

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report Community Facilities

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

Catalina Bay Farmers Market

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$85 plus gst for a business card size.

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July 2020



Greetings

Although the hand sanitiser may have lost its place at the shop entrances, now is not the time to put aside the benefits of hygiene practices we became accustomed to during Lockdown. The media has enabled us to be better aware of the way viruses can spread in the community. Our water shortage encourages us to save water by having a shorter shower, but washing hands remains an essential routine for prevention and breaking the chain of transmission. Hopefully we are now better at coughing into our elbows to pre-vent our coughs and sneezes from showering our close contacts with virus-laden droplets.

Keeping hand sanitiser in the car to use when out and about when we can't wash our hands is also worth considering. While the jury may be out on the risk from petrol pumps, it makes sense to keep your hands clean after using surfaces touched by many people, especially as it seems to be difficult not to touch one's face during the course of everyday life. While families (and their dogs) tend to share the same germs (which are mostly harmless and part of the important microbiota we carry), simple hygiene habits, especially before eating, should be continued, and hopefully we won't have another Lockdown.

In this month's magazine you can read about the many activities that have been going on during the Lockdown period, the local heroes, the photography competition. There are several charitable initiatives by local organisations and supermarkets to try to help those struggling to cope with the after-effects of the crisis, and the details are well worth checking out. There are future travel ideas both inside New Zealand and outside when we can get there, and language courses to try. Nearer home, see what is in store at local markets and eateries. Please go and support them.

Our regular features include help with property, your health and beauty needs (including free adolescent dental care!), gardens and pets. Don't risk a kitchen fire - see the Fire Brigade's safety tips. Find the suggestions for keeping warm in winter. Now could be a good time to visit NZ's newly-opened largest re-tail store, just down the road.

Enjoy your Westerly magazine. Keep active, keep warm and keep safe.

John, editor



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People & Places

Catalina Bay Farmers Market

Catalina Bay lies at the northern-most tip of Hobsonville Point. Formerly the preserve of the Air Force, this historic precinct takes its name from the Catalina seaplanes that were once housed in its hangars.

On this extraordinary site, Willis Bond & Co has created a seaside community like no other. Re-purposing, restoring, and revitalising several of Catalina Bay's original buildings has enabled the historic neighbourhood to retain its unique character while creating a contemporary village environment.



This exceptional setting paves the way for an equally leisurely or active lifestyle, with a coastal boardwalk and many other recreational activities on offer. A wide selection of boutique shops, premium eateries, and even a farmers market enhance the atmosphere and authenticity of this seaside village environment.

Catalina Bay Farmers Market is an artisan food market selling seasonal produce, handcrafted bread, organic meat, award-winning cheese, free-range eggs, flowers, coffee and more. Open three days, Friday through Sunday, 8:30am to 2:00pm, with extended trading hours in the warmer months. Stay for a coffee and have a bite to eat from the variety of food vendors, buy your fresh produce for the week or just browse the unique handmade items on sale. The Farmers Market is undercover, making it the perfect destination all

year round.



Saturday 18 July marks the next Catalina Bay Farmers Market Night Market. A collaboration with Food Truck Collective, the market will feature a wide range of some of Auckland's favourite street food vendors and additional stall holders selling beautifully crafted gifts. Open 5:00pm - 9:00pm.




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Community News

Put this date in your diary

The NZ Mountain Film Festival is coming to Sunderland Lounge on Hobsonville Point on Saturday 1 August from 6.45pm - 9.15pm.

The Wanaka Mountain Film Festival is proudly brought to you by Hobsonville Community Trust, Ryman Healthcare and House of Travel Hobsonville. Sunderland Lounge is at 27 Hudson Bay Road, Hobsonville. Special price of \$5pp for all pre-registrations. Children under 5yrs free. \$10pp at the door on the night, subject to availability. Doors open at 6.30pm. There will be an intermission. Well over 2 hours of award-winning short films. Feel free to bring your own comfy chair or beanbag, or there will be solid plastic chairs provided. The session will feature the "Best of Wanaka: The most popular package of award-winning films". The special price is to help support Buzz and his local Houses of Travel team who have really struggled during Covid-19 but that have been such great supporters of our community. So come and have an amazing time and see what amazing holidays they have available before the films commence, and during the interval. For details visit hobsonville.org.nz/mountainfilm.



speaker and followed by morning tea. Entry is by a \$2.00 raffle which could win you one of 3 prizes. You do not have to be a member of SeniorNet to come to these meetings.

Our Help Days are still being held from 10am to 11 am and will be on the 7th and 28th of July at the RSA at 66/70 Railside Avenue Henderson. If we can help you we do ask for a \$5.00 donation; it would be appreciated if you could have the correct change please.

Our Tutors are all looking forward to helping you all again and welcome the chance to meet up with members. If you do not already belong to SeniorNet you can join on the day, or just call in and see what we are all about. Our office phone number is 09 837 7600 - please leave a message and we will ring you back.

Summerset at Monterey Park

Here at Summerset at Monterey Park in Hobsonville, we know that the last few months haven't been easy, so to help the return to getting out and about, we're putting on High Tea, every Friday for the Month of July. Just pop along anytime between 10am and 3pm, on any Friday in July that suits you, and enjoy a range of delicious food and warm drinks on us.



And whilst you're here, why not also get a taste of the Summerset life that our residents love so much. Our team would be more than willing to show you around our beautiful village and available homes. Our stunning range of brand-new 1, 2 and 3-bedroom apartments are starting from just \$670,000 (Licence to occupy). These modern homes are finished to the highest standard and contain many great features to make retirement living comfortable and enjoyable.

There has never been an easier time to move into Summerset at Monterey Park in Hobsonville. With no weekly fees for three months, nine months to sell your home and moving costs looked after, the decision is easy too (Terms and conditions apply). For more information on this offer and our High Tea Fridays, please get in touch with our Sales Manager, Diane McShane on 021 246 5086 or hobsonville.sales@summerset.co.nz. We look forward to seeing you soon!

Seniornet West Auckland

Hopefully we can now get back to doing what we do best, helping Seniors to use their computers, laptops, tablets, iPads and smart phones. Our Help Days on the 2nd and 4th Tuesday of the month are starting again this month and our open meetings will again begin on the 3rd Tuesday, 21st July, held at the Kelston Community Centre, 135 Awaroa Road, Sunnyvale, starting at 10am with a guest

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Essential heroes

During lockdown, the Hobsonville Point Residents Society Committee invited those living in Hobsonville Point to nominate



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Community News

a local essential worker for an award, in recognition of their role in supporting the community. The Essential Worker Hero awards during the time of Covid19 were vouchers for their favourite local eatery. Fabric, Siamese Doll and 25ml kindly provided the vouchers. Many did not want to be nominated for various reasons, but worked around the clock, went above and beyond, and were thanked by the Committee.

The award-winners were Ally Kim, pharmacist, Ancy, a community support worker, Antonio Cruz, who went on call-outs to repair doors and windows, Craig Flynn, a security technician and locksmith, Dee Trivedi, Donna Scorgie, night-shift supervisor at Hobsonville Countdown, Harshna Mistry, project manager at Watematā DHB and Anand Desai, an ICU doctor, Kiranmai Molakalapalli, duty manager at Hobsonville Countdown, Raj at Hobs Point Convenience, and Raymond Lucas, presentation director at TV3.

