

the Westerly



FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Light up Hospice

- People & places
- Home & garden
- Community notices
- Food & beverage

Westgate Shopping Centre

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.

Contact John Williamson on 021 028 54178 or jbw51red@googlemail.com

December 2022



Greetings

360 degrees make up a circle. Over 4000 years ago Babylonian astronomers observed that it took 360 days for the earth to rotate round the sun, which was astute considering the observations available at that time. Later five feast days were added for greater accuracy. Another year is passing, and we are living in interesting times. A year ago many of our day-to-day activities were dominated by Covid, which is still circulating in the world, but now seems much less of a threat, due to immunisations and the many scientific developments that have rapidly followed the onset of the pandemic. Last December, how many of us would have anticipated a war in the Ukraine? We also reflect on the long reign of Queen Elizabeth II who died after a lifetime of service to her country and the Commonwealth, an example unlikely to be equalled.

While we know that we live in the present, and what has happened is already in the past, it is natural to think of the future and what next year may bring. Major events in the recent past will no doubt shape the foreseeable future, but at a practical level it is what happens in our individual lives that will affect us most. Although new year's resolutions are generally short-lived, you may be surprised that a decision at this time could positively benefit your future.

In this issue, we look forward to the celebrations of Christmas and summer holidays. Citizens Advice have tips on making Christmas a success and you can read about the volunteers who provide Christmas parcels for those struggling to keep up with the cost of feeding the family. Find out how this magazine can get you an extra cup of coffee. You can also get a free book to guide you in good eating habits, not just for Christmas, but long term. Graham has advice on safe electrics round the Christmas tree, and be aware of safety issues with battery-powered tools.

As ever, please enjoy the many varied articles here. These all come from individuals in this local community, writing for you about opportunities for you and your families. Many thanks to Graham, Stacey, Geoff and Gail for all their work through the year that makes this magazine happen. May the coming year be a good time for all.

John, Editor



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WESTGATE
SHOPPING CENTRE

Winter Wonderland

Visit Santa in his pop-up snow globe at Westgate Shopping Centre. Step inside the six-metre walk in snow globe to be transported into a winter wonderland. Experience the magic of Christmas as elves walk you through a polar paradise to meet Santa. Capture the moment with a professional photo to take home.

The snow globe decorated with snow coated trees, candy canes and lollipops. It's great fun for the whole family to enjoy! Visit the Winter Wonderland today. Located next The Warehouse at Westgate Shopping Centre.

OPEN DAILY FROM 11AM - 4PM ● 1-24 DECEMBER

Get your skates on! This Christmas, Westgate Shopping Centre is hosting a free ice-skating rink for our customers. Ice Skate Tour are bringing their state-of-the-art artificial ice-skating rink, with 97% same gliding capacity as natural ice. Enjoy half an hour of fun, with helmets, gloves and ice skates provided for free!

The rink is made from synthetic ice, which is not as slippery as natural - meaning it's safer and easier to learn. There's no minimum age or skill level required; everyone is encouraged to have a go - children and adults alike!

OPEN DAILY FROM 10AM - 4PM ● 8-24 DECEMBER



TAKE THE TROUBLE OUT OF
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Get inspired at Westgate Shopping Centre for gifts of all kinds!

CHRISTMAS
LATE NIGHT HOURS
SHOP FOR LONGER THIS CHRISTMAS!

9:00am-9:00pm | 19-23 December

*Individual Store hours may vary, please visit our website for more information.

Find out more at www.westgate.kiwi

Community News

Scott Point School Walkwise week

Scott Point School recently celebrated a successful week of walking, biking and scootering to school. This was a new initiative to encourage our learners to be more active and to reduce traffic around the local community. It is hoped that once the new Joshua Carder Drive is completed and the pathway through the Sustainable Park is finished that even more of our learners can safely walk and ride to and from school.



“Why keep art on a wall when you can wear it and share it with the world?”

doodlewear is a New Zealand-based online clothing store specialising in bringing curated NZ Art from the gallery to your wardrobe. Our doodlewear HQ is at Auckland's picturesque Hobsonville Point.



Our high-quality and comfy doodlewear art print t-shirts, designed by amazing New Zealand artists, cater to the entire family with a wide range of styles, sizes, and colours to select from and are a fun way to show off your individuality and express yourself.

doodlewear is proud to support New Zealand-based artists of every genre, and every artist has a unique style; it's hard to pick a favourite. With an environmentally friendly approach to producing exactly what our customers want, we get each product printed individually to order with love in New Zealand.

We are committed to providing customers with t shirts that look and feel great. Look effortlessly stylish in doodlewear t shirts.

Explore our online shop www.doodlewear.co.nz

Instagram: www.instagram.com/doodlewear.nz

Facebook: www.facebook.com/doodlewear.nz

Pictured: doodlewear Eye of the Tiger Maple Rose t shirt by NZ artist Clouds of Colour.

Christmas māketē at Te Manawa

Saturday 3 December 11am - 2pm

Te Manawa is supporting local makers, social enterprise, local community groups, artisans and encouraging the community to come along to shop local, buy local and manufacture local this Christmas.



There will be a fantastic selection of gifts, home-made items, handmade crafts, pre-packaged kai and more.

Come along with your cash and bag yourself a bargain!

Te Manawa Community Hub, 11 Kohuhu Lane, Westgate

Facebook Te Manawa

Give the gift of joy

One of the most joyful times of the year is also one of the hardest for many.

The Salvation Army Toy Donation Box is back again at NorthWest Shopping Centre. Your charitable donations of brand-new unwrapped toys will go to disadvantaged children in our Nor-West community. This is one of The Salvation Army and NorthWest Shopping Centre's most



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Community News

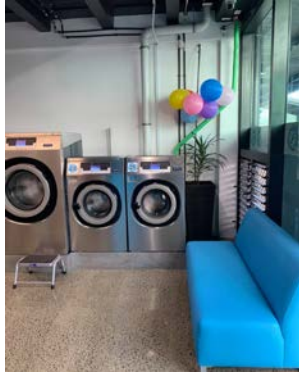
favourite initiatives and each Christmas they're amazed by how much our community donates.

Find the Toy Donation Box in front of NorthWest Farmers from 1st December 2022 by NorthWest Salvation Army gift wrapping booth.

The Hobsonville Laundromat

The Hobsonville Laundromat is at 120A Hobsonville Road. Our laundromat is set up to serve all nearby communities. For highly dense suburbs like Hobsonville Point where residents may not have perfect clothes line facilities or limited spaces for washers and dryers, a laundromat plays an important role. Our services include domestic laundry services such as washing and drying, folding, drop and pick up, home delivery and dry cleaning. We also offer similar services to commercial customers.

Self-service and attended services are available. There is also a machine for your pet's bedding. We have three sizes of machines to accommodate the size of your load. We are open all week from 7am - 9pm, with attended services Monday to Friday, 8am - 6pm. Contact us on 09 218 9176 or 022 596 0700, hobsonvillelaundromat2021@



gmail.com, www.hobsonvillelaundromat.co.nz and Facebook. We work with Maxwells Dry Cleaning for our dry cleaning services.

Waitakere Greypower Association

Waitakere Greypower Association President Mate and the Committee wish all members and friends A merry Christmas and a happy and healthy New Year 2023.

Take care and be safe over the holidays. You will hear from us again in February 2023. Mate Marinovich President, Waitakere Greypower Association, Office 247 Edmonton Rd, Te Atatu South, Auckland.

Discoverers Hobsonville Point

The Discoverers informal church in Hobsonville Point is hosting a Children's Christmas Decorations Workshop.

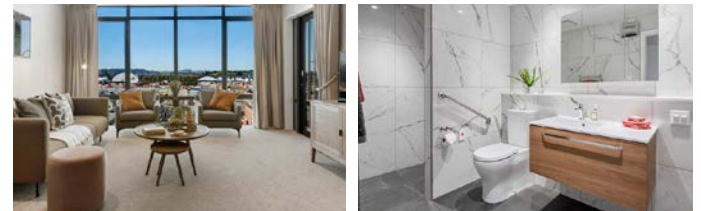
This will be at the Headquarters Building 214 Buckley Ave, Hobsonville (dedicated parking on Cinema Road) on Sunday 18 December from 3pm - 5pm, for children aged 5 - 12 years.

It is a free event, and registrations are not required.

APARTMENTS SELLING NOW



Photos are indicative



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In Brief Updates

Hobby Piano Studio

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Hobsonville Church for weddings

Nestled in a historic graveyard, the 1875 Heritage Listed Hobsonville Church is lovely for intimate weddings of say 6 people to up to 100 guests seated on our original pews. The kauri building was built as a combined meeting place, church and school for the early Hobsonville settler families



and is steeped in history. Wedding bookings from all, any or no denomination are welcomed and you provide your own celebrant.

Wedding and civil union hire is \$500 and includes the day before in order to decorate the Church if you wish, although the simple interior of the Church building with its soft lighting is pretty enough that you may not think further decoration is necessary. Booking enquiries can be made to: Hobsonvillesettlerschurch@gmail.com

The Church is also available for funerals and memorial services and you provide your own celebrant. The Ash and Memorial Wall sits in the Church grounds surrounded by the graves of the early settlers of the Hobsonville area. It costs \$650 for purchasing a place on the Ash Wall, and you arrange your own plaque.

The Church is surrounded on two sides by Keith Park Retirement Village, construction on our northern boundary is due to be completed by mid-December 2022.

You can find more information about us on our Facebook page www.facebook.com/HobsonvilleChurchandSettlersCemetery/ and webpage www.hobsonvillechurch.co.nz.

Dreaming of Christmas

Dreaming of Christmas, Westgate (next to Wet & Forget and Kathmandu) is the best kept secret in Auckland.

WOW what a variety of Christmas trees, centrepieces, nativities and Christmas decor.

We wish to thank all our and Kumeu Courier/Westerly customers that have supported us since our opening a very Merry Christmas and all the best for 2023.

www.dreamingofchristmas.co.nz.



West Harbour Christian Kindergarten

With Christmas almost here and another year done, we want to wish all a "Very Merry Christmas, and Happy New Year".

Thank you for taking the time to read our editorials, it has been our pleasure share a little of what we are all about.

Speaking of which, this month has been all about our Christmas performance. Our show is about Mary, and her precious baby boy. It is being performed by all of our wonderful tamariki (with

RSA Hobsonville

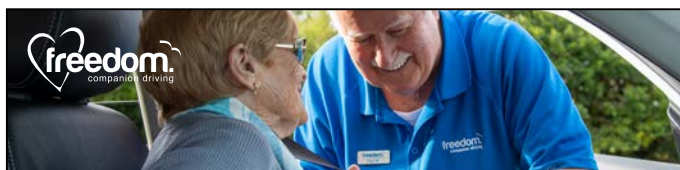
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the help of their kaiako) which has inspired an excitement that is almost tangible. Songs are being sung, dances danced, and a skit is being performed followed by a shared lunch for all and their whanau. These occasions are a wonderful opportunity for all to come together as one big family/one big whanau.

Our plans - annual, class and individual are now being prepared in anticipation for a great start to 2023. These plans are being designed to meet all needs and expectations. The plans will be designed to challenge the growth and development on an age appropriate level, for all, and will be presented in a fun and captivating way.

So for now and until we see you again in 2023 - "Merry Christmas" once more from the team - Suzy, Priya, Tracy, Ekta, Jordan and Poonam - take care and stay safe.

midnight during December and take time to remember those we miss the most. Share your pictures of you and your family visiting the lights and tag us on social media: @hospicewestauck

Hospice West Auckland - Trees of Remembrance are back

We are excited to be back in the community this year with our wonderful Trees of Remembrance.

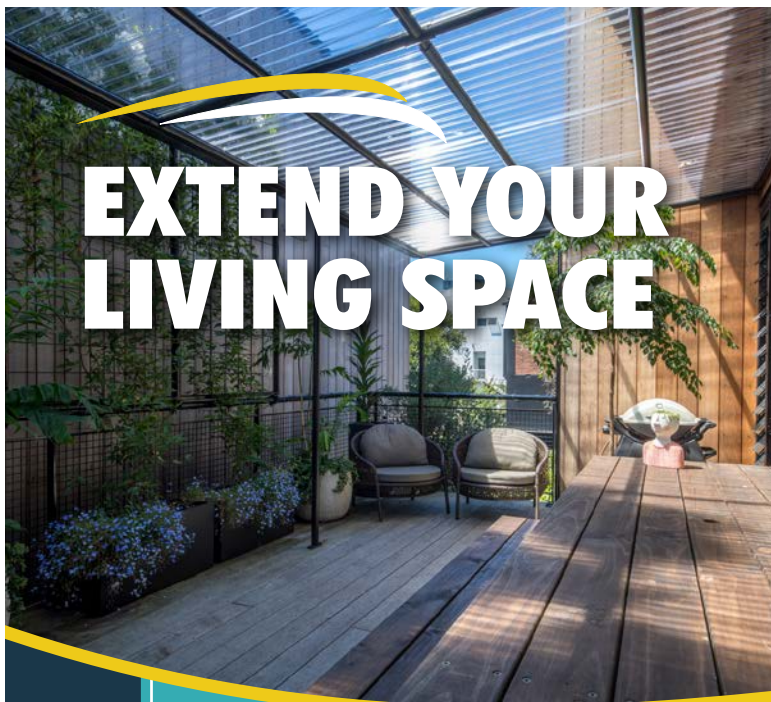


Christmas is often a time when we think of those we have lost and miss dearly. Our community Trees of Remembrance give you the opportunity to remember your loved one by leaving a heartfelt message on our remembrance trees in selected stores around West Auckland. We invite you to make a donation, which will help us in continuing to provide free end-of-life specialist care to our West Auckland community.

