly clogged, it would continually be rushing to A&E with heart attacks and strokes.

As Hayden Donnell (The Spinoff) said in his humorous opinion piece: "Traffic is made of cars." Just add an extra car lane," you might say. "Then there will be no traffic jam.

"Every time we widen a motorway it fills up with cars, and traffic is made of cars. Soon we're going to build more new motorways to deal with the problems created by the old new motorways, and in the future a politician will stand up and say they need to build more new motorways to deal with the problems caused by these new motorways, and it will go on forever until I die and moulder away in the ground and eventually am paved over by a new motorway. Google says it's one hour in heavy congestion. Why? Probably due to all the bike lanes."

Auckland continues to grow, particularly on its margins with large new greenfield sites being fast tracked, without the corresponding infrastructure in many cases.

With this new growth come cars and trucks, but they all take up space on our congested arteries.

The Auckland Council is investigating the introduction of a congestion fee they call a "time-of-use charge". The idea of discouraging vehicle use at peak times has worked in London, Stockholm and Singapore where it has been running for up to 25 years.

In London the charge has since become a vital element of the city's transport infrastructure. The charging zone was designed to reduce traffic in central London and results have been promising. Studies show that traffic levels fell by about 30% after the charge's introduction, leading to enhanced bus services and a marked increase in walking and cycling.

The Auckland sceptics will immediately be thinking: "Auckland isn't anything like London, we don't have their underground, bus fleets or population, so there is no way we are comparing apples with apples", and they would be right

Key things that make the congestion charge work overseas are infrastructure and technology investment into reliable monitoring systems to ensure compliance and efficient enforcement.

Integrating these charges with robust public transportation options is critical. Commuters with access to convenient and efficient alternatives are more likely to embrace the change.

Successful congestion charging schemes often involve extensive public engagement, allowing residents to voice concerns and understand benefits.

Transparency about how revenues will be used can also foster support. In all the studied cities, policymakers emphasised the positive outcomes, ensuring the public understood the scheme's long-term advantages.

In November 2023, Auckland Council's Transport and Infrastructure Committee asked Auckland Transport and Auckland Council to establish a time of use charging programme to further develop policies and investigate scheme designs.

In August 2024, Transport Minister Simeon Brown announced that enabling legislation for time-of-use charging was being developed, with an aim to introduce it to Parliament in late 2024 and enactment in 2025.

If the charging system is to be implemented, it must be:
Effective: Improve network performance.

Fair: Minimise and mitigate adverse social impacts and ensure benefits and costs are fairly distributed across users.

Simple: Easy to understand and avoid complexity.

Feasible: Able to be implemented.

The time of use must prove it can induce a public transport mode shift as well as improve public health through vehicle emissions reductions.

The current programme is not seeking to finalise a single option at this stage. Instead, work is focused on understanding the situation and the complexities associated with different scheme designs.

Key benefits needed from the programme?

Time-of-use charging is a tool to ease excessive traffic congestion.

People who use certain roads at peak times would pay a fee, which creates an incentive to travel at off-peak times or use a different mode of travel. Those who wish to pay to use the roads can have a more reliable journey.

Time-of-use charging encourages motorists to change the time, route or way they travel to spread and reduce the load throughout the day. This creates more reliable journey times across the city, increases business productivity, improves air quality and lowers vehicle emissions.

The time-of-use charging will require more accessible, regular and reliable public transport services.

The Northwest does not have an adequate, reliable public transport system as yet, so a time-of-use charge would hopefully induce a behavioural change from communities closer to the city that will ease the traffic congestion for those of us with no viable transport options. Trains to Huapai would be super handy about now.



Chris Penk MP

Greetings!

Usually in these columns I write on a topic that has a local focus but somehow linked to broader themes of what's going on nationally.

I see my role as trying to inform northwest Auckland about what's happening in Wellington, as well as the other way around.

This month, however, the picture I would paint in terms of New Zealand as a whole might almost be too obvious to do in detail. Readers of Kumeu Courier will already be familiar with the fact that efforts to rebuild the economy are bearing fruit slowly but it has been a tough 2024 for many.

For this reason, my contribution here will simply update on my attempts to get the key infrastructure that this area needs.

In terms of an additional high school, my latest pitch to the Ministry of Education is that they should order classrooms built "off-site" without delay, so that a school can quickly be put in place (quite literally) once they finally purchase land, using the Public Works Act if necessary.