The Committee thanked the residents who took the time to nominate these great local Hobsonville Point Heroes.

Te Onekiritea – Bomb Point is closed for land remediation

As part of the process to vest the 10.7 hectares of land at Te Onekiritea (Bomb Point) to Auckland Council, Kāinga Ora – Homes and Communities (formerly HLC) is undertaking an extensive land remediation programme of work, from 2 June 2020.

In order to complete this work safely and efficiently, the entire reserve area at Bomb Point will be closed for the duration of the process, which is expected to take at least eight weeks.

The land remediation work will include removal of metal and building materials that have historically been buried in the area, including any asbestos. Previous tests have identified metal material buried throughout Bomb Point. Given Bomb Point's former role as a New Zealand Defence Force site, Kāinga Ora will be working with NZDF to identify, excavate and appropriately dispose of any military-related items the programme of work may find.

The closure of Bomb Point also includes the off-leash dog park, and an alternative temporary enclosure for off-leash exercise has been set up nearby, accessible via Harrier Point Park.

The land remediation work is being undertaken by Piritahi, Kāinga Ora's alliance partner which is also responsible for delivering new and upgraded infrastructure and amenity in Kāinga Ora's large-scale



developments throughout Auckland. The programme of work also includes removing any remaining contaminants left in the ground, including construction materials that were historically buried, like asbestos and reinforcing steel. Kāinga Ora will continue to keep residents informed of the progress.

Helloworld Travel Hobsonville

We have been back in the office a month now and we are starting to see some new enquiries about travel. We have some interesting holidays for New Zealand including ski packages, luxury lodges and escorted holidays around NZ



for the mature traveller with a maximum of 18 people and pick up and drop off from home including Christmas and New Year holidays. Traditionally we haven't been involved much in the New Zealand travel market but we are now, so don't forget us in planning your New Zealand holidays.

We are waiting for Australia and South Pacific to open (it may be by the time this goes to print) and who can't wait to go somewhere warm. Train travel is proving popular in New Zealand and Australia so these will sell out quickly, don't wait for the borders to open before you book Australian rail packages for next year as you will miss out.

Cruising around New Zealand and Australia to the South Pacific is also going to be popular and we have programme releases for Royal Caribbean close to home cruising up to 2022.

We are working and looking forward to seeing you in our office so please support your 100% locally owned travel agency. Please call us on 09 416 1799 or email hobsonville@helloworld.co.nz.

Learn French, Spanish and Italian

Bonjour, Hola, Ciao! As we can't travel to Europe, now is the time to learn a European language so you are all set to go next year.

Take the time to learn French, Spanish or Italian and enrol in one of our language courses.

All language tutors are native speakers. Kumeu Arts Centre is where all the adult language classes are offered. Check out the term 3 timetable. www.abclanguage.co.nz or call Patsy 0274 904 321.

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In Brief Updates

Gym Zone – The home of Gym Kids

Looking for options to entertain the kids during the school holidays? Try our Holiday programme or Free-Play sessions at Gym Zone.

Our popular Gym Kids holiday programme will be running at Gym Zone Hobsonville for the July holidays. Children from 4.5 - 11yrs will have a fantastic time with us learning new gymnastics skills and having fun with great games, art and craft activities and making new friends.

Free-Play is now open at Gym Zone! Come along and try out our huge foam pit, trampolines, tumbling track and gymnastics equipment. 1hr sessions are open on Saturday and Sunday for all ages.

For more info go to the programmes tab on our website.

Gym Zone – The home of Gym Kids

Read more at www.gymzone.co.nz



connects its visitors to the land and the sea, and to encourage an awareness of the wildlife who call the coastal area their habitat and home.

Photography competition

The Hobsonville Point Residents Society has run a photography competition with the theme of an iconic Hobsonville Point image that would tell a story. This was open to all residents and renters, and included three categories, animals, location and people. There were over 50 entries, and the overall winner was Arifah Wright in the people class, with a composition titled Imagination: Even in Alert 4 your imagination is still free for you to do something creative with it. The winners in the other groups were Vishal Thacker (Location) and Christella (Animals). Winners received vouchers to local eateries, and the youngest entrant won a voucher from Hobby Games. Thanks to the judging panel, Leanne Silver, John Glover and Mark Kaneko.



Te Kanohi o Te Manu

Te Kanohi o Te Manu, the majestic pied shag at Harrier Point Park, is now reopen, following the work to improve the landing on the slide. The Residents Society has sent test subjects down the slide and can confirm that it's a thrilling ride with a gentle exit to finish. Te Kanohi O Te Manu - The Eye of the Bird - is a giant interactive play sculpture of a Pied Shag that Hobsonville Point residents and visitors walking around the coastal walkway come across on their journey. Nestled at the head of Harrier Point it stands proudly between the playground and fitness equipment, with its head turned gazing out to sea.



The sculpture, by artist Philipp Meier, cleverly captures a vision of Hobsonville Point from its past to the present, celebrating its heritage in the form of a bird species native to the surrounding wetlands and estuary as it stands tall, offering a silent yet majestic nod to the giant metal birds that once flew the skies. The impressive artwork

Massey Birdwood Settlers Association – 95 years

Massey Primary School use the Massey Birdwood Hall for the Friday night fundraiser, Housie.

The Association first started their association with what was then the Massey Birdwood Primary School in 1925 when the Association met in the school's one and only classroom.



Housie started in the hall almost 40 years ago and is still run by the same ladies, Ann Ewan and Sandra Stratful.

Housie has about 40 regular users, mainly ladies, who gather every Friday night at 7pm for the weekly social event that raises funds for Massey Primary School. Thus, the Association and the school have had a 95-year association with each other.

If you would like to form an association and make the hall organisations home, contact John Riddell, the secretary by emailing masseybirdwood@gmail.com.



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In Brief Updates

Community facilities

In Hobsonville Point, there are two community facilities that are owned by Auckland Council. Both these facilities are managed by Hobsonville Community Trust. They are the "Headquarters Building - Te Mahere" and Sunderland Lounge - Te Rere". Both are within a one-minute walk of each other and there is also the Headquarters Park across the road from the Headquarters Building. This is a green open space, suitable for a BBQ or kicking a ball around; however it does have roads on two sides.



The 1930's Art Deco RNZAF Headquarters building has been refurbished and re-purposed as a community facility. It comprises six rooms, one of which is a shared lounge that is available Monday - Friday from 10am - 2pm for anyone to drop in, relax or connect with one of our venue rooms. There is also a kitchen. The Sunderland Lounge has also been refurbished. It comprises a large community hall, a community space with a large kitchen, and a meeting room. For further details and booking arrangements please google "Hobsonville Point Community Facilities"

NorthWest is best these school holidays

There's free fun for the kids at NorthWest Shopping Centre these school holidays.

Entertainment is planned from 10am-3pm daily including weekends. Bring the kids, grab a bite to eat from the food court or one of our six restaurants in the town square and make a day of it.

Week 1 Pirate Treasure Hunt

10am-3pm daily Monday 6 July - Sunday 12 July

Use the clues to locate all 5 lost treasures and claim your mystery prize! Head to the customer services kiosk to grab your treasure map.