You can make a donation and hang your message on the tree at these stores up until 24th December:

Light up Hospice

Hospice West Auckland is lighting up our community with Christmas spirit. From 1st December, Hospice House at 52 Beach Road, Te Atatu Peninsula, will be ablaze with stunning lights and colours. Every light represents a precious person we have cared for in their final days. Visit Hospice House from 8:00pm until



15*
months

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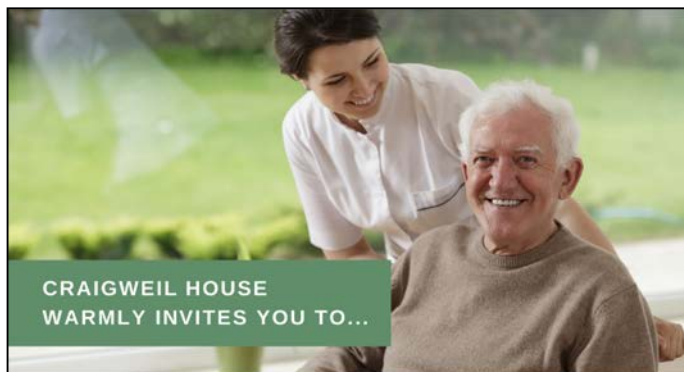
- Bunnings New Lynn, 2/12 Titirangi Road
- Bunnings Westgate, 21 Fred Taylor Drive, Massey
- Pak' n Save, Alderman Drive, Henderson
- New World, 2/6 Crown Lynn Place, New Lynn

West Harbour Community Patrol

The West Harbour Community Patrol is more than just driving around the streets of Massey, West Harbour, Hobsonville & Scott Point, Whenuapai, Herald Island and West Hills to name a few suburbs. Our patrol works very closely with the Massey-based NZ Police Community Constables, who guide us for particular areas requiring additional attention. The Neighbourhood Support is one of the active partners we work closely with. We operate the Safer Plates programme with the Police Community Constables. Our patrollers rally day or night to assist in searches for missing persons. We assist in traffic control at the scenes of vehicle accidents and administer first aid if required. You will see us at most community events. We have a fun collection of police-themed interactive games for the kids to enjoy at these community and police events.



All our patrollers are police-vetted and undergo full training before being paired off with another experienced patroller. The volunteer patrollers are asked to do a minimum of four hours per month, but many enjoy doing a regular shift of anything between two and four hours per week.



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We act as the Eyes and Ears for the NZ Police. Although we have now special powers, we cannot exceed the speed limit or put any members of the public or our patrollers in danger. Safety is a high priority for all parties. All our patrols start and finish at the Massey Police Station and are logged on and off with Police Communications.

Until the end of July we were known as Massey Community Patrol, as part of the Community Patrols New Zealand (CPNZ), but elected to change the patrol district name to West Harbour, being the centre of the wider district we are active in. Our vast district starts at Greenhithe and crosses over into areas of Henderson along with neighbouring Community Patrols. The patrols are carried out in two fully equipped, marked patrol cars.

Interested members of the community are invited to join the West Harbour Community Patrol and can find out more information at www.cpnzwestharbour.org.nz or email join@cpnzwestharbour.org.nz.

Happy holidays from the Scouts

As 2022 draws to an end, it's nice to take a moment and look back over the last year and to reflect on the many, and varied, experiences the Scouting community has had.

Apart from a small bump with a lockdown in term one, the Waitoru Scout zone has bounced back from all the lockdowns and finished the year stronger than ever.

We have seen more youth join Scouts this year than in previous years, as both parents/caregivers and youth see what Scouts can offer no matter what age you are.

The scouting movement itself has gone thru considerable change during the past 2 years with the implementation of a more globally aligned youth programme that works well for all youth.

Scouts is one of only a few fully inclusive organisations that caters for all youth and embraces individuals no matter what their religion, cultural beliefs or race and fully supports inclusion and diversity.

But as more youth join Scouts to learn lifelong skills, we do need more adults to support our nine groups in North/West Auckland.

We are not asking for a 10-year commitment, (that would be awesome though!) but if you or someone you know would be able to help us perhaps for a year or so, then the youth can continue to experience Scouts.

2023 is going to be a big year, and Scouts will be out and about



Pete Sinton
Managing Director

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petesinton@townplanner.co.nz

In Brief Updates

fundraising for the 2023-2024 Jamboree at Mystery Creek next Christmas.

Thank you to everyone that has supported us this year, and we all look forward to seeing more of you next year.

Best wishes for a safe and relaxing Christmas

Do you want to know more, then head to www.scouts.nz, or email me: zl.waitoru@zone.scouts.nz

Craig Paltridge. Waitoru Zone Leader.

New Shoots

New Shoots Coatesville is now open and will be having an open day on Saturday 3rd December from 10am - 12:30pm. They invite local families and ECE professionals to come and visit the centre, have a look around and meet the Centre Director Nicola and her team. They are currently taking enrolments for infants, toddlers and pre-schoolers. Check out their website www.newshoots.co.nz or email Coatesville@newshoots.co.nz for further information.



Flippin' Fun gears up for busy holidays and final quarter

Looking for a more stimulating environment for your group function or party? Flippin'Fun's huge mezzanine area is an ideal separate space featuring a large screen TV, ample seating and exclusive toilet facilities making it perfect for large group functions. We're busy taking bookings for end of school



year sessions and Christmas parties so for an event your people will talk about for a long time afterwards, contact us now.

Then the long summer school holidays. It's easy in holidays to fall back into the 2-D screen habit. Make sure they get their dose of energy burning fun at Flippin' Fun. Remember children require 90mins of vigorous exercise per day and a one-hour session at Flippin' Fun can burn up to 600 calories.

It's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4 (kindly note, we suspend classes during the holidays)

Flip Fit Classes - with summer on the way it's time to start thinking about getting back that beach bod.

Flip Classes - Fly with the best! For age 8 yrs+. Learn new tricks to impress your friends.

Junior Flippers - a fundamental movements programme for kids aged 5-7 yrs teaching skills core to many sports.

Little Flippers - a super fun toddler session for the 5 & unders - no older kids allowed.

Need a cool gift idea for your bounce crazy child? We have Christmas Gift 10 entry concession cards (general admission) available in store for only \$140.

For pricing and times, be sure to check www.flippinfun.co.nz or call us on 09 833 6880. Also follow our Facebook page for summer specials.

Ecosia

At a time when tree planting is so essential to the planet, you can plant trees with your computer. By using ecasia.org instead of your usual search engine, Ecosia takes at least 80% of the advertising revenue to plant trees where they are needed most. Over ten years ago Ecosia was founded to try to counter the problems of deforestation, and currently over 160 million trees had been planted. Ecosia supports over 20 tree-planting projects in over 35 different countries across the world, especially in Africa, South America and south-east Asia. To achieve



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In Brief Updates

this, they work with local partners who are able to monitor your trees on the ground. Planting takes place in the poorest agricultural regions of our planet, where communities and farmers do not have the means to start tree-planting and restoration on a larger scale. Trees are the superheroes of the planet. Apart from being the most effective CO2 absorbers we have, trees help mitigate climate change, restart water cycles, stop deserts from spreading and turn barren grounds back into fertile woods and farmland. Ecosia avoids monocultures and non-native trees that may spread (think of wilding pines in New Zealand), and they only count trees that are over a year old. Visit ecasia.org to find out more, then join the 20 million people already using Ecosia.

St Vincent de Paul Massey

St Vincent de Paul Massey is a 12 strong volunteer foodbank who operate with support from St Paul's Parish, St Paul's primary school, Pak 'n Save Lincoln Rd and Baker's Delight in Pt Chevalier.

With referrals coming from several organisations and posts being put on the Swanson/Ranui Community pages we have seen a large increase in the number of food parcels needed, With the increased cost of food, many families are struggling to keep up after paying for all the other bills or emergencies that come up. It is a difficult time of year and you could make a donation or sponsor a Christmas parcel. Check out our Facebook page for more details. We have a lot of lovely feedback from families who have received food parcels and that makes our work even more worthwhile and heartwarming.

We are grateful to be part of this wonderful community and to be able to carry out the mission of St Vincent de Paul providing support and promoting human dignity.

If you would like to support St Vincent de Paul Massey you can contact Marion Carrodus, President of The Massey Vinnies on j.carrodus@outlook.com. They are a registered charity so all donations are tax-



deductible. Bank details St Vincent de Paul Massey Conference 12-3020-0488828-00.

Te Manawa

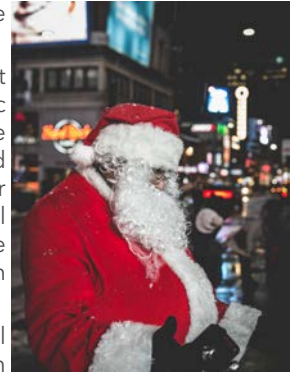
Events coming up at Te Manawa, the Library 11 Kohuhu Lane, Westgate.

1. Summer Reading Programme - Collect a free booklet from your local public library to help your children continue reading over the school holidays. Packed with lots of activity ideas and a calendar of free events at Te Manawa. Earn real badges, possibly win a prize and have fun on the way. Booklets available from December 12.

2. Christmas Storytime with a special guest from the Tim Bray production of the Santa Claus Show (at Takapuna Pumphouse Theatre 3 - 23 December). Friday 16 December at 11am in the children's area at Te Manawa. Join us for some Christmas stories, games and fun. Santa is hoping to pop in for a quick visit- if he has everything under control at the North Pole. Suitable for children aged 4-9 years.

3. LEGO and marble run - Monday 16 January 10.30- midday on level 3 at Te Manawa. Create your own LEGO or Marble Run masterpiece and watch a local LEGO master demonstrate some of his models.

Facebook: TeManawaAC.



Scott Point Sustainable Sports park

Work has been continuing on the Scott Point Sustainable Sports Park alongside Clark Road in Hobsonville. If you have been past recently, you may have seen the rainwater filling a temporary stormwater pond during the extremes of the winter rains. The extension of Joshua Carder Drive is being developed with the formation of rain gardens, which help to capture and slow down stormwater run-off and remove pollutants. The filtered water will flow through stormwater pipes and discharge into Tahingamanu (Nimrod Inlet) by Brickbat Bay. A central path running east to west across the





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In Brief Updates

centre of the park has been formed. Thirty pohutukawa trees have been relocated to the park from a central city development and will be planted within the park next winter. For details and newsletter updates, search Scott Point Sustainable Sports Park on the Auckland Council website aucklandcouncil.govt.nz

Juggling debt?

Here's a quick read on how debt consolidation works.

Credit cards, store cards, personal loans and other... keeping on top of multiple debt repayments can be challenging and at times, stressful.

When used properly, debt consolidation can be good option to manage debt and even, depending on your circumstances, pay it off faster. But is it the right option for you? Let's take a closer look at what debt consolidation is and how it works.

What is debt consolidation, and what are the benefits?

Debt consolidation means rolling all (or most) of your credit facilities into one loan, with one repayment. There's a number of good reasons to consider debt consolidation:

- Debt consolidation can simplify your finances, combining the smaller payments into one easier-to-track amount.



- It can potentially save you money, provided you use it to reduce multiple high-interest payments into one low-interest monthly payment, and keep the term of your loan as short as you can afford.
- Lastly, it can help you get debt-free faster and pay less interest overall, if you can achieve a lower interest rate and keep your current monthly payment the same as it is now.

But what are the downsides?

It can be easy to get caught out by debt consolidation if you move your loans to a much longer loan term than your current loans are on. While this may reduce your outgoings, it will usually mean you pay more in interest charges in the long run. If you are extending your loan term, but on a lower interest rate, you may still be better off financially - so it pays to compare the total cost of several different options.

Is debt consolidation for you?

To work out if debt consolidation is the right option for you, start with some key questions. For example, do you know how much you currently owe? How much interest you'll be paying? Have you worked out a budget? And how likely are you to take out any further debt on top of repaying your debt consolidation loan?

Like to find out more? Get in touch with the team at GR Finance at info@grfinance.co.nz, www.grfinance.co.nz or call 021 669 430.

Disclaimer: Please note that the content provided in this article is intended as an overview and as general information only. While care is taken to ensure accuracy and reliability, the information provided is subject to continuous change and may not reflect current developments or address your situation. Before making any decisions based on the information provided in this article, please

Time to take the stress out of debt?

Credit cards, store cars, loans, and more: If you're tired of juggling debt, take a look at **Debt Consolidation with GR Finance**.

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*Approval is subject to meeting lending criteria, and affordability test applies.



SCAN ME

In Brief Updates

use your discretion and seek independent guidance.

House of Travel Hobsonville

A heart felt thank you for all the support our travel agency has received this year after making it intact through two years' worth of lockdowns. It's been nothing short of incredible and we have now grown to a shop full of consultants getting back again to what we love. If you are planning to travel in 2023, we encourage you contact



us or pop in to say hello. We promise it never takes long to get to Hobsonville and heaps to do in the area if you want to combine it with a walk, meal, coffee, or a craft brew (probably our favourite).

The best plan you can have for 2023 travel is to book early. We wish you all a Happy New Year and all the very best for 2023. Buzz, Sam, Talita, Sunny and Namrata at the House of Travel Hobsonville 09 416 0700. 225 Hobsonville Point Road. hobsonville@hot.co.nz.

Tyres to keep you safe on your summer road trip

Heading away on a road trip these holidays? The tyres you have on your vehicle (including caravans and trailers) will not only affect the safety of your trip, but also how much fuel you use.



- Check your tyres for any obvious signs of wear and tear - you don't want to see any dents or bulges

- Check the tread depth on the tyre - the minimum requirement is at least 1.5mm around the whole circumference of the tyre

- Make sure your tyres are pumped up to the correct PSI - maintaining correct pressure in your tyres will help your tyres last longer and help use less fuel

If your car pulls to the left or right, you feel a vibration while driving, or you have recently hit a pothole or kerb, you may need a wheel

alignment. Wheel alignments can also help prevent excess tyre wear and uneven tyre wear, helping your tyres last longer and keeping money in your pocket.

For peace of mind, call into Bridgestone or Westgate and get a free tyre check. You can find us at 1 Cellar Court, Westgate, Wishing you a safe and smooth ride these holidays.