As for SH16 improvements, I'm advised that it will only be once the Waimauku end works are complete that the equivalent widening will take place between Brigham Creek and Huapai. We cannot miss that window in 12 months.

And regarding the Kumeu bypass (officially "alternative SH16"), this remains on track in the planning phase but no new roads get built quickly in this day and age.

Finally - and staying with transport - last weekend could have been a test case for passenger rail to Huapai, as the excellent Public Transport Users Association has been trying to arrange. Kiwirail tell us that safety testing is needed to use the tracks for that purpose once more, even though freight trains have recently resumed following repair of the tracks following the Cyclone Gabrielle havoc of last year.

In short, I continue to bang my head against the brick wall of bureaucracy in the hope of eventual results for this area.

Cheers, Chris Penk



Chris Penk
MP for Kaipara ki Mahurangi

Here to help
134 Main Road, Huapai • christopherpenk@parliament.govt.nz • 09 412 2496

National
Authorised by Chris Penk, 134 Main Road, Huapai.

The Travel Brokers - Tanya Franklin



A HUGE THANK YOU to all my wonderful clients for trusting me to make your travel dreams happen.

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Choosing the right chainsaw with STIHL SHOP Kumeu



At STIHL SHOP Kumeu, our team understands that choosing the right chainsaw can be a daunting prospect if you've never even used one before, let alone owned one. We stock a full range of both petrol and battery chainsaws, including small chainsaws for jobs around the garden right up to the large saws used by professionals. With so many options, just how do you choose?

Firstly, how long are you going to use the chainsaw for? Will you use it every day or only a couple of times a year? Chainsaws that are designed to be used for long durations have higher quality components and therefore cost more, they can also be heavier. If you are only going to be using your saw a few times a year for trimming branches and general cleanup work a home user chainsaw will be sufficient. However, if you use your chainsaw regularly for long durations, you will appreciate the extra power and features of the chainsaws in our professional ranges.

The next thing to consider is what you will be cutting. Will your saw be used to prune small branches from larger trees or shrubs? Will it be used to fell small trees in the garden? Or will it be used to saw your own firewood, turning the bigger logs into the perfect size for the fire?

If you know you need to get through larger branches or logs, you may need a chainsaw with a bit more power. But if the timber you are sawing is smaller, then one of our lighter weight or battery models will be ideal.

Although it may be tempting to think bigger is better, we



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would always suggest that you use the lightest saw for the job. A saw that is comfortable to use is also safer to use. Find a well-balanced machine with a good power-to-weight ratio: light enough to handle with the power to do the job.

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Clarkson Air Conditioning Ltd Is Owned By Brendan Clarkson And Was Established In 2007. Clarkson Air Conditioning has established itself as a trusted name in the HVAC industry, renowned for its commitment to quality and customer satisfaction. Located in the heart of Kumeu and Albany Northshore, the company specializes in the installation, maintenance, and repair of air conditioning systems for both residential and commercial clients. With a team of skilled technicians, Clarkson Air Conditioning ensures that every project is handled with precision and expertise.

Clarkson Air Conditioning Ltd continues to work with on several projects, One NZ, McDonalds, schools including NZ Police and several large New Zealand corporate business developments.



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In 2008, Clarkson Air Conditioning Ltd became a service provider under the government EECA Energy wise "Warm Up New Zealand Heat Smart" initiative, providing insulation and clean heating solutions to homes within the North Shore area.

In 2009, Clarkson Air Conditioning provided energy efficient heat-pumps to over 800 government state houses under the Housing New Zealand initiative of upgrading the standards of state homes within the Auckland region.

One of the hallmarks of Clarkson Air Conditioning is its dedicating our training to the young in apprentice in electrical, Air conditioning and refrigeration Their commitment to ongoing education and training for technicians ensures that they remain at the forefront of industry developments, further enhancing their ability to serve clients effectively

Customer service is at the core of Clarkson Air Conditioning's operations. The team takes the time to understand the unique needs of each client, offering personalized recommendations and transparent pricing. Whether it's a routine maintenance check or an urgent repair, customers can count on prompt and reliable service.

In summary, Clarkson Air Conditioning stands out as a leader in the HVAC sector, blending expertise with a customer-centric approach. Whether you're looking to upgrade your cooling system or ensure its longevity, Clarkson Air Conditioning is the go-to solution for reliable and efficient air conditioning services.

We deal with all Brands

Please call Us on 0912 0553
email: service@clarksonaircon.co.nz
Web: www.clarksonaircon.co.nz

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