Week 2 Lost Sea Creatures hunt

10am-3pm daily Monday 13 July - Sunday 19 July



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Use the clues to locate all 5 lost creatures and claim your mystery prize! Head to the customer services kiosk to grab an under the sea map.

NorthWest Shopping Centre, Gunton Drive, Westgate.

Balance classes every Wednesday in Hobsonville

Have you been feeling progressively less steady on your feet as you get older?

Have you or someone you know had a fall lately, and lost confidence in your balance?

Balance training is hugely important for reducing the incidence of falls and fall related injuries.



Come join our friendly group for our weekly balance classes at Waterford Retirement Village (84 Buckley Avenue, Hobsonville), 1.30pm every Wednesday (45 min). Cost = \$8 per session.

Contact Yolanda on 021 251 6102, email: yolanda@kinetex.co.nz, or check out the website www.kinetex.co.nz/balance-classes.

Flip for fun and for health

Did you know....?

Having beaten the nasty Covid 19, health issues are present in our collective minds. To remain free from illness and infections we know it is important to stay healthy and fit.

Did you know, amongst many other benefits of trampolining,



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In Brief Updates

bouncing (which is like pumping the body) improves the functioning of the Immune System. The lymphatic system is a vital part of the immune system.

It is a defence mechanism against viruses, bacteria, diseases and infection and helps to get rid of the body toxins, waste and other unwanted materials in the body. So bouncing helps slow the aging process too - bonus!

Regular bouncing helps tone the body, especially the stomach, back, and legs. Core stability muscles are consistently engaged to help enhance balance. This type of training helps boost your metabolic rate and the ability to burn calories and remain healthy.

To find out more be sure to check www.flippinfun.co.nz/info/health-benefits/ or call us on 09 833 6880. Also follow our Facebook page.

Keeping it interesting

Moving into Level 1 is a happy time for many New Zealanders who have found restrictions hard to live with. But for some this move has not made a huge difference to their lives. Age, health or mobility can keep people at home, and with the days feeling cooler, it's a good time to think of some things to do to keep spirits and minds uplifted. Music, puzzles and games can entertain, and other helpful resources can make life a little easier. Mindjig is a NZ company who have lots of ideas to help people keep their minds active, and specialises in products for those living with dementia. Visit www.mindjig.co.nz to see a range of items to suit different ages and abilities. Email Julie or Jonathan at info@mindjig.co.nz, Phone 09 600 3251, Phone or Text 022 480 3022.



House of Travel Hobsonville

We hope you lives are slowly returning to normal post Level 1 and perhaps thinking about creating some new travel memories with friends and loved ones?



Holidays@Home is our exclusive, value packed New Zealand experiences. As a 100% Kiwi owned and operated business we're proud to support other local businesses to provide some unique and inspiring home-grown holidays. If you're after some inspiration have

a look at www.houseoftravel.co.nz/holidays-at-home as some of our local owner operators give you the low down on the unexpected gems you'll find in their backyards. Make sure you check out the NZ Mountain Film Festival held in Hobsonville on the 1st of August for some inspiration for those with a passion for adventure.

We are very excited about the prospect of more destinations opening up closer to home. As with Pre-Covid we will be here working with you towards the perfect holiday experience. If you own a small business we also offer cooperate travel options. With more than 70 years combined travel industry experience and a team who have won multiple awards for sales and service why not plan your next trip with us!

Mike (Buzz) Thomson and the team at House of Travel Hobsonville 09 416 0700 Hobsonville@hot.co.nz 225 Hobsonville Point Road with parking around the back.

Digital parenting

The challenges young people face online varies depending on their age and what they do which can make it hard for parents to help. Here's what young people say about it: "Sometimes it's difficult to explain to my parents about all the different social media that I'm on". "Our parents have a really good understanding as to what we do online and what our involvement means within the social media". "I wish they knew it wasn't as dangerous as what my parents perceive it to be". "I think that it'd be pretty cool if my parents knew that just because I'm online it doesn't mean I'm always wasting time". I think that the first step is to really listen to how kids feel about talking online, maybe some of the problems they're facing, and asking them is a really great way to start and then you can probably find a solution. If you don't feel you know enough to keep your kids safe online, Netsafe has a 7 step digital parenting programme. Visit netsafe.org.nz/digitalparenting to access the free Online Safety Parent Toolkit.



Waitakere Grey Power Association

On 11th June we had a most successful Annual General Meeting at the Te Atatu South Community Centre. Our guest speaker was the Hon. Tracey Martin, Minister for Seniors who spoke on issues related to citizens 65 years and over, which was very well received

Special thanks

We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

Countdown Westgate	Catalina Farmers Market
The Warehouse Westgate	Luckens Road Dairy
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Countdown Hobsonville	Whenuapai Dairy
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In Brief Updates

by a turnout of 70 members. We had representatives of Auckland Grey Power Association, North Shore Grey Power Association and Howick Pakuranga Grey Power Association at the meeting. We were surprised at the turnout after Covid-19 restrictions. Mate Marinovich was re-elected as President, Steve McDonald was re-elected as Vice President, Jill Harvey was re-elected Secretary and Owen Frewin was re-elected as Treasurer. Two women members have joined our Committee. Sadly we say goodbye to Nickie Frye from the Committee and we give her a huge thanks for her many years loyal service to Waitakere Grey Power Association. Auckland Council is considering its Emergency Budget and we have made submissions to keep the rates increase at 2.5% but hopefully less. We invite all members to our General Meeting at Waimauku RSA on Wednesday 26th August 2020 from 3.00pm to 5.00pm. We have invited a Guest Speaker. All members and friends are invited to join us for dinner at the conclusion of the meeting, at your own cost. Grey Power with over 60,000 members is the largest apolitical advocacy organisation in the country. Written by Mate Marinovich, President Waitakere Grey Power Association Office 247 Edmonton Rd, Te Atatu South.

Waitakere Fire Brigade

Friends, family, and colleagues, we missed them all during lock down. It was a good time to reflect on what is important to us. We enjoyed home baking, garden maintenance and learnt new skills like home schooling, Teams, Skype and Zoom.

Through commitment and diligence, we have gained level one status so now is a good time to think about supporting your community's recovery. It could be by supporting local businesses or volunteering with a community



organisation in your area. This is a great way to meet like minded people in your community and to share or learn new skills.

Did you know that one in four house fires start in the kitchen?

Making your kitchen fire safe is a really important part of having a fire safe home. Here are some simple things you can do to reduce the risk of a fire starting in the kitchen:

When you're cooking

- Don't drink and fry. Alcohol is involved in half of all fatal fires. Instead, pre-prepare a meal, get takeaways, or use the microwave. Never attempt to drink alcohol or take medication that makes you sleepy when cooking.
- Don't leave the room when cooking. If you have to, always turn off the stove first. Unattended cooking is the leading cause of house fires in New Zealand.

- Keep curtains, tea towels, oven mitts and any flammable items well away from the cooking area when you're cooking.

Keeping a clean and safe kitchen

- Clean your stovetop after each use. This prevents spilled fats and burnt foods from building up.
- Clean rangehood filters regularly.
- Keep a fire extinguisher and a fire blanket somewhere in your kitchen. Make sure you know how to use them.

Keep safe and enjoy time with your family.

Denis Cooper, deputy Chief Fire Officer.