Netsafe

Despite regular publicity, New Zealanders continue to fall victims to financial scams. Recently text messages or emails apparently coming from the IRD or NZTA invite customers to click on a link to receive a tax refund, a cost of living payment or to renew a vehicle licence registration. These links will take you to a fake site to enter details such as your bank or credit card details, personal or drivers licence details or password details. Do not click on a link and delete the message straight away.

Keep your personal information secure and be sure to think carefully before entering your details online, or giving them to someone. Protect information that can be used to access your accounts, build a fake online presence or impersonate you. The scams that are most reported to Netsafe are scams like tech support scams, event ticket scams and cold calling scams. The scams where people lose the most money are usually romance scams, investment scams and invoice scams. For more details visit netsafe.org.nz, ird.govt.nz and nzta.govt.nz and search for "scams"

Thoughtful gift ideas

If you're wondering about gift ideas for someone special in your life, you may like to have a look at www.mindjig.co.nz

At Mindjig we stock gift ideas for all ages and abilities and especially those who are elderly or living with dementia. Below are some ideas:

Practical items for daily living encourage independence. Our Digital Day Clock includes the day of the week and time of day, as well as time and date; A large button picture phone allows one touch dialing by pushing a person's photo.

Books with large print and short chapters; Conversation Cards with large colourful images and talking points to help encourage conversations; Puzzles and games to help connect with friends and family; We also have gifts for those wanting a creative outlet and fidgets to keep hands busy.

Please visit our website: www.mindjig.co.nz. Feel free to call us on 09 600 3251, call or text 022 480 3022, or email info@mindjig.co.nz. Wishing you a happy and peaceful holiday season, Julie and Jonathan.

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Fire Safety

Christmas is a time of giving and joy, not a time of loss and not a time of tragedy.

Beware the multi-plug cluster this season. When the weather is hot and the power usage through devices is increased your cords and multi-plugs get hot and can create an electrical malfunction or a melt-down. Ensure you follow the simple rule

of one multi-plug per wall plug. This will reduce the likelihood of overloading.

Over Christmas, we have extra cars on the road, extra people on the beaches and many boats out on the water. It is a time to be extra vigilant and take some extra time to check your equipment and some extra time to get to your destination. Look out for others and don't react to the

few idiots that don't follow the rules.

Your better to take a breath than to take matters into your own hands. And on that note, I wish all Fire and Emergency volunteers the very best Christmas and thank you for your patience and understanding this year. Until then, we wish you and yours the very best for the festive season.



Graham McIntyre

Chief Fire Officer
Waitakere Fire Brigade
Phone 09 810 9251

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Property

Property market report

Was October the month in which house prices finally stopped falling after eleven months of steady declines?

The Real Estate Institute of New Zealand's House Price Index (HPI), which is probably the most timely and reliable measure of house price movements we have, because it is based on sales as they become unconditional and is adjusted for differences in the mix of properties sold each month, posted a 0.2% gain across the entire country in October.

That's a marginal increase to be sure and represents more of a flattening trend than an increase in prices. But it reverses the 0.7% decline of the previous month, and brought an end to the 10.9% drop that occurred over the previous 12 months.

It's too early to know whether October's figures marked some market stability or an upward swing in house prices.

It is probably significant that the HPI increased in the country's three main centres of Auckland +0.5%, Wellington Region +0.1% and Christchurch +0.3% in October, particular as Auckland and Wellington have previously posted some of the biggest price declines.

But even in Auckland and Wellington, the movements in the HPI were not uniform.

In Auckland the HPI increased in Rodney, but declined in Waitakere Areas.

November's figures should be telling, because it will be the market's last full month before activity starts to wind down for the Christmas/New Year break.

Indications so far are that sales volumes will remain at low levels compared to previous years and there won't be a lot of movement either way in prices.

The one word in every conversation is "uncertainty".

Let's look at the sales:

Herald Island	\$1,015,000
Hobsonville	\$695,000 to \$1,889,000
Massey	\$740,000 to \$1,417,000
Swanson	\$755,000 to \$1,580,000
Waitakere	\$1,400,000
West Harbour	\$960,000 to \$1,600,000
Westgate	\$1,290,000 to \$1,500,000
Whenuapai	\$760,000 to \$1,410,000

The buyer enquiry through email, text and phone calls is steadily increasing and I would encourage anyone that is considering selling a property to give me a call today on 0800 900 700 or email me graham.mcintyre@mikepero.com. After 17 years in real estate you will engage with a very professional and experienced agent that will highlight the best options to get you on and off market in a timely manner - Mike Pero Real Estate Ltd Licensed REAA (2008).

Developer company offers to buy your property?

A developer company offers to buy your property but shortly before the settlement date advises you that it cannot come up with the funds and wants a \$150,000 discount. What do you do?

There have been cases where a developer forms a company to purchase a property with insufficient money when it comes to settlement. Lawyers sometimes call these shell companies because while the paperwork for the company is all in place, the company does not own any assets. The developer's game is to then claim, when it comes to time to settlement, that it could not borrow the necessary settlement money and further complain that property prices have fallen. For this reason, we warn our vendor clients against selling to a company purchaser except when a significant deposit such as 10% or more is paid. This is because most people or companies will not walk away from a purchase if they paid up to 10% of the total value which they will lose upon default.

However, if a developer does walk away a court can make a developer personally liable as the director of the company. Put simply, a director of a company cannot be reckless about running a company in a way which causes serious loss to the company's creditors including you as vendor of the land. In this case the vendor of the land would be a creditor of the company and the developer would be personally liable for the shell company obligations in the purchase agreement. In general terms, the law requires a company to have more assets than liabilities and to pay its debts as they fall due whenever they do a deal.

In most cases a developer who finds out that he or she may be

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Managing Director

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Property

personally liable will often find means to settle at the agreed purchase price. For this reason it is important to have your lawyer keep the right pressure on a party if there is a failed property transaction by a shell company. For more information on this or any other legal issues contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Rental properties still good buying option for investors

While we can continue to have confidence in what house prices will do in the medium to long term (they'll continue to go up, just as they have over the past 30 plus years) there's simply no way to know what will happen to them over the next few months.

This is because we're in an extraordinary period of history.

After being under control for over 30 years, inflation has taken off like a rocket ship, circulating in space and it's an unknown quantity when it will land back to earth.

At some point higher interest rates will crush inflation and we'll see it peak and then start to come down until it lands back to earth to one to three percent per year. Once this happens, mortgage interest rates will start to track down again, but we don't know when that will be and, to make things even more difficult, there's a lag between interest rates going up and their impact on the economy becoming apparent.

Despite the recent higher than expected inflation figure, it's entirely possible that the Reserve Bank has already done enough to bring inflation down, but we won't see the impact of recent OCR increases for some months. Because of this, the Reserve Bank is stuck between a rock and a hard place. The Reserve Bank doesn't want to give inflation any breathing room; nor will they want to overshoot by driving interest rates too high and end up driving the country into a deep recession.

The reality is that house prices, on average, have fallen by about 7% across the country since August last year - and that the rate at which they're dropping has been getting smaller each month, despite the steady increase in interest rates.

It's a scary time for homeowners right now, but it won't last forever. One thing we can all be certain: at some stage in the next couple of years, we'll all be complaining about rising house prices again.

Investors are capitalizing and being drawn back to the Auckland



market due to the opportunities starting to appear. There have been several developers selling up, and having to adapt expectations around pricing. Investors are not wanting to invest in shares or cryptocurrency given the current volatility of the stock market and are looking for a safer option for their money. The rental market is a good option to embrace until "The Housing Crises" passes where they are still seeing reasonably good returns. Investors are also factoring in the 10-year bright line test, and are looking at rental properties as a longer-term investment.

What we tend to see over the Christmas period is the housing market starts to flatten out, creating a perfect environment for investors to purchase a property under market value and creating a positive yield. If you've looking for help with property management, an appraisal or just wanting to speak with other investors feel free to contact Mike James 021413660 mike.james@therentshop.co.nz.

Managing higher rates when refixing your loan?

The first article I wrote for this magazine started off saying:

"Mortgage rates have been at historic lows for a while now, it's felt like a 'new normal', but rates are starting to climb again."

We are well past those lows now... and unfortunately, it doesn't look like we've reached the top of the cycle yet.

In this new environment there are some key areas you should consider:

Fixed Rate Term: The difference between the 1-year rates, the 5-year rates (and everything in between) are starting to shrink. It can be tempting to go for the longer rates when this happens - but keep in mind it's a solid commitment - if rates drop in the future, you could be looking at expensive break costs if you want to move to a cheaper rate, as well as pricey early repayment costs if you want to repay your loan early.

Lending products: With higher rates, the use of products such as offset, or revolving credit can be even more valuable, helping you to pay less interest. Before refixing your loan it's worth checking whether you have the best products for you.

Your bank/lender: As the rates rise, the difference in offers between different lenders is also increasing. This could be the right time to review the market and make sure you're with the best lender for you.



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Property

Affordability: If you're worried about being able to make the minimum payments at the new rates; I highly recommend seeking advice before it becomes an issue. Generally, addressing this risk early will give you more options for resolving it.

If you'd like help reviewing your lending, I'm available free of charge; and if you want to meet in person the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 | www.betterborrowing.co.nz.

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your land up to the last minute. If you are in a hurry, they have pre-built homes ready for your section now and pre-consented homes ready to be built. Fixed price contracts and finance options are also available. They can take care of the whole building process for you.

Speak to one of their team today 0800 KEITH HAY

Need to negotiate with Santa to get onto the Nice List?

Do you need some help negotiating with Santa?

If you find yourself not on Santa's Nice List this year then you have a variety of options.

You can decide to do nothing (which may include throwing your toys out the cot, having a moan to your mate/spouse, or just drink the beer the kids leave out for Santa on Christmas Eve), but if that doesn't sit well with you then you could write to Santa and ask him what his problem is.

Maybe there is some way you could work it out, or something you could do to right the wrong - maybe Santa doesn't have a clear record of the facts and you could clear up a few misunderstandings.

If that letter gets lost in the post or Santa is too busy to respond, then perhaps you could file with the Disputes Tribunal.

It's a handy resource as Santa will have to attend in person and isn't allowed to take his lawyer.

Assuming your wish list this year is under the magic number of \$30,000 then the Disputes Tribunal will hear your complaint, however they won't make Santa send you presents if they agree you were right but it's a good start to resolving a dispute.

Another idea is to ask Santa to meet you for a chat and see if you can work it out - or maybe your lawyer could talk to Santa's lawyer and negotiate a resolution.

If your beef isn't with Santa then ClearStone Legal can also help resolve matrimonial disputes, neighbourly disputes, employment disputes, shareholder disputes - or we can help put an agreement in place before the dispute arises.

If you need some help negotiating with Santa or someone else then contact ClearStone Legal. Telephone 09 973 5102 to make an appointment.



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Area Property Stats

Every month Mike Pero Real Estate Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential transactions that have occurred. To receive the full summary simply email the word "full statistics" to hobsonville@mikepero.com. This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	840,000	111M2	73M2	775,000		450,000	208M2	108M2	995,000
	1,495,000	291M2	177M2	1,285,000		1,550,000	932M2	265M2	1,566,000
	1,575,000	305M2	235M2	1,650,000		800,000	141M2	74M2	815,000
	1,145,000	202M2	141M2	1,250,000		390,000	128M2	93M2	890,000
	1,800,000	347M2	296M2	1,836,000		950,000	276M2	140M2	910,000'
	1,270,000	176M2	167M2	1,290,500		900,000	652M2	160M2	950,000
	1,440,000	645M2	220M2	1,500,000		1,325,000	463M2	210M2	1,299,000
	1,200,000	200M2	163M2	1,250,000		1,050,000	540M2	176M2	1,160,000
	1,785,000	349M2	281M2	1,805,000		390,000	132M2	138M2	931,000
	1,650,000	683M2	300M2	1,445,000		800,000	300M2	65M2	790,000
	1,210,000	144M2	177M2	1,150,000		1,175,000	463M2	162M2	1,168,000
	1,160,000	168M2	195M2	1,250,000		1,600,000	827M2	120M2	960,000
	1,445,000	320M2	204M2	1,433,000		890,000	100M2	117M2	907,500
	2,080,000	500M2	301M2	2,080,000		1,200,000	1186M3	180M2	1,100,000
	1,550,000	360M2	258M2	1,715,000	SWANSON	1,225,000	1075M2	190M2	1,250,000
	830,000	61M2	118M2	945,000		960,000	1012M2	140M2	1,050,000
	1,210,000	212M2	176M2	1,230,000		1,100,000	514M2	163M2	1,050,000
	720,000	121M2	59M2	650,000		1,140,000	361M2	181M2	1,190,000
	1,040,000	199M2	144M2	1,038,500	WEST HARBOUR	1,250,000	681M2	81M2	1,090,000
	1,390,000	261M	151M2	1,300,000		1,150,000	432M2	81M2	1,000,000
	1,900,000	337M2	287M2	1,700,000		1,655,000	721M2	265M2	1,700,000
	1,200,000	190M2	152M2	1,180,000		1,250,000	213M2	165M2	1,326,000
MASSEY	870,000	152M2	980M2	736,000		1,600,000	627M2	210M2	1,310,000
	1,050,000	572M2	110M2	811,017		1,100,000	428M2	120M2	955,000
	1,050,000	726M2	149M2	983,000		1,420,000	725M2	260M2	1,450,000
	1,275,000	531M2	124M2	958,000		1,740,000	936M2	190M2	1,760,000
	1,075,000	734M2	110M2	890,000		1,650,000	849M2	160M2	1,276,000
	1,125,000	475M2	164M2	1,150,000		1,560,000	859M2	190M2	1,620,000
	900,000	143M2	125M2	942,000		1,200,000	655M2	100M2	1,300,000
	1,200,000	645M2	240M2	1,230,000	WESTGATE	1,225,000	549M2	150M2	1,028,000

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

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the Westerly is a focused community magazine that delivers your brand and service message directly to your localised audience by magazine, email, website and on social media.