Countdown launches Food for Good Foundation

Countdown has launched a brand new Food for Good Foundation, with an immediate \$1 million donation to food welfare and food rescue charities around the country, and a further \$500,000 in financial support for Countdown's food rescue partners in the July-June financial year ahead. The Foundation also expects to raise a further \$1 million this year for hunger relief together with Countdown customers, through its regular community fundraising and food appeals.



The Food for Good Foundation will build on Countdown's existing community support of around \$7 million each year. It aims to provide meaningful and long-lasting support to our communities,

Anna Jeffs

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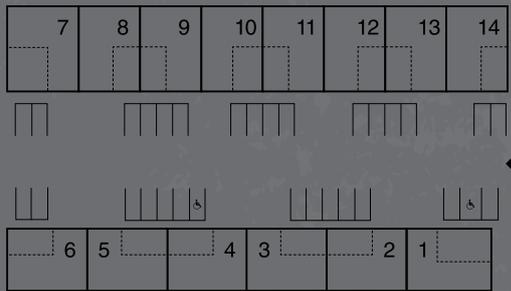


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Site Plan
 □ Mezzanine
 ← Main Entry



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In Brief Updates

giving all Kiwis the opportunity to thrive, and helping to build a stronger, healthier New Zealand for future generations.

"At Countdown we're a team of 20,000 proud New Zealanders, and there is not a single one of us who wants to see other Kiwis struggling or going without food in a nation that produces so much," says Kiri Hannifin, Countdown's General Manager Corporate Affairs, Safety and Sustainability.

"That's why our Food for Good Foundation's initial \$1.5 million of funding will focus on ensuring 35 food charities are supported around the country, and that as much surplus food as possible can be collected from our stores and redistributed to people in need.

For details, see www.countdown.co.nz/community-environment/food-for-good.

Where to next?

Life seems to be moving towards a new normal. People are still trying to come to grips as to what life is going to be like and businesses are still in survival mode.

We all have to agree that life won't be the same in comparison to Pre-Covid 19. But as Kiwis we will continue to work together, support each other and stay positive and look for ways to do new things and explore new places.

YOU Travel Westgate, has opened our doors again on reduced hours and welcome our valued customers back. When we are closed, we are still working behind the scenes remotely, preparing quotes, answering questions and helping with refunds and future travel credits, but more importantly booking travel for 2021.

Many New Zealander's have decided to change their plans from



going overseas to travelling around New Zealand and visiting our amazing country. We can see that this has been popular as our main airlines are starting to put on additional flights to keep up with the demand. By travelling domestically we are providing support and income to the many tourist operators and accommodation suppliers, as trivial as it seems, this means that jobs are being kept, money going into local economy and we are supporting New Zealand.

Many people question whether they should use a travel agent for domestic travel, the simple answer is YES! At this time it is very important to use a travel agent, every time you book with usefulness during Covid-19 when airlines and travel operators were cancelling and making changes to bookings and when there was no support been offered. The service you get from a travel agent is second to none. We are here for you when things don't go to plan, we use our contacts and our relationships with suppliers to make sure your best interests are always put first! YOU Travel Westgate goal is to take the hassle out of travelling for you.

YOU Travel Westgate can help you plan a dream trip to one of New Zealand's dream destinations, if you're not sure where you wish to travel to next, did you know YOU Travel Westgate offers various gift certificates or if you want to surprise someone or you don't know where to travel to, we can help you with a Mystery Break! Speak to us to help YOU.

Check us out on Facebook and if you want to receive our newsletter, please email us with Newsletter in the subject line. Contact us on 09 831 0018, email westgate@youtravel.co.nz.

Pendants made with fingerprints of the ones you love

Sterling silver comes in many forms. Plate, sheet, strip, wire and even clay, and it is Silver clay that allows me to create pendants with your children's, partner's, parent's or even grandparent's fingerprints on them!

Imagine wearing a piece of jewellery that has been touched by the ones you love. Not a copy or a mould, but the exact piece they touched. Capturing their unique print for you to treasure forever.

To create a pendant we roll out the clay, press your loved one's finger into the clay and then cut the clay to the shape you desire. Once dried the pendant is sanded by hand and then fired. During the firing process the clay burns away and the Silver fuses together creating a gorgeous Sterling Silver pendant that was created out of the very piece of material that was touched by your loved one.

Email me at jo@preciousimprints.co.nz to book an appointment to create your pendant today.

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Property

Reflecting on personal and family affairs ... wills and EPAs

ClearStone Legal (Francine Cameron)

During these unprecedented times there is rarely a better time to reflect on our personal/family affairs including the opportunity to review an existing will (or consider putting one in place) and arranging Enduring Powers of Attorney.

EPAs - Enduring Powers of Attorney (EPA's) can be best likened to an insurance policy - you need it in place before you need it. If you or a loved one become incapacitated then having EPA's in place gives the authority, to make decisions on your behalf, to someone you trust. Having these already in place if the times comes, saves time and money at a time when both can be critical. Without this, decisions can't be made without going to court which is costly and time consuming. Not having EPAs is likely to result in delays in action, added stress for loved ones and could lead to undesired outcomes.

Wills - Most of us want a say in how our assets are to be distributed in the event of our demise to family and loved ones as well as who will care for our children. Many issues can come into play including de facto relationships, blended families and family disagreements. Good practical legal advice can help you strategise to ensure your wishes are carried out (and by whom).

If you do not have a will then the Administration Act 1969 will determine where your assets will go. This may not be what you intended and requires additional steps to administer your estate resulting in delays and additional costs in distributing your assets, as well as distress for family members. Also, without a will you have not specified who will receive particular items, for example jewellery or tools or whom is appointed for guardianship.

Please contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre) on 09 973 5102 or email admin@cslegal.co.nz for a no obligation chat. In the meantime please take care of yourselves and your loved ones and stay safe.



Property market report

Housing confidence was knocked backed substantially in the three months to June. It seems the economic fallout from COVID-19 has dashed expectations of the big housing upswing moving on

through 2020. Confidence is low and this is certainly dampening demand in high value housing stock.

House buying sentiment also continues to stutter however sales in the sub \$1m category is still running buoyant and prices holding. Perceptions of whether it's a good time to buy are generally closely linked to housing affordability and banks are taking three to four weeks to process applications and being over opinionated about risk profiles.

Household interest rate expectations are that interest rates will fall and House prices will be volatile. We have an unprecedented situation facing the NZ economy and Reserve Bank. The Bank's key policy rate (wholesale money rate) has been lowered as far as it can go and government bond purchases are now the Reserve Bank's weapon of choice. We expect the Reserve Bank's policy rate to remain at 0.25% for many years although banks will continue to stress test their clients to as much as 7.9% based on mortgage approvals.

Our suggestion to struggling home owners remains the same, squeeze your bank but get your assets ready. If you need to create cash-flow, make decisions early. With an election and the potential for more economic outfall you are best to act sooner than later, lead the conversation and stay positive.

Let's look at the sales results:

Hobsonville Residential	\$599,000 to \$1,410,000
Massey Residential	\$600,000 to \$1,200,000
Swanson Residential	\$788,000 to \$1,325,000
Waitakere Residential	\$805,000 to \$961,000
West Harbour Residential	\$680,000 to \$1,241,000
Westgate Residential	\$833,000 to \$903,000
Whenuapai Residential	\$875,000 to \$2,275,000

Call Graham McIntyre on 0800 900 700, text 027 632 0421 or look me up at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Quinovic Property Management

The date for Healthy Homes compliance reporting on rental properties has been postponed due to the Covid -19 lockdown affecting landlords' ability getting access to have properties inspected

1st July 2020 was to be the date that landlords had to provide a comprehensive report with any new tenancy agreements or fixed term renewals this date has been postponed to the 1st December 2020.

The Healthy Homes Standard is a collection of performance standards that rental properties will need to meet in order to be able



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Property

to tenant them, the standard encompasses 5 categories; Draught stopping, Heating, Insulation, Moisture ingress and Drainage and Ventilation.

Landlords are required to provide a detailed report that shows how the rental property complies against the standard with any new tenancy or renewal commencing from the 1st December 2020

Rental properties are then expected to fully comply with the standard with any new tenancy or renewal after 1st July 2021 with a 90 day grace period, if a tenancy does not roll over then the 1st of July 2024 is the ultimate date for compliance

Detail of the actual criteria can be found on the Tenancy Services website if you Google Healthy Homes standard, there are PDFs that can be downloaded from the Government website as well as an online calculator required for the heating criteria which is certainly the most complicated aspect of the whole standard.

The general best practice is to engage an independent inspection company to provide a detailed report, this should cost about \$200-\$300, and some suppliers are offering free reports however an obvious concern is that a conflict of interest could lead to over prescribing of remediation. Landlords can self-report but there is the equally obvious concern of a landlord being overly pragmatic in the assessment of the property and a maximum penalty of \$4000 in exemplary damages could be incurred if challenged at tenancy tribunal.

One piece of good news for landlords is that the IRD are allowing discretionary expenditure up to \$5000 to be claimed as a write off for the current tax year only (another Covid-19 measure) this means that Landlords investing in up to \$5000 on property improvements this

year will get the same tax treatment as generally applied to repairs and maintenance as opposed to having to claim it as depreciation, Of course you should check this with your own tax accountant first.

If anyone has any queries regarding this information, I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

Why not consider arbitration

Last month we mentioned arbitration clauses in leases as a mechanism to resolve rent disputes. Using arbitration as a method to resolving disputes is not unique to rental disputes but can be used to resolve disputes in any type of matter.

Arbitration is a process where parties in a dispute agree to somebody being appointed by them to determine their dispute.

There are various benefits which an arbitration offers which court litigation does not. These include being able to choose the arbitrator, privacy and confidentiality of the proceedings, the fact that the proceedings are finalised in a much quicker timeframe and the ability to agree that any finding by the arbitrator is final and binding as if made by a High Court judge.

If you have a dispute and would like to consider arbitration as an option, you can contact one of the legal experts at Kemp Barristers & Solicitors by sending an email to info@kempsolicitors.co.nz or calling us on 09 412 6000.



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Contact me
for a FREE rental
Appraisal!

Brendon Stuckey

09 837 6000 - 0274 907 777

brendon@quinovic-wa.co.nz

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	1,400,000	383M2	277M2	1,410,000		720,000	1212M2	120M2	720,000
	520,000	0M2	67M2	640,000		1,020,000	370M2	230M2	1,155,000
	1,230,000	323M2	240M2	1,300,000		1,250,000	617M2	240M2	1,200,000
	1,310,000	450M2	283M2	1,380,000		815,000	827M2	140M2	690,000
	600,000	84M2	85M2	670,000		860,000	574M2	152M2	855,000
	905,000	127M2	167M2	955,000		920,000	678M2	140M2	795,000
	1,025,000	216M2	164M2	912,800		650,000	612M2	100M2	765,000
	1,275,000	328M2	252M2	1,175,000		645,000	774M2	80M2	721,888
	1,075,000	268M2	192M2	1,160,000	SWANSON	1,350,000	40500M2	114M2	1,325,000
	1,125,000	275M2	198M2	1,060,000		900,000	400M2	160M2	870,000
	490,000	0M2	59M2	600,000		710,000	373M2	200M2	788,000
	1,420,000	362M2	304M2	1,370,000		870,000	379M2	181M2	999,000
	675,000	0M2	103M2	700,000		810,000	1677M2	188M2	825,000
	1,050,000	282M2	196M2	1,175,000		900,000	408M2	162M2	930,000
	505,000	57M2	63M2	599,000	WEST HARBOUR	660,000	0M2	90M2	680,000
	1,000,000	299M2	163M2	1,095,000		1,200,000	965M2	250M2	1,195,000
	1,050,000	185M2	184M2	1,025,000		960,000	666M2	100M2	840,000
	1,225,000	316M2	238M2	1,265,000		1,025,000	838M2	120M2	840,000
	1,075,000	272M2	164M2	1,125,000		1,200,000	857M2	210M2	1,120,000
MASSEY	980,000	579M2	216M2	911,500		990,000	886M2	90M2	840,000
	720,000	936M2	100M2	758,000		980,000	629M2	146M2	852,000
	690,000	300m2	142M2	600,000		1,300,000	741M2	295M2	1,241,000
	670,000	620M2	100M2	688,000	WESTGATE	910,000	210M2	166M2	903,000
	840,000	607M2	100M2	830,000		850,000	153M2	136M2	833,000
	730,000	654M2	150M2	780,000	WHENUAPAI	940,000	160M2	211M2	875,000
	610,000	354M2	84M2	645,000		2,845,000	4055M2	380M2	2,275,000
	640,000	809M2	90M2	679,500		1,090,000	308M2	230M2	1,090,000
	630,000	493M2	90M2	645,000		1,200,000	345M2	255M2	1,156,000

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

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FOR AN EDUCATED DISCERNING BUYER - KORAHA ESTATE 4 3 3

By Negotiation

2 Koraha Road, Kumeu
By Negotiation

An elegant, picture postcard estate, on flat park-like grounds delivering space, ambience, security and convenience. North facing, this home has been crafted to suit a family or mature couple offering an adult wing and Children/Guest wing. Cathedral roof line with high pitch sky-lights, open plan designer kitchen with breakfast bar and scullery, lounge area with gas fire place and dining area, separate formal lounge and family room, a generous designer space that flows through to the covered patio and beyond to the in-ground heated pool. Four generous double bedrooms, private master bedroom with his and hers walk in wardrobe, ensuite with underfloor heating and bath. Separate storage and Laundry room, internal access triple car garage with separate double Skyline Garage.

www.mikepero.com/RX2249624



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QUARTER ACRE SECTION - CUL-DE-SAC LOCATION 4 2 2

Offers Over \$979,000

3 Vintners Close, Huapai
Offers Over \$979,000

You seldom come across sections of this size in Huapai offering expansive green grass and the garden of eden. This property is a treasure trove, offering a fully fenced rear yard and a home with alfresco to the east, north and west delivering plenty of options to relax and entertain in all weather. A very well presented cedar home delivering open plan living/ dining area with alfresco to decking and step down to the lawn. Galley kitchen with breakfast bar with function and views. Four bedrooms - Two bedrooms and main bathroom, laundry and double garage access while upstairs enjoys a sun filled master with ensuite and walkin wardrobe and single bedroom. All presented to a good standard. A short stroll to Huapai Primary School, Transport links and convenience shopping.

www.mikepero.com/RX2349593



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SHOW ME THE MONEY - AFFORDABLE LIFESTYLE