This combined one stop shop approach delivers a unique integrated message through multiple platforms to meet the needs of business and communicate with tens of thousands in your direct local area. The publication was developed to assist local business, local clubs and networks to communicate in ways that assist them delivering a strong statement, price point, or service offer. The editorial within the publication is free from cost while the business card advertising is only \$100 plus GST per month. Therefore, if you put forward an editorial and a business card advert into the magazine it would deliver to an anticipated 25,000 individuals within the area over one month, representing a cost per exposure of \$3.91 per thousand people exposed to your message. If you were running a full page advert and editorial your cost per exposure is only \$29.90 per thousand people exposed to your message.

Feedback to the Westerly circulated through Massey to Hobsonville Point has been excellent and we've noticed that the various pick-up stands throughout the region have been emptying out fast - again showing increased demand for the publication which launched in 2015 and has continued to grow to meet its localised market.

In response to advertiser demand we offer the following options:

Business Card Advertising:

A low cost roll over brand and contact image that is truly cost effective and long term. Keeps you front and centre with your market, and allows you to link your message and your brand together in print and online. The cost is minimised to \$100 plus GST per month.

Display Advertising:

A strong brand, display message that dominates the space and has immediate impact based on the key messaging that you wish to convey to market. A select range of adverts are run in the magazine allowing maximum impact in print and online exposure. The cost of a half page is \$450 plus GST per month.

Front Cover and Inside Page:

The strongest opportunity to deliver a message around your people and performance is through the front cover of the Westerly delivering not only a strong statement but the ability to link multiple messages and the face of your brand to market. As we only do eleven covers a year we offer this on a by negotiation basis, often at no cost to your company in an effort to promote local businesses and their people.

Whatever your position on advertising and marketing we welcome your feedback and input into the magazine and it's future. It is a magazine that was developed by locals for locals and has a charter all about giving back to business, groups and networks. That's why all editorial submissions into the magazine are free from cost and have the highest probability of being published.

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By Negotiation

2 / 10 Wickstead Place, Massey By Negotiation

I seldom find a home that offers so much and is so affordable. This home offer exceptional value for money with options for lounges/ study, office and relaxing. A simple two bedroom home with a large open plan lounge-dining integrating into a very useful and expansive conservatory, offering stunning sunshine and options for office/ study or 2nd lounge. Off street parking and a single garage for treasures, which the lawn area and plantings are low maintenance and park-like. A short stroll to the inner harbour, convenience shopping, schools and parks. Make your move to home ownership call me today.

www.mikepero.com/RX3477990



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



EXTENDED FAMILY OR BLENDED FAMILY - ROYAL HEIGHTS 5 2 2

By Negotiation

3 Bangla Place, Massey
By Negotiation

If you're expecting to house all of the family plus some, you'll need a big home with multiple living and outdoor spaces, you'll also need some clever parking options and a fully fenced yard for the cutties and the critters. Well you've found just that. A near new, multi-level home that delivers more than you thought possible in its price category. Tucked away, off-street parking for four cars (tandem) and double garage, moving up to an expansive lounge-dining-kitchen with direct access to sunny and expansive entertainment decking and fully fenced yard, peppered with mature trees for shade and ambience. Two bedrooms and bathroom and guest w/c on this level and up-stairs three more generous bedrooms, separate lounge and bathroom. Delivering the perfect environment for a mixed, blended or growing family.

www.mikepero.com/RX3269528



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



RURAL ASPECT CLOSE TO WAITAKERE PRIMARY SCHOOL 3 2 1

By Negotiation

5 Northfield Road, Waitakere
By Negotiation

A 1950's three bedroom home in a quiet hamlet, overlooking farmland and yet close to Waitakere Primary School, services and park. Set on 850 square meters, this is a unique home that can host the full joys of family and friends in an environment that extends to alfresco living, outdoor pursuits and garaging tinkerers, all in the confines of this fully fenced property. Lovingly presented to reflect its pedigree and offering a neutral canvas for you to fully express your individuality. Available immediately for you to claim and move on in. Close to transport links, convenience shopping, Waitakere Primary School, and a short drive to Swanson Rail Station, Bethells Beach and Westgate Shopping hub. Motivated Vendor welcomes your interest today - You won't be disappointed.

www.mikepero.com/RX3526152



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STUNNING 1970 'S PERIOD HOME ON 680SQM (APPROX) 4 2 2

By Negotiation

7 Zita Maria Drive, Massey
By Negotiation

Seldom found, this represents "fantastic character living", a big and bold four bedroom home offering elevated living with easy access to everything you love. If you've been seeking the right house to stamp your mark with family or if you're a buyer wanting space to live, develop, add value and tinker, this is "the one". An absolute 1970's treat with three bedrooms downstairs with bathroom and laundry and an oasis upstairs with master suite and bathroom. Lots of room and great light. Open plan dining and lounge opening out to decking and patio area, while a bar-b-que area, double garage offers options to entertain and tinker. Set on a private 680 square meter section, peppered with trees, and close to schooling, convenience shopping, Transport links, Westgate and Costco Megastore.

www.mikepero.com/RX3490965



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027 632 0421

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NORTH FACING ALFRESCO - HUAPAI BY THE PARK 4 1 2

By Negotiation

12B Dida Park Drive, Huapai
By Negotiation

A near new Universal home, set within a quiet suburb and enjoying a stunning north facing aspect overlooking the park. Set over two levels this 153sq meter (approx.) townhouse delivers generous space and outstanding sunshine. Downstairs has a fully carpeted multi-use single garage, storage, guest w/c and wide open plan kitchen, dining and lounge leading out to open/close pergola patio and access to park. Upstairs connects four bedrooms off a central corridor bathroom and ensuite and walk in off the master. Master and guest room/ office also enjoy park views. Set in an established suburb within Huapai Triangle the home has close access to Huapai Primary School, Access Road Film Studios, convenience shopping, restaurants, bars and transport links.

www.mikepero.com/RX3505936



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027 632 0421

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STAND ALONE ON 450SQM, STUNNINGLY GOOD

3 1 1

By Negotiation

17 Chorley Avenue, Massey
By Negotiation

An absolute treat is on offer here on Chorley Avenue, this homely bungalow offering the best of suburban living with private and quiet section, yet close to schools, amenities and transport links. Make the most of this great real estate, priced well and positioned well with Northerly aspect, framed in lawn and peppered by fruit trees. Three bedrooms, one bathroom, separate laundry, with open plan lounge-dining opening out through french doors to north-east decking and patio area. Good parking as you enter section. A master-class in homeliness awaits you, and we invite all \$800,000 plus buyers to view the property today. Close to Henderson shops, schools, convenience shopping just up the street with transport links.

www.mikepero.com/RX3493287



Graham McIntyre
027 632 0421

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HIGH END BUILD - LOADS OF EXTRAS - CORNER SITE

4 2 2

By Negotiation

17 Moemoea Avenue, Huapai
By Negotiation

Near new, and built to a high standard with excellent attention to detail, high 2.7m internal roof height throughout and a significant list of upgrades that will delight and inspire you to secure this sun filled home. This seldom listed corner site delivers fewer neighbours, more sunshine and open aspect, so you feel you have space and an ambience that is hard to match. A beautifully presented four room brick and weatherboard blend with robust coloured steel roofing, while the layout provides excellent separation between the master bedroom and the family rooms. Two bathrooms and a guest w/c while the entertainers kitchen integrates seamlessly with lounge, dining area and alfresco decking and yard. A short drive to Huapai Primary School, convenience shopping, bars, restaurants and public transport.

www.mikepero.com/RX3399606



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027 632 0421

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Hot Property



Elevated lifestyle land, views are plentiful

Good land is hard to find and this land is picture perfect, offering a significant building platform, with extensive views and excellent soil composition.

Set on Mahana Road, the land has services at the gate and provides a canvas that is fenced and has pockets of planting for privacy.

If you are ready to build, this land is ready to go, with clean title and great access. We invite all land buyers to view this outstanding land offer in the heart of Waimauku.

A short drive to beach, convenience shops, school and transport links.

Make this decision the start of something truly amazing.

The CV on this property is \$890,000. 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@mikepero.com.

For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800

Hot Property



900 700 or graham.mcintyre@mikepero.com.
Mike Pero Real Estate Ltd Licensed REAA (2008).





1200SQM BIG SITE MEETS HUGE PROSPECTS IN MHU

3 1

By Negotiation

27 Strid Road, Te Atatu South By Negotiation

Developers delight or for a buyer wanting a home and small land-banking for the future. Certainly delivering more than may meet the eye from the road, this Garden of Eden, tucked away from the hustle and bustle of Te Atatu South and a short drive from Henderson offers some significant potential today and into the future with options to add value to this beautifully original bungalow and plan the future. Three bedrooms, smaller bathroom with separate w/c and combined kitchen/ dining and separate lounge, a traditional bungalow layout, with independent garage. Set within 1200sqm (more or less) of flat land and shoulders Rangeview Intermediate school. A hop-skip and a jump from transport, motorway links, parks and café options and in the Mixed Housing Urban Zone offering options.

www.mikepero.com/RX3382040



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BIG, BRICK, FAMILY HOME - HENDERSON

4 2 2

By Negotiation

27A Swanson Road, Henderson By Negotiation

Set off a quiet and private drive, resides a well presented two level 4 bedroom, brick home set on over 500sqm. The property enjoys generous garaging and off-drive parking with flat lawn and peppered established trees. Spread over two levels with three bedrooms upstairs, one down stairs with two bathrooms and additional guest w/c. Offering open kitchen and dining with separate lounge and options for a second lounge/ office/ study or day room. Alfresco to decking attracting great sunshine. Certainly a home that is convenient to transport links, a short walk to Henderson, Waitakere Hospital and Waitakere College.

www.mikepero.com/RX3470179



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027 632 0421

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ALFRESCO LIVING - SOLID AND SECURE BUNGALOW 3 1 1

By Negotiation

58 Glenberrie Crescent, Massey
By Negotiation

Outdoor living and alfresco, this is a home that offers the best of relaxed living. A classic and contemporary 1970's bungalow, fully renovated with good bones and excellent pedigree. A simple and traditional three bedroom layout, separate bathroom, laundry and w/c. The kitchen opens to the dining / lounge and also through to extensive decking within a private enclave with covered pergola on one end and open sunshine on the other end. Single garage, storage and workshop downstairs. Set on 300 square meters (more or less). A short drive to Royal Road Primary, access to the motorway, a short distance from Westgate, North West Shopping Centre and Costco.



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BIG ON VALUE - SMALL ON PRICE 3 1 1

By Negotiation

369A Hobsonville Road, Hobsonville
By Negotiation

A home that makes the most of its 392sqm section (more or less) with generous parking, single garage and wrap-around lawn peppered with shrubs and hedging. Bigger than it looks, this three room home delivers more than many others with open plan kitchen, dining and lounge and direct access into the roof loft for storage. Located in the heart of Hobsonville, a short walk for groceries and convenience shopping, with access to schools, parks and the inner harbour close by. Fee simple freehold title and an honest pedigree, take a look today.



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Here at Laser we also specialise in all your long run/iron roofing needs... from roof repairs to complete roof replacements, gutter cleans, repairing and replacing gutters, spouting and downpipes. Whatever your needs, one of our experienced roofing team will offer you the right solution.

Our dedicated and knowledgeable team is focused on providing excellent service to our customers. No job is too big or too small for Laser Plumbing Whenuapai, so give us a call today on 09 417 0110 or email us on whenuapai@laserplumbing.co.nz

We are open five days a week from 7:30am - 4:30pm and conveniently located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for more information.

Creating the ultimate outdoor space

When it comes to designing your dream home the outdoor space can often get overlooked, that's why many of our Signature Homes plans include outdoor living that can be adapted and maximised to suit your lifestyle. By turning the space into an outdoor room, your house has a larger footprint and you have the potential to increase the value of your home, not to mention the fun there is to be had by the whole family.



The concept of outdoor cooking has come a long way from a few snags on the barbie as fully outdoor pizza ovens and fully appointed kitchens become very popular. But you need not break the bank to create the dream outdoor space for your family.

Here are some smart tips from the team at Signature Homes to help you get started:

Create zones - Be deliberate in your layout, how will you use the space? Will be you be eating meals as a family, chilling out with friends, entertaining children. Define your space then add privacy with screens, trellis, or even planter boxes. A pergola creates a great

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focal point which can be softened using climbing plants.

Make it functional - How will you reach the space from your house? It needs to be easily accessible with a trayful of food and drinks. What is the orientation of the sun? Is there already shelter in place? Outdoor furniture is one of the biggest investments, make sure it fits the area well without being too cluttered.

Cover it up - NZ weather can be fickle so try and plan for all weather conditions. A shade sail is a great temporary option, otherwise, clear roofing is cost-effective, easy to install, and, most importantly, will give you cover without blocking out the sun. You could consider extending your roofline across the deck if you are building, this will create a seamless flow and bifold doors will make the space an extension of your indoor living.

Keep it cosy - Electric radiant and gas bottle heaters are a cost-effective way to keep warm year-round. If you have space an outdoor fire, brazier, or fire pit will keep you toasty when the sun dips plus it will add a great focal point. Clear slides might be a good option to shelter you from any prevailing winds. Don't forget to have cosy blankets on hand.

Shine the light - Add ambiance with outdoor lighting, there are many options to choose from depending on the atmosphere you want to create. Festoon lights are right on trend and will add a different dimension to your space once the sun goes down.

Plants, plants, plants - The most cost-effective way to add life to your outdoor space is with greenery. Choose plants that suit your climate in various sizes to create atmosphere, shelter, and privacy.

If you've been thinking about building but are unsure where to start

a New Home Consultation could be ideal for you. Contact Signature Homes West & North-West Auckland on 0800 020 600 to start your new home journey today.

City Botanics summer garden care - water, weed, mulch, feed

The arrival of summer is such a rewarding time in the garden, but it can also be quite demanding. Plants will need adequate water, especially those that aren't drought tolerant. Water your garden early in the morning or late in the evening, and try to avoid wetting the leaves. A good deep soak is preferable once or twice a week as it allows the water to penetrate down to the roots.



As the temperatures rise, so do weeds, bugs, and fungal diseases. These things can quickly get out of control, so it pays to keep on top of them. The first line of defence against pests and diseases is healthy soil. Replenish essential micro-nutrients in the soil by adding lots of organic matter like organic compost and mulch. Mulching your garden beds also suppresses weeds and stops the soil from drying out quickly in the summer. Remove any weeds as soon as

Maximise the value of your land



Talk to Signature Homes West & North-West Auckland today about maximising the value of your land.

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Fixed Price guarantee

Designed to improve housing supply in New Zealand's five largest cities, the new legislation will allow landowners to build up to three dwellings on a single section, up to three storeys high – without the need for resource consent from the council. **Talk to Signature Homes West & North-West Auckland today about maximising the value of your land. 0800 020 600 | 09 412 9010 | signature.co.nz**

Showroom/Office: 80 Main Road, Kumeu, Auckland.

Open: Mon-Fri 9am-5pm



Home & Garden

they start to grow; they're much easier to pull out at this stage. Don't let them go to seed, or they'll quickly spread!

To respond to the nutrient needs of our urban gardens, we have developed a range of organic Garden Mixes that are loaded with beneficial microbes. Nutrients are released when they are broken down by beneficial microbes such as bacteria and fungi. As the organic matter decomposes, clay particles clump around the humus, slowly improving the aeration and drainage of the soil below and allowing your plant's roots to grow deeper and stay healthier.

Additionally, we offer a delivery and empty bag-return service so we can reuse the bags and reduce the amount of garden waste! For a summer-ready garden, use the code WESTERLY10 for 10% discount on our garden mix range.

Visit www.citybotanics.co.nz/gardensupplies to learn more.

Growing avocados

It is no secret avocados not only taste great but are packed with amazing nutritional and health benefits too. More and more customers are buying avocado trees from Awa Nursery to add to their orchards. Growing your own avocados is very rewarding. Avocados need free draining soil, full sun and shelter from the wind. Young avocados are frost tender. Once you have selected your planting location, dig a hole that is slightly wider than the root ball and very slightly deeper. Incorporate a good quality free draining potting/garden mix which will help with drainage and improve soil condition. Make sure your avocado is planted in a position that is protected from strong winds and it is recommended that young trees are staked. Ideally apply mulch or bark on the surface of the soil directly around the



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trees to increase the soil organic matter to improve soil structure, reduce evaporation and fluctuations in root temperature. Keep the mulch away from the stems to avoid collar rot. It is important to water your trees during dry periods, however let them have a chance to dry out between waterings, ie without natural rainfall, water every 3-4 days. Avocados do not like to be sodden. Foliar feed is advised with a combination of Nitrosol every 4-6 weeks. Weeding is important to prevent competition with the avocado tree roots. Hand weed an area 1 metre diameter around the trees. It is recommended to remove all flowers for the first 18 months as these will compete for limited tree reserves, it is not uncommon for trees to shed their leaves in late spring especially during flowering. It is best to prune more established trees (if needed) in later winter/early spring aiming to maximise the amount of light the tree gets and manage the size and shape. If you need help choosing the right avocado for your orchard or backyard, come and visit Awa today and talk to one of our friendly plant specialists. Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

LED Lighting – time to make the switch

When it comes to lighting your home efficiently, LED downlights have set a new benchmark. Not only are they stylish and safe, they can also save you a lot of money on power bills.

Choose a style to suit you. Lighting requirements for the rooms in our houses vary, depending on what the room is used for. The colour of the light is also important and it can make a huge difference to dining, reading and other activities. LEDs can also be controlled or programmed to suit your lifestyle. LED lighting solutions can come with wireless, daylight, occupancy, and dimming sensors, depending on personal preferences.

Put safety first. Halogen downlights run at temperatures over 300°C and the excess heat generated means that you often need gaps in your insulation to ensure there's no risk of fire. The below photo is an example we recently came across in a roof space we were working in. Without appropriate gaps around the bulb, the insulation had begun to burn, and over time, could have resulted in a house fire. Generally, less than 20% of an LED's output is heat, which means that the risk of a house fire is much lower when running LED lights.

Save your hard-earned money. LED downlights can reduce your



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lighting energy output by up to 86%. While a standard incandescent bulb may only cost a couple of dollars, it only has a lifespan of about 1000 hours. In contrast, most LEDs should last at least 15,000 hours - More than 13 years if used every day for three hours. Watts measure power consumption - While incandescent bulbs can produce the same amount of light as an LED, they also use 5-6 times the wattage...and Higher Wattage = More Money on Power. Despite the higher upfront cost of LEDs, you can expect to save money in the long run through reductions in your power bill.

If you've looking to discuss your lighting requirements, or think it's time to make the Switch to LED, give the team at Blackout Electric a call on or email us info@blackoutelectric.co.nz.

Kumeu Plumbing

Summer is here, is your pool ready to use? Come and see us in store for all your swimming pool needs, including free water testing. Pop into our store with a sample of your spa or pool water and we will sort the rest for you! Regular valets available. Christmas hours - We will be open with skeleton staff right through the Christmas holidays. 24/7 plumber and pump techs available. Reduced shop hours: We will be open from



9am to 3pm Dec 28-30, Jan 4-6. Normal shop hours resume 9th Jan. Closed public holidays. Extra water storage - Don't get caught out this summer. There is still time to get extra water storage installed. We have a variety of colours to choose from and sizes ranging from 300L to 31,000L. Use free rainwater - garden, car, boat, home washing, W/C and hose taps. Give us a call today for a FREE quote for water tank supply and installs. KPL 09 412 9108 - 156 Main Road Kumeu. Big Blue Building. www.kumeuplumbing.co.nz or send us an email info@kpl.co.nz. Wishing you all a safe and Merry Christmas from the KPL team.

Whenuapai Garden Club

Our last meeting for the year was led by Margaret our Treasurer in the absence of Margaret our President. Unfortunately, the planned Guest Speaker was not available. The gathering was slightly smaller in number than usual, perhaps because some members were making early Christmas preparations.

Winning vegetables were lettuces and snow peas. Birthdays were acknowledged, raffles drawn and blooms admired then plenty of time to catch up socially over afternoon tea. Those who went on the trip away in Taranaki enjoyed the gardens they visited, the meals they shared and the company of friends. The Forgotten Highway was mentioned as an experience not to be easily forgotten. Still to come, the outing to Drury late November and Christmas luncheon at the Huapai Golf Club on the 8th of December.

If you would like to know more about our Club, and wish to join next year, please phone either Doreen Brown on 09 832 3020 or Judy

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Garrity on 09 833 5592. Meetings held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket (good prizes). Until next time, Merry Christmas and Happy Gardening from Mary Anne Clark.

Conditions near perfect for plant growth

Temperatures are warm, the days are long and sunny, the sun's angle in the sky is higher making the energy more intense - and the soil is moist from regular rain. These conditions mean the lawn is growing like crazy, you can almost see it getting longer each day. What to do? The answer is to mow frequently! Temperatures are warm, the days are long and sunny, the sun's angle in the sky is higher making the energy more intense - and the soil is moist from regular rain. These conditions mean the lawn is growing like crazy, you can almost see it getting longer each day. What to do? The answer is to mow frequently.

Kiwis typically like a low compact turf that is quite dense for general use like that game of backyard cricket. For these its best to mow frequently and keep lowering your mower height to get the growth habit of the grass lower, thicker and tighter. This doesn't mean scalp to dirt level once a month or mow below the height of the grass blade - that damages the grass and leaves bare patches for weeds to colonise - but a quick frequent mow cutting off just the top of the grass blade and allowing the grass to slowly adapt before the next mow. For those who prefer lush lawns the answer is very similar - frequent mowing - cutting roughly the top third off the grass blade. In this case you will set your mower higher. The longer grass does tend to grow faster, so mows may need to be even more frequent.

The best results come with sharp mower blades and clean underneath the mower deck. Remember to keep on top of any weeds sprouting too - either dig out (get the roots too) or use a

selective spray. It takes ongoing effort but the results will be worth it. You'll end up with a lawn to be proud of, that is strong and hard wearing and enjoy many evenings of BBQs or games right through the holidays. Gary Turton, Franchisor - Jim's Mowing (NZ North).

NZ Biosecurity

Image Source: Ministry for Primary Industries. It's Christmas time and we all love our Christmas trees - or do we? Wilding pines are considered a nuisance across the north island, with central government spending millions



of dollars per year on wilding pine control. So what is a wilding pine? It is a pine tree that has naturally germinated from an introduced pine tree. Auckland Council is keen to see wilding pines removed and if anyone has a piece of native bush that they are to protect and subdivide, they will be asked to kill any standing pines within the area. This can be quite daunting as removing mature pines is costly and can damage the native trees that are growing underneath. The best way to do this is to drill holes into the trunks and insert chemical directly into the trunk of the tree in a technique called 'drill and fill'. After a while the tree will die and it will be left standing to slowly rot down. When the tree has rotted enough, the trunk will generally collapse and cause a lot less damage than dropping a living tree.

New Zealand Biosecurity Services are able to provide control of individual pest trees such as wilding pines, poplars and willows and we can tailor our quotes to your budget depending on how much you can afford each year. Make sure you chat to one of our friendly team today on 09 447 1998 or administration@biosecurity.net.nz.

Tile and grout cleaning and recolouring

Book now before the Christmas and the New Year rush. Are you tired of looking at your lovely tiled floor and walls only to be disappointed by the dirty stained grout lines? Traditional cleaning methods actually leave your grout dirtier and more bacteria laden than before you started. Grout is porous, and dirt, grime and bacteria soak into the surface leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour



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Mitre 10 MEGA Westgate

Mitre 10 MEGA Westgate rolled out the red carpet on Wednesday 16 November 2022 for the store's annual Ladies Night event.

Held in support of Kindred Family Services, the night allowed local women to take a tour of the store after hours, along with the support of over 40 major suppliers sharing a wealth of knowledge, doing demonstrations, and running a range of fun interactive activities to get the crowd involved.

On the night ladies also had the opportunity to swing some hammers in the building workshop (supported by the Mitre 10 MEGA Trade team and the Massey Community Men's Shed) where they could choose to build their own wooden toolbox or planter box and for a gold coin donation you could build a second or third! And many ladies did just that.

Food kept coming throughout the evening right up until the evening end, Columbus Cafe was set up to feed the masses and they were supported by our BBQ suppliers who cooked up a storm of delicious treats, drink stations were also set up throughout the store.

More FM were on-site for the evening, they provided a talented and popular DJ to MC the evening and they ran an amazing push button activation and WIN a prize! there were plenty of amazing prizes and giveaways to go around thanks to the support of the amazing and generous suppliers.

The evening was rounded up with the draw of eight top prizes,

entry for the draw came with purchasing a ticket to the event and upon leaving everyone got to take home a goodie bag stuffed with fabulous items provided by the suppliers.

The price for entry was \$10 per person and the proceeds of over \$4,000 were donated to Kindred Family Services - a non-profit organisation that provides nurturing hope and healing in our community; Counselling, Family Support and other groups and programmes to enhance wellbeing as well as crisis support to ensure the safety of women and children and allow them to live free from family violence.

Mitre 10 MEGA Westgate would like to say thanks to everyone for coming along and supporting Ladies Night especially to the suppliers who without them could never have made the event a success.

Western ITM

For farm fencing supplies we are your one stop shop. Post and rail, wire and batten, our store has everything you need - including quality hardware and fixings to get your farm fence built. For temporary fencing, we stock the Gallagher portable electric fencing systems and Strainrite fencing tools and accessories. We also carry RXP stock water troughs (round/rectangular for domestic or commercial use) and the complete range of low-density polyethylene pipe and fittings. Stock gates are also available in metal or wooden 5 bar and cap in an assortment of lengths. And for those of you with barns/stables we also have Purepine dust free shavings - (sold per bale) readily available. Do you have a project or plans you would like priced? Then contact our experienced Sales Team today! Email: kumeu@westernitm.co.nz or phone 09 412 8148.

Christmas Trading - Western ITM Kumeu and Whenuapai's last trading day will be Saturday 24th December 2022, closing at midday (our Swanson store will be closed on this day). All our stores will re-open on Wednesday 4th January 2023. Wishing everyone a safe and happy holiday season! From the team at Western ITM. Locals, supporting locals. 3 Auckland Stores - Open Mon-Sat. Whenuapai, Kumeu, Swanson. www.westernitm.co.nz.



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Pets

Christmas gift for pet owners

The jolly season is here again, and with it comes the panic of thinking of new ways to celebrate our loved ones with something special and meaningful. Well I've got the perfect gift for you to get Christmas sorted early. I am an International award-winning pet and family photographer based in Auckland, and I am happy to offer gift vouchers for pet and family photography sessions. Whether you know someone who is crazy about their dog, cat, bunny or goat or someone who needs to update their family portraits, a professional photo shoot is the perfect gift this season. Using the beautiful locations we have around Auckland as well as my studio, I'm passionate about creating vibrant photographic art of your beloved pets, as well as the bond you share with them. Christmas is sorted.



Check out my website for more information on package options and to purchase vouchers online - www.dogandco.nz/gift-vouchers You can also follow my Facebook page to see some of my most recent work - www.facebook.com/dogandcoz.

Kanika Park Cat Retreat

Holidaying and your cats. Going on holiday can be a stressful time for some cat owners.



How well will they really be treated? What happens if they get ill?

These are very valid questions. Our recommendation is that you contact a facility well before your holiday. Note most catteries are booked months if not years in advance for Christmas and New Year. It would be wise to contact them at least a year before your holiday is due. You can always cancel a booking or change dates within reason, but you can't get in if they are full.

A couple of things to think about before you choose a place.