4 1 1

Asking Price \$1,149,000

7 Kaipara Lake Road, South Head
Asking Price \$1,149,000

Motivated Vendor seeking proactive buyer, keen to enjoy the good life. Set high with sea views and land on the exclusive Tupare Estate. This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idelic Kaipara Harbour make this home more than a lifestyle option but a picture paradise. Tupare Estate delivers a range of high end facilities which are free from cost under the payment of a very modest annual fee. Home owners share an enviable number of community facilities, including a large hall which may be reserved for private functions, flood lit tennis court and a comprehensive equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp.

www.mikepero.com/RX2039027



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027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE IN WAIMAUKU ON 1236 SQM OF LAND

4 2 2

By Negotiation

16 Denehurst Drive, Waimauku
By Negotiation

Open plan living and entertaining linking to north facing decking with large overhangs delivering the best of the sunshine and shade with the protection from the rain. An excellent layout including four bedrooms (master with ensuite and walk in wardrobe), two bathrooms and three toilets feature in this expansive two level home delivering space to work, live and play, all under one roof. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for a teenage retreat/ office or games area. Close to Waimauku Primary School, convenience shopping, cafés, reserves and a short drive to the iconic Muriwai Beach.

www.mikepero.com/RX2223811



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



3222 SQUARE METERS - BIG OPPORTUNITY IN WHENUAPAI



\$1,545,000

44 Puriri Road, Whenuapai
Asking Price \$1,545,000

Often sought but seldom found a generous land lot in the middle of Whenuapai Village. This flat and fully usable property ticks the boxes for a sensible buyer interested in adding value and creating a return, based on the size of the land and the two driveways. In addition we have sought an independent development opinion from Terra Nova planners which is available to prospective buyers. In addition the property has multiple improvements including a very well presented period bungalow, office, workshop, sheds and garaging. The main dwelling has been improved with extensive north facing decking which accentuates the sunshine and the warmth enjoyed. Beautiful gardens and extensive fruit trees deliver a canvas which is not only extensive it delivers colour and an active fruit bowl.

www.mikepero.com/RX2204835



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



LAND - RV \$550,000 - NO COVENANTS - VIEWS

By Negotiation

56E Kaipara Coast Highway, Helensville
By Negotiation

A truly stunning 1.6 hectare lifestyle block offering a serviced flat building platform and outstanding views to the North West. It delivers a site that is perfect for an entertainers home with extended views and privacy. The site has easy and established driveway access and title is issued and ready. In addition to the two grassed paddocks the land has a small covenanted native bush area that supports extensive bird life and privacy. Grazing is suitable for small hoofed animals (sheep, goats, alpacas) and offers good planting options to ensure you get the most out of this amazing block. Motivated Vendor is happy to look at an extended settlement. Close to Helensville convenience shopping, schools, transport links and inner harbour access.

www.mikepero.com/RX2366714



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



EXTENDED FAMILY HOME AND PEACE - WAIMAUKU 4 2 2

By Negotiation

94 Hinau Road, Waimauku
By Negotiation

Looking for peace, privacy and potential to add your mark? Set on almost 1.5 acres of sloping land with a bush framed vista to the Tasman Sea. This 1980's two level home offers a delightful upstairs/downstairs environment within a glade of gardens and establish native bush, and positioned to mingle with the Tuis and Wood Pigeons. Good space upstairs with three bedrooms, bathroom and open plan living, linking alfresco to the east and west while downstairs has a bathroom, bedroom plus living area, double garage and workshop. Come and apply your personal touch of colour and style. Offering space, privacy, and an established solid house with potential and grounds which are ideal to develop into relaxing areas. All the foundations for an extended family or having friends or guests stay over.

www.mikepero.com/RX2369389



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRICK HOME, GARAGING AND OFFICE/STUDIO - HOBSONVILLE 4 1 2

By Negotiation

325 Hobsonville Road, Hobsonville
By Negotiation

This character home has been fully renovated to high quality with modern amenities. Offering three generous bedrooms, large and fully renovated bathroom with his and her shower, and open plan kitchen/ dining leading out to north west facing decking. An extensive formal lounge which also opens to the decking area adds flow and fantastic natural sunlight to the home. Set up with feeding dishes for pets and easy back door access to a fully fenced yard suitable for active play. The studio/ office is fully insulated and presented to a high standard. It also has a single garage next door and a full bathroom. A stand-alone single garage with storage/workshop/bar space.

www.mikepero.com/RX2349581



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027 632 0421

graham.mcintyre@mikepero.com



LAND WITH VIEWS, MULTIPLE BUILDING SITES - WAIMAUKU

By Negotiation

Kiwitahi Road, Helensville By Negotiation

Hill top location, overlooking the Woodhill Valley over to the Tasman Ocean and up to the Kaipara Harbour. This truly spell binding, toe tapping and ear tingling opportunity to purchase the "full package" with over 2.9 hectares (7 acres) of rolling hill country delivering full fencing, good/ easy access. Includes a small parcel of covenanted bush which intersects with a small duck pond on the property. Delivering an ecological and naturalists playground. Title issued, no covenants affecting your plans on this north-west facing masterpiece. For additional support information please text or email me today, it's not going to be around for long, make your offer today. 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.

www.mikepero.com/RX2066456



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HILLTOP WAIMAUKU - PRECAST CONCRETE AND W/B

6 6 3

By Negotiation

911 Old North Road, Waimauku By Negotiation

Set on one of the highest points in Waimauku with commanding views to the North and the South East. If you ever wanted to feel like the King on the Hill this is your time to invest in your future. A near new, quality, commercial-style build with high-end features, designed and built to perform and look great in all four seasons. It is solid and here for the long haul. Offering a staggering nine rooms, including six bedrooms, large office, family room and a media room over two levels to allow for a big family, an entertaining schedule or an extended family group to relax and enjoy with un-encumbered space. In addition the home has an extensive oversized triple-door six-car garage (including a workshop), separate shedding, vegetable garden and orchard.

www.mikepero.com/RX2328642



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027 632 0421

graham.mcintyre@mikepero.com

Central's Tips

July 2020



Brrr... it's getting chilly, time to prune fruit trees, roses and hydrangeas and give them a copper spray.

Plant hardy winter veggies like kale and radishes and get summer flowering bulbs sorted.

Fix the lawns

Lawns that look unhealthy (yellow, sparse growth) can be given a pep up with Prolawn Garden Supreme which is a quick-acting fertiliser ideal for a late winter boost.

This fertiliser is good around the garden too.



In the Edible Garden

- **Place seed potatoes** in dry cool areas – garage, carport, under eaves, to begin sprouting. Planting is generally 6-8 weeks from now
- Make sure **broad bean plants** are well staked
- **Planting of kale, cold hardy lettuces** such as cos and sowing of **radishes** and **carrot** seed can be done in sunny areas
- **Stick to liquid fertiliser** over the foliage and into the roots of vegetables, as it can be used more quickly and effectively during the cold season



Sharpen secateurs and loppers for fruit tree pruning and **copper spray** your trees to help smother the fungal spores and bacteria that cause diseases like leaf curl, bacterial blast and leaf spot.