- Meet the owners & staff - Make sure you feel completely comfortable and at ease with the whole setup. Discuss any special needs your cat may have; diet, medication, attention, grooming etc.
- Size & design - What is provided in each suite? Are they spacious, sunny, quiet, temperature controlled? Is it individual or communal



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living? Indoors or indoor/outdoor?

- Security - Does the owner/manager live on site? You should not assume that they do. If they do not ask when they start and leave for the day
- Know where your cat will stay - Make sure you can take your cat to their suite. If you are asked to leave and collect your cat at reception - this should be of concern to you.

Remember that it is your cat, their health and wellbeing is paramount.

Kanika Park Cat Retreat is not your usual cattery, we are a family-owned boutique luxury cat retreat

Contact P 027 550 1406 | E info@kanikapark.nz | W kanikapark.nz.

Featured product - Hip, Joint and Flex supplements

Animology Hip, Joint & Flex dog supplements have been developed to improve the overall condition, health and flexibility of your dog

- Ideal for joint health support
- Hip mobility maintenance
- Helps support flexibility

Hip, Joint & Flex supplements have been specifically developed to provide targeted support to the joints, hip mobility and connective tissue.



In addition to the two key ingredients commonly used in joint supplements; Glucosamine and Chondroitin, the capsules also include MSM and Natural Vitamin E for superior joint care.

Hip, Joint & Flex supplements are suitable for dogs from 2 months old. Each supplement comes in an easy-to-use capsule which can be given to you dog whole, or pulled apart, emptied and mixed into your dog's food or water. Contains 60 capsules.

You can find them in your local PETstock, Indepet stores, Pet Central (South Island) and independently owned retailers or contact us directly at sales@jdcgroup.co.nz

To receive a 25% discount contact us directly and quote "Animology Hip, Joint & Flex" in the subject.

Huapai Vet Clinic

Dr Gary Duggal (BVSc)

New Clients Welcome!

Phone: 09 412 2223
Email: huapaivet@gmail.com
371 Main Road, Huapai



Pets

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 programs 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.

Boredom in dogs

Yes, it is real - dogs do get bored, just like people. Most of the pampered pooches are on their own at home these days while their owners are away working. They don't have to hunt or work for food anymore and their favourite dishes are ready served on a plate every few hours.

It is a proven fact now that due to lack of mental stimulation from getting caged for long durations or due to lack of exercise the dogs get bored. Bored dogs mostly do silly things like dig up the back yard or chew the rugs or furniture or rip apart shoes or socks or eat wood or stones or tissue papers etc. Mostly bored dogs bug the owners for attention, but boredom could eventually lead to apathy, stress and anxiety and reduced interest in toys or food.

There are many ways to fix the boredom in dogs

1. Exercise - It would be ideal to go for 40-60 minutes daily walks around the block or at a local park. Leash walk is a good way to meet other pets and people and exercise. It helps if we change

the walking routine every now and then to give the pets a different landscape and new smells.

2. Playing fetch preferably with a ball or soft toy (and not with a stick) - dogs love it. Some dogs would rather have their owners go and fetch the ball; in which case a leash walk is a better idea.

3. Playing games at home - it could be hide and seek or fetch or rough and tumble on the bed. It keeps them bonded, engaged and mentally stimulated.

4. Basic Obedience Training at home - Dogs love learning new tricks and getting rewarded when they perform. It keeps them mentally stimulated, and they improve with taking commands on day-to-day basis. Try and spend a few minutes daily teaching them simple commands and repeat the old commands.

5. Put them to work - It is true that "a working dog is a happy dog". It can be working the flock of sheep for a farm dog or sport for agility dogs or walking or running or swimming for house dogs. You can put their nose to work by hiding treats or give them little tasks at home. Enrol in dog agility training or a puppy class and it's a great way to socialise and get some exercise.

Dr Gary Duggal, Huapai Vet Clinic phone 09 412 2223.

Raw Food Direct

Gary Withers has been buying raw meat mixes to feed his dogs for many years and has watched his dogs thrive on the quality products he sources from the Waikato. "To find a supplier that produces meat products for dogs that are free of hormones, preservatives and antibiotics that also understands the correct balance dogs need between muscle meat, organ meat, bone and tripe is a great find here in New Zealand", he goes on to say his dogs are prized for their great condition and shiny coats which he attributes to the quality raw food he feeds them.

When he and his partner's interior business was closed due to the problems caused by Covid, Gary saw this as an opportunity to offer these same meat products to the general public, so he started Raw Food Direct. There are many suppliers currently offering raw food for dogs and cats but he has found them either too expensive, the mixes incorrectly balanced or the quality compromised through the processing. Also many are not medicine free, something Gary feels very strongly about.

He supplies only to the 'local' market and isn't interested in growing the business so big he can no longer offer a personal service to his fast growing list of customers. Check out his website for a full list of products and prices on www.rawfooddirect.nz.

Walkers Wanted

Are you pounding the streets in Hobsonville on a regular basis and would like some cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.

Graham McIntyre

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Food & Beverages

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Hand this article over and get your second cup of coffee free

It has been a year now since, the Deliciousness Caravan graced our venue and started serving wonderful cups of coffee, hot chocolate or nice cup of tea. If you were hungry, boy some the yummy cakes and biscuits, you would die for.



In order to celebrate, and seeing it is Christmas, bring a copy of this article with you and order two drinks, and Carley will give the second cup of either tea, coffee or chocolate for free.



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This offer will end at Christmas, and remember, only the Massey Birdwood Settlers Association Inc the hall on the corner of Don Buck and Redhills Road in Massey thinks of all the residents of Massey! The reason we were formed as a resident and ratepayers' group way back in 1925.

The Association plays hosts to many community groups, including St John Massey Youth. For all the young adults and students living in Massey, or Hobsonville areas, and wanting to learn about how to care for people and perhaps take up a career as a nurse, or doctor or even a paramedic, you may want to consider joining St John Massey Youth in the new year. If you do contact Lorraine, email Lorraine.Soppet@stjohn.org.nz or come along on a Wednesday night during the school term at 6.30 pm.

In the meantime, if you would like to hire the hall for your activity, come contact John Riddell email masseybirdwood@gmail.com.

Enjoy Christmas and have a great new year.

Chocolate Spearmint Toffees recipe

Just in time for the festive season, this recipe can be made using any of your favourite herbal teas, but is delicious and refreshing made with Spearmint tea. These make a great Christmas gift and you can use milk, dark or white chocolate to cover the toffees then add any toppings such as salt, toasted coconut or roasted chopped nuts.



The toffee recipe is from the Edmonds Cookbook 1986 edition.

Ingredients: 2 tablespoons Spearmint tea, 1 cup water, 2 cups sugar, 1 tablespoon vinegar, 1 tablespoon butter and approximately 250g of chocolate for coating, plus any toppings.

Method: Make the tea by adding a cup of boiled water to the Spearmint tea and allow it to steep for 10 minutes. Strain and measure the tea, adding more water if needed to make up one cup. Add the tea to a saucepan along with the sugar, vinegar and butter and slowly bring to a boil without stirring. Boil until hard ball stage is reached then pour into a well-buttered dish and allow to set. Break into pieces, then coat in melted chocolate and add your favourite topping.

Store in an airtight container in a cool location for up to one week.

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Food & Beverages

To purchase Spearmint tea and other Certified Organic herbal teas, visit our online store: www.NewZealandHerbalBrew.co.nz.

Don Buck Honey

Don Buck Honey is the brand of a West Auckland beekeeper who sells honey produced locally as well as from the Far North. My Waitakere Forest Honey from Nov-Dec 2021 won a silver medal at the June 2022 Apiculture NZ Honey Awards. Please visit my online store to see the full range of honey varieties and the bulk prices for cartons of honey pots - a great idea for lower cost consumable gifts. www.donbuckhoney.co.nz.



Nari Sushi Massey

Nari Sushi Massey is an iconic sushi restaurant at the heart of Massey, Auckland. We are at Unit g/3 Red Hills Road, and our phone number is 09 557 4588. See our menu on Facebook and follow us on Insta-gram.

All our sushi is freshly made to order and we pride ourselves in using the highest quality ingredients; vegetables, fish, seafood, meat and dairy are delivered to us only by well-established suppliers.

All our meals are freshly packed and available for dine-in or take away, we also cater for direct orders as well. We are prepared for your special meal requests such as food allergies and/or gluten-free and vegan options upon request.

Delight your palate with our extensive variety of Salmon, Teriyaki Chicken, Katsu, Vegetarian Sushi, Donburi, Udon, Bento Box and much more.

Our space is warm & inviting, with dependable staff and an environment offering you the comfort & relaxation you deserve. We also have family dining areas along with a nice art gallery.



Nari Sushi Restaurant is open 6 days a week at 8am to 8pm from Tuesday to Saturday (Sunday 8am - 4pm). Feel free to swing by and join us for an excellent sushi experience.

What are you waiting for? Come to Nari Sushi "Where good Food & good People meet"

Soljans Estate Winery

We're open in our bistro 6 days a week. With longer and warmer days in full swing our bistro is now open from Wednesday - Monday for all to enjoy.

Come and try our new summer menu while you unwind in the vines with a cold beverage (or two).

Wine tastings are also available in our cellar door 7 days a week. Whether you're a novice or a pro, there's something for everyone to enjoy.

For more information or to book, head to our website www.soljans.co.nz or call 09 412 5858.



Hallertau

It's the return of a Hallertau original. At 8.5% Stuntman IIPA is best not attempted by the faint hearted. Ten hop additions make this an utterly rambunctious thrill seeker of an ale. Brace your senses for the ride. Pouring now at Hallertau and available in the 1L Keeper bottle.



\$100 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$100 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$3.30 a day. For more information email our editor at editorial@thewesterly.co.nz.



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Health & Beauty

Long Covid

It pains me that I still have to write about Covid, but unfortunately, it's still a "thing". The definition of long Covid is variable, but you would generally be considered to have long Covid if you still have symptoms of aches and pains, fatigue, or others several months after your infection. One of the most believed theories is that the virus sits deep in tissues with a slightly altered structure to avoid the immune system. From there it can continue to cause problems just like chronic fatigue after glandular fever.



Future Treatment Options: Over time I am sure we will see complicated antiviral treatments get developed to totally rid the body of the Covid virus. If the HIV virus treatments are anything to go by, it will involve long term treatment with multiple medicines. This is not much comfort if you need to get your life back now.

Current Options: There are many nutrients that can help support key organs and systems of the body like the brain and energy producing mitochondria. N-Acetyl cysteine is the precursor of the most effective anti-oxidant in the brain (glutathione). Turmeric is very anti-inflammatory for all areas of the body such as the brain.

In terms of energy production, nutrients like Co-Q10, B-vitamins (especially NAD), choline, magnesium, lipoic acid, vitamin C, carnitine, and magnesium are helpful to nurture your energy production in the mitochondria. Getting your energy back is one of the key desires of people with post viral fatigue.

Sulforaphane upregulates key factors in the body that protect you from oxidative stress. I have had good success with therapeutic mushroom complexes in patients with long Covid. Plus there are a

number of herbs that are adaptogenic (to help you cope with stress and change) and others that have good anti-viral properties.

Lifestyle factors like getting good sleep, and reducing stress can be very helpful. Moving your body is also recommended, but keep it within your current capabilities, don't try to rush back to your pre-infection super-person status.

The strategies that I have mentioned may seem like a lot of things to "throw" at long Covid. However, if it means getting your life back, it may just be worth the effort. Pop into Massey Unichem Pharmacy to chat to us if you have any questions about Long Covid. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

Something free for Christmas

It's Christmas time again and before we get lost in the eating, drinking and gift giving, here's a little something for you.

In 2003, I was caught in a month-long solo quarantine in the first deadly SARS outbreak in Singapore, wondering if I would die alone and away from my wife and kids, as some of my colleagues did. Now THAT was life changing.

After that, I spent the next 3 years researching, analysing and writing a diet book that would be ahead of its time, and for all time. Its almost 20 years on now and looking back, I probably missed my fair share of my kids growing up but it was important to me then to finally make sense of how diet and lifestyle affected our lives.

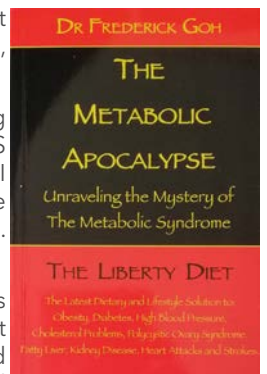
I haven't updated the book. Few parts are outdated, some medications have come and gone.

For the most part, it all still works as I have been using it for almost 20 years.

The book is called The Metabolic Apocalypse - the first part is heavy going because it tells you why we need to change our lives. You are welcome to skip that.

The second part, the important part, The Liberty Diet, is meant to set you free. Free from restricted food choices, free from yo-yo fad diets and meal replacements and free from the grasp of the obesity epidemic that is sweeping our world.

And best of all, this Christmas season, it's totally free for all readers of this excellent community magazine.



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Health & Beauty

You can pick up free copies of my book from Royal Heights Doctors or from our friendly neighbour, Royal Heights Pharmacy at Royal Heights Shopping Centre, 138 Royal Road, Massey, Auckland.

Go ahead and take more for your friends, family, church mates and colleagues. Set yourself free to enjoy your holidays. Have a great holiday. Dr Frederick Goh, www.rhdoctors.nz.

The hidden cost of inactivity

If you are one who exercises regularly and who eats healthily you are one 'lifters' of society. You take responsibility for your health.

Inactivity costs the individual a shorter lifespan, trauma and worry. But every tax-paying New Zealander will pay the cost of ill-health. The inevitable hospital system costs \$530 million a year. Then over 60% of admissions are the result of poor lifestyle choices. Inactivity alone costs Kiwi taxpayers \$530 million a year! Not only that, but inactivity costs our economy \$2.3 Billion a year!

Richard Beddie, CEO of ExerciseNZ says that 93% of Kiwis aren't active enough.

One way you can help change this is with Club Physical. You can encourage your friends or Whanau to take-up a FIVE DAY Trial for \$29. This might be enough to 'kick-start' your mates into a higher gear. Let's work on this together.