The rest of the Garden

- Time to buy **dahlia, gladioli,** and **lily bulbs** when planning for bold colour in the summer garden. Lilies are excellent in pots, but choose dwarf varieties that are more compact
- **Prune roses and hydrangeas,** removing any dead or old wood. A copper and oil spray over pruned roses provides early resistance to disease and disrupts any scale forming on the canes
- **Plants damaged by frost:** the burnt leaves should be left on the plant, to protect healthy growth beneath. The leaves can then be removed in early spring



Dealing with heavy clay soils

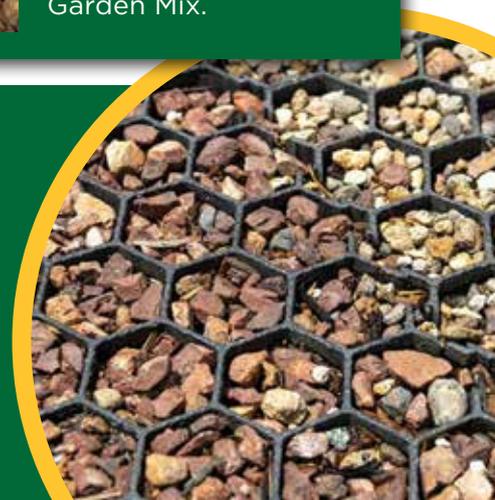
When planting add a handful of gypsum in the planting hole before filling with a mix of existing soil and Garden Mix.

Project for July

Out of the Mud

Muddy areas, including high traffic sections such as driveways, can be transformed with our NZ made recycled product Jakmat. No wonder DoC uses this product on our best NZ walking paths- it's incredibly durable!

For all the information about Jakmat and the pebbles to fill it, visit www.centrallandscapes.co.nz





we dig planting trees.

Central Landscape Supplies Swanson
has plenty of **compost, soil and mixes**
to get your trees off to a good start.

Plus we have lots of great advice if
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Hot Property



Rich in history and a bright future

In the 1950's this showcased executive bungalow was born on an expansive section of $\frac{3}{4}$ acre, surrounded by a mix of large and small producer farms. It is testimony to its founders and builders that it lives today and offers a highly desirable family living environment and a low maintenance exterior. Over time the $\frac{3}{4}$ acre was cross leased into four exclusive land usage areas and additional homes constructed. The development of this decorative brick home has continued

and the home bears the hallmarks of yester-year but the modern upgrades in styling and technology that we all expect today. The kitchen, bathroom and laundry have been extensively refurbished while the northerly aspect attracts ample sunlight and delivers alfresco off the dining and lounge areas to decking to the north and west.

It also delivers a dedicated home office, two car garaging and ample garden and grassed play area for the children and pets to make this 800 sqm. land area come to life.

This character home offers three generous bedrooms, large and fully renovated bathroom with his and her shower, and open plan kitchen/dining leading out to north west facing decking. An extensive formal lounge which also opens to the decking area adds flow and fantastic

Hot Property



natural sunlight to the home. Set up with feeding dishes for pets, a large laundry area and easy access to a fully fenced yard suitable for active play.

The studio/ office is separate, fully insulated and presented to a high standard. It also has a full bathroom. A great multipurpose space built and finished to a very high standard. Solar panels reducing electricity use/ full air conditioning / alarm & security cameras. A stand-alone single garage with storage/workshop/ bar space completes this home, which is a short stroll to shops, transport, restaurants, parks and motorway access.

For viewing and more information, contact Graham now on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



Home & Garden

Need a plumber?

Meet Dave and Paul. Dave and Paul are our super experienced maintenance plumbers and can assist with all your plumbing needs.

With over 20 years' experience, both Dave and Paul are very thorough and meticulous, and never leave any mess behind.

You can rely on Dave, Paul and all of our Laser Plumbing staff to offer complete plumbing solutions.

Do you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes? Or do you want new installations, refurbishments or gas installation? Whatever your needs, one of our great team of plumbers, like Dave and Paul, are here to help you with this and much more.

Here's what some of our customers have to say:

"Dave is always professional, knowledgeable and very likeable. I don't think I could find a better plumber/gas fitter".

"Good communication; always helpful and a very competent plumber (Dave)". "Paul was efficient and gave confidence that he knew what he was doing". "Great service from Paul. Friendly and helpful".

Laser Whenuapai also offers full roofing and drainage services. We are committed to servicing our local community families and businesses with great service at reasonable rates....and we are here to help 24 hours a day, 7 days a week and offer an emergency service! No matter the time of the day or night, you can call us.

Contact Laser Plumbing Whenuapai today on 09 417 0110 or email us on whenuapai.laserplumbing.co.nz. We are open five days a week from 7am- 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai.



Sustainable Landscapes

Hi, Dave Milina, again. Well a lot has happened in the last month. We are all able to unite again, watch a rugby game, all crowd together, have friends around for coffee, so cool. It seems like we're back there again... or are we? I think it's like we are being shown that all life form is vulnerable, it's been a reality check. What's important? I believe it's caring for all life form around us, and what better way



than to create food and habitat gardens on our properties in a natural, organic way, for all our co-inhabitants to thrive and enjoy. If we all do a little bit, our planet would thrive, and so would we. If you want to know more about landscaping, using natural materials give me a call.

Call Dave Milina, 0275 1962 19 sustainablelandscapes.co.nz, info@sustainablelandscapes.co.nz.

Interest free loans available for solar systems

We love the results of a survey, especially when they highlight the real need for more efficient power and warmer, drier homes. Even more so when there is action taken from results, in this case, interest free loans and job creation for tradies.



Westpac's recent survey answers have resulted in "... the launch of a new interest-free loan which will help customers make their homes warmer and healthier, while also creating work for tradespeople affected by the COVID-19 downturn...".

38% of people surveyed were worried that cold or damp conditions in their home could cause or worsen health problems, while 89% of said it was 'very important' or 'extremely important' to live in a house that is warm and dry.

'Westpac Warm Up' loans offer up to \$10,000 of lending, interest-free, for 5 years so that home loan customers can purchase heat pumps, solar panels, ventilation, double-glazing or insulation.

Although Solarcraft has no affiliation with any banks (at this stage), isn't it great to see corporations walking the talk?!

Article ref [c/o: www.seanz.org.nz/westpac_interest_free_loans_include_solar_pv](http://www.seanz.org.nz/westpac_interest_free_loans_include_solar_pv)

Any solar questions? Email info@solarcraft.co.nz, phone 0508 272389 W: www.solarcraft.co.nz.

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Home & Garden

Dave and Elaine from Mitre 10 MEGA at Henderson and Westgate have partnered with the Westerly to highlight our wonderful West Auckland tradies in an effort to further contribute to the community they serve.

"We are committed to our West Auckland Businesses and Community says Dave "and wish to provide a place where our local trades can use as a 'message board' for their names, contact and websites.

"Many of our trades use us as one of their suppliers and we want to acknowledge this support. Dave understands many will be feeling the effects of the lockdown, "I think this is another one of our ways of 'giving back' to the neighborhoods and businesses we service.

Dave and Elaine are keen to highlight the promote local "at both stores, we do get asked for contacts for the various trades and see this as great forum to promote this sector.

Western Caskets -96 Access Road, Kumeu. Phone: 0800 108 776, www.westerncaskets.co.nz.

Water to Waste Plumbing & Drainage - 5c Collard Place, Central Park. Phone 0800 990 069. www.watertowaste.co.nz.