Love to Move

Love to Move was born from my own journey to improve my health and fitness as I age.

I am a fully qualified personal trainer, here to help you to achieve your fitness goals. My key area of focus is helping my clients achieve goals which allow them to continue doing the things they love independently.

If you want to increase your energy levels, feel more confident, feel healthier and fitter then I have the following services I can offer you.

1:1 sessions: targeted at your goals with me working alongside you motivating, encouraging and challenging you.

Bootcamps: provide a fun social environment where you can challenge yourself, contact me for class times.

Mum's and Bub's - Fun social atmosphere with exercise targeted at the post-natal mum

Functional Fitness - as we age. Focused on those increasing in age or very new to exercise. Gentle and safe, focusing on maintaining fitness levels.

Please contact me on 027 665 4091 or kayleen@lovetomove.co.nz.

How long do dental implants last?

Most people are aware that dental implants are an excellent solution for replacing missing teeth, whether it is a single tooth, several teeth, full upper arch, lower arch or both. As implants can be a considerable investment for many people, one of the questions we are most often asked is: how long do dental implants last?



The longevity of dental implants depends largely on oral hygiene and lifestyle factors. The good news is that when a dental implant is maintained with excellent oral hygiene through great brushing and flossing routines, it can last for a lifetime. That's why it is considered to be a permanent tooth replacement option, because with the right care you may never need to replace it. In contrast, a crown typically needs to be replaced every 10 or so years as it wears down.

With over 37 years' experience in dental implant surgery and prosthetics, Dr Alex McIntosh heads the dental implant team at Fraser Dental. Over those years he has remained at the forefront of dental implant technology, continually improving the methodology, implant techniques and materials to provide his patients with superior results. Dr McIntosh is recognised by the NZ Dental Council as being one of the country's most experienced Dental Surgeons in implant dentistry in advanced complex cases. He is passionate about giving his patients confidence in their smiles and solutions that work with their lifestyles.

If you would like more information about the benefits of dental implants contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050 or email info@fraserdental.co.nz to schedule a consultation today.



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Health & Beauty

Start your wellness practice at Kanuka Yoga Space

Contrary to what many people may believe, yoga is for every body. We practise yoga to enhance our self-awareness, find more moments of peace in the present moment, build resiliency and inner strength. We also love the range of physical movements a yoga class can provide; every person that walks into the space is on a different journey with their body. We encourage self-discovery, and invite people to move in ways that feel good for them. These are skills that are important to us, and skills that generally require practice.



There are many different styles of yoga; if you are interested in challenging your strength and flexibility, then you may be interested in more strength-based Power classes or Yoyalates (fusion of vinyasa yoga and Pilates). Or, move a bit slower and explore poses with more time in a gentle Hatha style-class like Slow Flow. Perhaps, you'd like to completely unwind from your day? Try a Restorative yoga class which guides you through reclining and seated poses with the support of blankets and soft bolsters. If you're brand new, keep a look out for beginner's yoga courses which will introduce you to the practice and get you more comfortable in a regular class environment.

Kanuka Yoga Space is Hobsonville's neighbourly wellness space. We are located at 102C Hobsonville Road. We offer 22+ classes a week, including beginner's yoga, Prenatal Yoga, Mums + Bubs, and a variety of different teachers to choose from. We host workshops

and events on a regular basis, and love trying something new. Check out our studio Intro Offer to get you started. You can find us Instagram and Facebook (@kanukayoga) or find us online, www.kanukayoga.co.nz.

Building confidence and self-esteem

Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome. This places anxiety in the realm of negative thoughts and feelings. Everyone feels anxious at some point, whenever we do something unfamiliar or outside our comfort zone. Feeling anxious is perfectly normal, as is an awareness that it will pass.



However, some people find anxiety hard to control, and these feelings can remain as a constant presence, impacting our daily life. Anxiety activates the fight or flight mechanism, resulting from a triggering thought or circumstance, or an unresolved trauma. Our fight or flight response is designed to keep us safe.

Sometimes it's hard to imagine what life could be like without the limiting beliefs that hold us back. It makes us feel increasingly exhausted and frustrated. Book a free no obligation discovery call with Terri www.calendly.com/terrinewmancoaching.

Unichem Hobsonville Pharmacy

UnichemHobsonvillePharmacy offers many services including prescription dispensing, medicine management, and blister packing. We accept faxed prescriptions and utilise Southern Cross direct claiming. We will look up exemption card numbers and prescription count for free.



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Health & Beauty

We would provide you: Free Prescriptions for 65+ (Goldcard) and partners. i.e. no \$5 co-payment fee (excludes specialist/dental/non-funded medicines). Free prescriptions for those on 5 or more regular prescription item users. Free Home Delivery during working hours (Monday to Sunday). Free blood pressure checks. No additional cost to fax/email prescriptions, discarding unused medications. Dose administration aids like blister pack or sachets.

We can prescribe Covid treatment medications for the over 65s, and will deliver free to Hobsonville. Hobsonville Point, West Harbour, Herald Island and Whenuapai.

Currently we are also selling lots of Christmas gifts. Other services: Living Rewards point, passport photos, beautiful range of gifts, large natural health section. We are open 7 days a week.

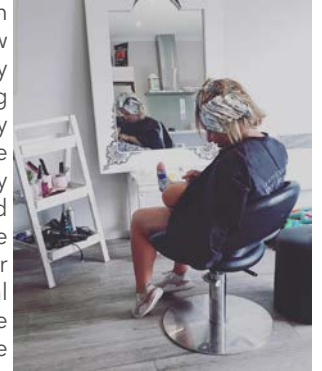
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Hobsonville Optometrists

Gifts galore at Hobsonville Optometrists - 413 Hobsonville Road, Hobsonville (opposite Unichem Hobsonville Pharmacy). All our beautiful, quality Christmas decorations, trees, cards, serviettes and gifts have arrived! Browse every day except Sundays from 9am to 5.30pm.

Laquitas Studio

Hobsonville Point hairdresser Karin welcomes enquiries from new customers to experience her "dry cut" technique, a method of cutting that enables styling to be individually matched to the requirements of the client. Hair and its condition vary through stages in life, from childhood to retirement. Karin meets the differing needs of each customer through her skills and personal approach, combining her extensive experience with a naturally creative eye.



The climate of Auckland can affect some hair types, such as those with a natural curl. The "dry cut" enables Karin to work with the type of hair, styling to suit the practical requirements of individuals, especially those who may not have the time or skills to maintain a style that requires daily maintenance. Products, new to the New Zealand market, will be available from Karin to improve and enhance your chosen style. Laquitas Studio is a professional yet relaxed and family friendly environment for women and children. Send a text message on 022 068 7134 to make a booking. Karin will get straight back to you to organise a time that suits.



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Area Columnists

Farewell 2022 and welcome 2023

2022 has seen another year of changes with still more changes and challenges ahead as we return to pre-Covid times. Despite everything, let us try not to look at 2022 in a negative manner but instead try to look at the positive things that have come out of it.

The events of 2022 have given us the opportunity to take further look at ourselves and see what further changes we can make in our lives. Some people have taken time out for ourselves to self analyse and see what changes we need to make in order to enhance our lives as we move into 2023.

What will 2023 bring? That's a good question, we can only hope that it will be an easier year than the past couple of years. It can be a year where we can continue with any new habits we have developed and look for any opportunities to learn new things and have new experiences.

Astramana™ Healing Services can help you move into the new year by offering you the opportunity to learn new skills such as Reiki, this will help you to give back to yourself and to help others, maybe an opportunity to set up your own business.

Learning Reiki is great for those who are massage therapists and anyone who has interest in Energy Healing. At Astramana™ Healing Services, we are certified in several forms of Reiki and Seichem and can teach these to Master-Teacher levels. For those that are curious to look into the future or see what has been happening, we offer Tarot readings. Have you considered exploring and heal the past, why not try a Past Life Regression or even a Life Between



Lives Regression, where you can get some answers to some soul-searching questions. If you have a fear or phobia, such as flying, spiders etc., why not try Hypnosis to overcome that fear or phobia? Let's make 2023 a positive year for all.

We have some new exciting services and courses that will be available to you in 2023 and now we are post-Covid we will be offering in person classes and workshops.

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, Clairvoyant & Tarot Reader Jason Mackenzie. Please visit our website: www.astramana.com or email astramana@gmail.com, phone/ text us on 021 0277 0836 with any questions or to book a session, workshop or a New Year's Tarot reading. We offer a mobile service to those out West Auckland.

We look forward to working with you and we wish you all a very Merry Christmas and Happy Holidays, all the best for 2023. Finally, we look forward to welcoming back our current clients and look forward to meeting our future clients in 2023.

Christmas can be cracker

Christmas is a busy time of year, which despite the fun and festivities brings many challenges. It is a time full of parties and family gatherings. It is important to take time so that this season can be enjoyed.

Keep expectations manageable this Christmas doesn't have to be the "best ever". It should be the most enjoyable. Organise yourself and be realistic about what you can and cannot do. Don't spend too much time organising for just one day - Christmas. The Christmas season is a marathon not a sprint - so pace yourself.



Enjoy Holiday activities which are free. Take a drive to look at the Christmas decorations. Go window shopping and don't buy anything.

Do something for someone else. You could invite someone who has no family to join your celebrations. Christmas can be a very lonely time for some.

Get Moving. Go for a walk. It's time to let your hair down and dance at parties. Go for a swim. Take a picnic to one of our wonderful beaches or parks. Use the fantastic playgrounds. Be a tourist in Auckland - take time to see what it offers

Be Generous - but be sensible. Yes we all want to be generous, but it's silly to get into debt. Christmas is a time for giving and sharing, but don't give more than what you have. So, why don't we get back to the basics and just give presents to children and people we see

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often and know well? You could make some presents, or give a token with a promise of a gift, such as babysitting, washing the car, housework, or going on an outing. If you come from a large family you could do a lucky dip or some know this as Secret Santa, where you just buy for one family member. Be careful if you are buying online, if something seems too good to be true, it should send warning bells.

Don't eat or drink too much. This is the time of year when it can be easy to give in to excess. Too much alcohol can make you irritable and tired. Pace yourself.

Don't try to be perfect or do everything. Saying no can be hard, but you need to look after yourself. Do what you reasonably can, if you take on too much you'll disappoint yourself and others. Set boundaries you are happy with. Take time for yourself. You don't have to do it all - ask others to help out, most people enjoy contributing to the shared event. It doesn't have to be bigger to be better.

Minimise Screen time. Spend more time with your favourite people.

Remember what's important. Have fun. Remember in the end it's not the presents people remember, it's having fun with family and friends. So take time to play with the children, they'll remember the family cricket or soccer game in the back yard long after their presents have broken.

Season's Greetings from your friends at Citizens Advice Massey, and for help when things go wrong or any information we can be contacted on 09 833 5775 or massey@cab.org.nz.

Upper Harbour Local Board

Kia Ora. My name is Anna Atkinson and I'm the newly appointed Chair for the Upper Harbour Local Board. I live in Paremoremo with my husband, children and variety of animals. I'm involved in a wide variety of community organisations (mainly sporting and environmental) with roles ranging from governance to treasurer to feet in gumboots helper. This is my second term on the Upper Harbour Local Board and I'm thrilled to have been elected again and to have been elected as chair.



We have many great projects happening in your area that are funded and underway. The list below is not exhaustive, to see a complete list go to www.infocouncil.aucklandcouncil.govt.nz/Open/2022/06/UH_20220623_

AGN_10883_AT_WEB.htm

- Scott Point Sustainable Sports Park Stage 1a. More detail on this great project elsewhere in this magazine

- Observation Green (Scott Point) neighbourhood park. This long awaited \$859k project has now been delayed until February 2023, but resource consent has been granted and all equipment ordered

- Hobsonville Point Park (opposite Countdown Hobsonville). The existing playground is due to be upgraded and renewed shortly, a consultation on desired aspects took place last year

- Funding for community and environmental groups doing essential work in your area

- Construction and Waste Leadership. A programme aimed at developers and builders mainly in Whenuapai and Scott Point, ensuring they comply with various Acts (Litter Act, Solid Waste and Building Act etc). The programme also ensures silt and security fences are built. This programme has resulted in much better compliance since it was started

- Drinking fountains are being installed at some selected parks

We also have many more plans for future years in your area including a portable pump track that can be shifted around location by location, however as council approves its budget year by year there is no guarantee.

I have just attended my second finance briefing since election and council is really stretched financially mainly due inflation and interest rate rises, it's going to be a tough few years. Until we receive further advice I'm not sure on the implications yet for our work programme.

There will be opportunities coming up in 2023 to get involved and have you say about your priorities.

The way it works is that there is a three year strategic plan (called the Local Board Plan) which we develop in partnership with our community. The 3 year plan guides the development of our annual work programmes. The current approved annual work programme delivers on year 2 of 3 of the local board plan and runs to the end of the financial year which is 30 June 2023.

In Feb - March 2023 we will formally consult on our next annual work programme delivering on year 3 of 3 of the local board plan.

Over summer we will informally engage on your priorities for our new 3 year local board plan that will be approved in October 2023. The formal consultation will be in June - July 2023.

Please submit on both, it's important we know what you think. To find out about the consultations you can look at the Upper Harbour Local Board Facebook page or sign up for our e-newsletter by

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emailing UpperHarbourLocalBoard@aucklandcouncil.govt.nz. I also generally post the links to community Facebook pages.

If you have any thoughts or concerns about local board matters please don't hesitate to reach out. Anna.Atkinson@aucklandcouncil.govt.nz. The views expressed above are my own and not those of the Local Board.

The ReCreators

Rewooded, the Henderson High School business team, took out first prize in the West Auckland Regional Young Enterprise Scheme (YES) Finals in early November and will be heading to the national finals in Wellington. They also won the award - "The Ones to Watch" in the future for as they are extremely talented, impact driven entrepreneurs. YES is a programme which aims to ensure all young people have opportunities to develop an entrepreneurial mindset, to help develop successful leaders in business, community and life for Aotearoa. Their values for business include social justice, cultural identity, environmental sustainability as well as revenue generation.

The Rewooded team have been working with deconstructed wood (from houses that are to be redeveloped), turning it into beautiful chopping boards. This business is a prime example of how creative upcycling skills can generate profit while taking care of our environment. Buffie Mawhinney and Geraldine Tew from The ReCreators have been working with all Henderson High NCEA business students, teaching them about circular business models and helping teams with prototyping of products. This work has been supported by Auckland Council Community Impact Team to pilot scaling circular design thinking at scale in a systemic way. The Rewooded team learned how to use a jigsaw, sanders, and drills to make their upcycling chopping boards. The ReCreators then link community to makerspaces, tool libraries, how to buy quality tools second-hand before buying new. Reducing our impact on the planet is about learning to share and optimise the use of resources and materials. Being part of a circular economy means that through design we eliminate waste and pollution, design products to last for as long as possible and use regenerative materials.

Did you know that approximately 50% of all waste in Auckland comes from the construction and demolition sector and construction accounts for about 10% of climate gas emissions? The waste levy in New Zealand is one of the lowest in the OECD and therefore sending resources to landfill is cheaper than reusing. Looking at



ways to be less wasteful and reduce emissions is a target goal of all councils and government in New Zealand. The Rewooded team delivered a vibrant, well-rehearsed, well-researched presentation to the YES panel about their business values. The combination of a truly circular business model, awesome presentation, validated customer journey meant that they easily took first place in the awards ceremony. If you are interested in supporting this rangatahi business, check out their website at <https://rewooded.mystorbie.com>.

Battery powered hand tools

With the increased use of battery powered tools, many of which are now powered by higher voltage (up to 24 volts) Lithium-Ion [Li-Ion] batteries, there is the potential for these batteries to cause a fire, especially if they are not looked after. Damage to the tool and/or battery increases the risk. If stored together, a fire from one battery powered tool can spread rapidly to other battery powered tools or combustible material.



Fires from Li-Ion batteries are very difficult to successfully extinguish, and they can flare up again after they appear to have been extinguished. Normal fire extinguishers found on sites (Dry Powder, CO2, etc) are not good at extinguishing Li-Ion battery fires. The best way of extinguishing a battery fire, if possible, is to drop the battery or both the tool and the battery into a bucket of water.

Ways to reduce the risk of a battery powered tool fire include: Have an inspection system in place to regularly check the tools and batteries for wear and tear, damage, etc. Educate workers on the potential for fires from damaged or incorrectly stored battery powered tools and the difficulty in extinguishing them. Avoid storing multiple tools together. Consider storing these tools in steel toolboxes to limit the spread of fire. Have the correct fire extinguisher(s) available - Halon. If not using the battery powered tool for some time, remove the battery and store separately.

Electrical Multi-plug Boards - The use of electrical multi-plug boards has always been a hazard, not only as a trip hazard with cables across floors or underfoot at desks, but also as an electrical hazard due to overloading.

With the increasing use of electrical devices (computers, printers, charges for a range of electronic devices), multi-plug boards are often being used to provide power sources for these devices. This is common in both the workplace and the home environment. Also, the recent increase in people working from home, either full time or part time, has increased the potential risk for the home environment.

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The added load by using heaters with the cold weather we have been recently experiencing adds to the potential risk. Often these multi-plug boards are hidden away under desks, behind cabinets, etc. and out of sight (and mind). This can cause unintentional damage to the multi-plug boards and/or plugs and leads.

This use of multi-plug boards can lead to a potential overload of the electrical circuits within the building as more power is drawn to satisfy demand, especially if multi-plug boards are linked together. In older premises this can also result in overheating of old wiring systems as the wires heat up due to the increased demand and, in some cases, melt the insulation leaving exposed bare electrical wires. Worn and damaged plugs and leads can cause sparking at the multi-plug boards. At a minimum all multi-plug boards must have a current limiting system or be on a circuit with a RCD.

Preferably no multi-plug boards should be used at all. Wall mounted power points (installed by a qualified electrician), along with RCD devices on the power circuits should be installed in sufficient numbers to prevent the use of multi-plug boards. Consideration should also be given to routing cables away from being trip hazards by hanging cables from ceilings or arranging desks so cable trays can be used to keep cables tidy and out of the way.

Ref: Industrial Safety News

If you have any concerns around this topic or other Health & Safety matters, contact John Riddell your Health and Safety Consultant, by email securo4@securo.co.nz or check out the Securo website www.securo.co.nz.

Countdown's new collectibles

Dame Valerie Adams was honoured as a Barbie, Karl Urban boasts an enviable range of action figures and Winston Peters became a beloved chew-toy for our furry friends. Now, Countdown has immortalised some true unsung heroes of Aotearoa in 100 per cent recycled plastic.



Countdown Bricks Farm, available in-store and online, allows customers to build their own unmistakably Kiwi farm - complete with Kaipara Kūmara, a red rural letterbox and figurines based on actual growers and farmers who supply Countdown stores across the country. The collection is made from 100 per cent recycled plastic.

Brid Drohan-Stewart, Countdown's Director of Brand, says that honouring the legends who work tirelessly to supply top-notch

produce to Kiwi households is a crucial component of this follow-up to last year's popular Countdown Bricks.

"Kiwi families loved getting creative with Countdown Bricks last year and what better way to build on their collections than to highlight the incredible growers who deliver world-class produce to our customers.

"First and foremost Countdown Bricks Farm collectibles are about bringing joy with a free, sustainable addition to toy boxes across the country. This year Kiwi kids will also have the opportunity to learn more about where their kai comes from - and the people who make it happen.

"We know most of our customers will enjoy collecting Countdown Bricks Farm Packs but for those who don't want to collect, we'll have donation boxes in store so that unwanted Bricks can be passed on to the store's chosen charity to be loved by someone else," says Brid.

More information can be found at: www.countdown.co.nz/bricks

Distance families: Xmas expectations

Airlines report a higher than average number of expat kiwis visiting New Zealand at Christmas. If your family is one, there is wisdom in having realistic expectations - even if it has been two years or more since you have seen each other.

There is a part of us that dwells in fantasy believing our children love being home and desire to spend all their time with us doing happy, happy families. They are pleased to be home and will do happy, happy families for half a day, but they want more and that's only natural.

They will have plans which have them out and about, likely in your car. Some will let you know when they'll be in and when they'll be out, while others tend to keep information closer to their chest.

Visits are a golden opportunity to cook for your family but you'll probably find it turns into a continuous production line. I do some cook-ups before family arrive. A big lasagne in the freezer along with a casserole or two will never go amiss.

If your family want to cook, step back and allow them to contribute. If you find it hard to have someone else in your kitchen, once again it's time to, as our children would say, to 'take a chill pill'. Instead, take the grandkids to the park and enjoy the luxury that's maybe rare to you, of walking into your home and smelling dinner cooking. Lastly, if they don't clean up or put things where they should be - it can all be sorted later.

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Be prepared for loads of laundry, wet towels left on the bathroom floor and unmade beds. Sometimes grandparents can forget these 'joys' between visits.

Take loads of photos, making sure you are in them also. They are the makings of a terrific memory photo book you can later design, order and post them. The grandchildren will remember their visit so much better when this book keeps surfacing in their toy collection.

It is all too easy for the days to pass and all you seem to do is cook, clean and tidy up. But that's what having the family to stay is all about. In between is laughter, silly moments, surprise cuddles, quiet words, wine infused meal times and the unexpected savouring of silence when they are all out. Afterwards, when a stray kiddie sock appears, one is automatically drawn to breathe in every thread wishing for chaos to land again?

Edited extract from Being a Distance Grandparent - a Book for ALL Generations. Helen Ellis, M.A. from Hobsonville Point is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of the Distance Families Book Series. Her books are available at the Hobsonville Point Pharmacy, online and ordered from any PaperPlus or independent bookstore. © Helen Ellis.

Glen Eden Playhouse Theatre

The Glen Eden Playhouse Theatre is getting a new asset in the form of a Wurlitzer theatre pipe organ with a long and interesting history.

This organ was originally installed in Queen Street's Regent Theatre in 1926 to replace the live orchestra that was accompanying the silent movies. When the "talkies" arrived in the 1930s, the Regent used the organ less and less until all movies being screened were sound ones. In 1944 the Regent Theatre sold the Wurlitzer organ to the Hutt Valley High School where it was installed in the school hall.

In the late 1970s, the organ returned to Auckland and a whole

new life at the Hollywood Cinema in Avondale, where for 33 years, it entertained audiences with "pops" type concerts, silent movie shows and musical events, often being used to play-in a movie or show being presented at the Hollywood.

The Wurlitzer is in the care and ownership of the Wurlitzer Organ Trust of Auckland (WOTA) who presented the shows at the Hollywood for all those years to audiences of 300-400 per show! However in 2015, the Hollywood Cinema was up for sale and the Trust was asked to remove the organ and it was put into storage. The Glen Eden Playhouse Theatre Trust later offered the organ a home at the Playhouse Theatre and the two Trusts reached an agreement for the installation of this important piece of Auckland's cinema and musical heritage. Specially built organ chambers were added at the back of the Playhouse Theatre stage to house all the Wurlitzer organ's 1300 pipes and the myriad of percussion instruments that make up what is really a one-man orchestra.

Once the Covid restrictions had lifted, theatre organ builders from Adelaide were able to cross the Tasman and help the Wurlitzer Organ Trust of Auckland's organ team to get the installation underway. It is a massive pipe organ to install and the work has now started.

Peter Hosking and Richard Larritt from Adelaide were very impressed with the prep work done by the WOTA team and over their eleven day visit to Auckland, the large wooden chests that house the pipes were all installed and a start made in placing the organ pipes into these wind chests.

Over the coming months the Auckland team will install the wind lines that take the high-pressure wind from the powerful turbine blowers up to the wind regulators and the chests. Then the electrical wiring for the organ's low-voltage control system is to be installed and at this stage, the organ will beginning to make music once again.

Waitakere Arts Community Centre

Waitākere Arts is a not-for-profit community arts organisation located at 'The Studio', Corban Estate Arts Centre in Henderson, Auckland.

We are an eclectic group of people from a diversity of backgrounds and experience with a passion for making art.

We are run by an active committee of enthusiastic artists and have a manager who works on



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site. Our vision is to serve our community through art. To achieve this we have various opportunities for artist to exhibit and participate in a variety of workshops and presentations, as well as offer our rooms for hire at a discounted rate to our members to offer their own workshops or classes.

We have four open sessions during the week for our members, where they can connect with fellow artists whilst working on their own art in a social environment.

This is a social hub of our art community - a place to create together, share ideas, learn, meet new people, display work and engage with the wider community. These rooms are also available to hire for art related projects.

Waitākere Arts holds two exhibitions every year. These include a wide variety of artistic mediums and creative expression, both 2D and 3D. We host a Members Exhibition in March/April and our Trusts Exhibition held each Sept/Oct which is open to the wider Auckland community to enter. This exhibition also has a youth component, open to 13 - 18-year-olds.

Waitākere Arts is honoured to be generously supported by Auckland City Council, The Trusts Community Foundation, The Trusts and Henderson /Massey local Board along with many local businesses. Through their financial and relational support, we have enjoyed serving our community for over 35 years.

Delegating for growth

In the early stages of business an owner may work on their own, or only have 1-2 staff. The business owner wears most hats in the business, from marketing and sales through to operations and finance.

In order for a business to grow, the business owner must delegate work to others in the business, otherwise the size of the business is constrained by the number of hours the business owner works (allowing time to spend with family).

There can be many reasons why a business owner finds it difficult to delegate, for example: It is faster if I do it myself, If I want it done properly, I need to do it myself, It is cheaper if I do it myself.

Delegation done properly does take time and an investment in the person you are delegating to. But the rewards for that investment are great.

Think of a job that takes 3 hours a week. The time to explain the job to someone else, answer their questions, and follow up to make sure the job was done properly may take an additional 3 hours in the first week, and 1 hour in the second week. For a 4 hour investment, you will save 12 hours a month, and 140 hours a year. Think about what

would you be able to achieve with an additional 140 hours.

The person you are delegating to also benefits. They get to learn a new task, perhaps something they haven't done before that extends their knowledge and training, and allows them to be more invested in the business.

To get the benefits, delegation has to be done properly - it is delegation not abdication. If the task is handed over without the support, mistakes will be made and you are most likely to take the task back again out of frustration. Take the time to explain the task, allow person to write instructions and ask questions. Follow up on the work done the first 2-3 times the task is done by the person, giving the opportunity for clarification and lessons to be learned. Check in periodically to ensure that your high standard is still being maintained without micro managing.

Another example of delegation is outsourcing. For example, you could try and build your own website thinking it will be cheaper. Consider though how many hours of productive time that will take you to do - and at what cost (using an average billable rate, or lost sales)? In addition, your new website might not be very effective, losing you sales. Outsourcing to a website expert will cost you less in the long run, both in time to complete, but also in the quality of the work. This one is best left to the experts.

In order to have a growth mindset, a business owner must learn to delegate effectivity. You are not giving up control, just the time taken to do the task that is being delegated.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with growing your business or improving its profitability, preparing your business for sale, or for a free Business Diagnostic, contact Ann at ann@oxygen8.co.nz or 021 682 014.

Thinking about moving to retirement living?

Free from cost, and without commitment to act, we are hosting a fun and information packed event providing answers to the common questions about moving from the family home into a better and easier living environment. The Best of Aged Care Seminar and chat is on Tuesday 28th February 2023, 10am to 12.30pm, West Harbour Church, 145 Moire Road, West Harbour, Auckland. The best of aged care seminar will deliver a number of the very best accommodation and health care options available to you today from reputable and proven suppliers that really care about you, and your journey, to retirement living, making your next stage of life, comfortable, easy, simple and enjoyable. For more information call 0800 900 700 or email editorial@thewesterly.co.nz.



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