Bu-Mac Engineering - 6 Corban Avenue, Henderson. P: 09 836 4417 www.bumac.co.nz.

LFHQ Studios - Unit G2 20/22 Te Pai Place, Central Park, Henderson. Mobile. 021 333039, www.lfhq.co.nz.

High Wire Electrical - 6/70 Bruce McLaren Road, Henderson. Phone 0508 444 494, www.highwire.net.nz.

Growing Spaces - 11/188 McLeod Road, Te Atatu. Phone 0800 772 232, www.growingspaces.co.nz.

Carter Electrical - Unit B 7 Collard Place, Central Park, Henderson. Phone 09-836 8552, www.carterelectrical.co.nz.

R L Jeffries Plumbing - 26 The Concourse, Henderson. Phone 09 833 7439, www.jeffriesplumbing.co.nz.

Huntaway Carpentry - 24 Christian Rd, Swanson. Phone 027 540 4934, www.huntawaycarpentry.co.nz.

Winter is almost here, are you ready?

It's been a very mild autumn and according to the weather experts these conditions are pretty likely to continue through most of the winter season. That's great for lawns and gardens. Over the last month we have had a bit of rain, and a bit of sun - add that to the warmer than usual temperatures and you have ideal growing conditions for plants. That's what the Local Jims Mowing team have seen too. Fast re-growing lawns have caught property owners by surprise and need a big cut and a couple of follow-up trims to regain control and tidiness. It's also taken a several mows of our regular clients to regain the more attractive growth 'habit' of the lawn too. This 'habit' is a more compact, shorter grass blade - it looks great and prevents weeds getting in. This requires mowing little and often so - even if there is not much to trim - keep mowing your lawns regularly right through winter and this will help them to look excellent in spring. One other tip - give your lawns a top-up fertilise now with a good slow release fertiliser and that will help

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Architectural Kiwitahi Haven

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[View more House & Land Packages at signature.co.nz](http://signature.co.nz)

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Home & Garden

keep it looking good and growing healthily right into the cooler times ahead. Then another fertilise in early spring and you'll have a lush, healthy, green lawn ready for summer.

If you would like any help with checking your gutters, clearing leaves, tidying your garden and cleaning those slippery decks and paths - give Jim's Mowing a call 0800 454 654 or book online at JimsMowing.co.nz.

Growing citrus trees

No orchard is complete without some citrus trees growing. Awa Nursery recognises this, and we have just received our new season stock, newly bagged up and ready to go into your gardens. If you are after a mature readymade fruit tree, we have those in stock as well.

Now is the best time to plant citrus trees, as they have winter and spring to get established before summer. Citrus trees prefer a sunny spot, preferably frost free, sheltered from strong winds and a well-drained position.

Our citrus have just been wrenched, which is a process where the roots are cut without lifting the plant, then uplifted and bagged up. You will find the soil is loose in the bags and the root ball quite small. This is normal, and your plant will thrive provided it is planted in good free draining soil.

Dig a hole approximately twice the depth and width of the bag and partly fill with garden mix. Place your tree in the hole and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree if there has been no rain



every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again, keep the mulch away from the trunk.

Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catered to citrus should you require a bag. Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

Future-proofing your home with flexible spaces

The nationwide lockdown may be over but the varied impacts it's had on the way we think, live and utilise the spaces in our home will remain for years to come. Many of us spent the time in lockdown working from home, leaving us plenty of time to think about the tweaks and changes we'd make to our homes if we had the chance. Building a new home gives you the opportunity to design things exactly as you want them, specifically suited to your family and lifestyle.

One of our most popular requests when finding or creating the perfect house plan for our customers is for a 'flexi-room' - an extra room that can be transformed throughout different life stages, from an exercise room to a playroom to a home office. Whether you're planning a new build or have a spare room in your existing home that you'd like to maximise, read on to learn our top tips for making the most of a flexi-room, plus our top plans that feature one.

Furniture
Invest in smart pieces of furniture for your flexi-room, like a fold-away wall bed, built-in bay window or a sofa bed, and an adjustable desk that could be used for crafts or as a TV stand. Make sure your choices fit the space, and don't use huge furniture in a small room.

Smart thinking

If you want to use your flexi-room as both a home office and a media room, consider using a smart TV as your computer monitor, or invest in a large computer screen that can double as a TV screen and place a couch in view of the screen. Vertical space can be cleverly used for shelving or extra storage, and an inbuilt study nook could be converted to a closet later down the track.

Think long-term

You may be a young couple wanting to use your flexi-room for exercise or a second lounge, or a potter needing space to make





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Home & Garden

their latest creations, but if kids are in the pipeline, you might want the flexibility to turn the room into a nursery, playroom, study or guest bedroom as your children grow. Think long-term before making any big decisions such as wall coverings and design, and ensure you think about the possible resale of your home, and what future buyers will be looking for.

Layout

If the room is being used for two things at once (eg both a spare bedroom and a study), consider your furniture size and layout carefully to ensure one function doesn't impede on the other. Think about whether you need to build in a cupboard to add extra storage to your home, or to store toys and crafts depending on how you intend to use the room.

View our range of House & Land Packages online or in the Kumeu office. Call our team at Signature Homes West Auckland to discuss your options; obligation free 0800 020 600 www.signature.co.nz/west.

Western ITM

Western ITM is your local Building & Trade Supplies specialist. With over 40 years of experience we take pride in supplying a quality range of hardware and building materials to assist in completing your building project to the highest possible standard. Our locally owned and operated network of three Auckland stores ensures we can provide our products and services with prompt delivery to your site.

Our Kumeu store also specialises in the stock and supply of lifestyle block and farm supplies including a comprehensive range of portable electric fencing systems with leading brands such as Strainrite and Gallagher. We carry wooden and galvanised farm gates in a range of sizes and stock a complete range of fencing and gate hardware.

All our timber yards carry an extensive range of timber products including framing, retaining, decking, posts, poles and fencing timber. We can supply just a few lengths for a small project or in bulk to greater commercial operations.

Whether you are a large commercial operation, thinking of building

or renovating the family home or doing a weekend project our Sales Team has the knowledge and experience to see your job through from start to finish.

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. Western ITM. Locals Supporting Locals. 3 Auckland Stores - Open Monday to Saturday. Whenuapai | Kumeu | Swanson. www.westernitm.co.nz.

Fruit tree pruning & care workshops

Saturday 25th July (9.30am to 11.30am). It's time to get the loppers out again folks. However if you want to make the most of your fruit trees or maybe you're thinking of planting some new ones then this workshop will give you all the basics to assist in your success.

David Bayly, our in house tree care ninja, will be once again running this very popular workshop in his usual relaxed and interactive style; topics to be discussed will include: Tools required, Pros & cons of various trees, Site selection and preparation, Planting methodologies/techniques, General tree care and Safety considerations.

This event is so popular that we have run one at the end of June but a second one is planned for the end of July but booking is still recommended as spaces on each is limited (see below for booking details).

Afterwards you will also be able to stroll around the beautiful 1km nature trail which has over 40 marvellous new sculptures created for our 2020 exhibition by local and international artists on display.* We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.* Trail not suitable for wheelchairs or walking frames. 1481 Kaipara Coast Highway (SH16). Tickets \$20 per person. To Book email info@kaiparacoast.co.nz or phone 09 420 5655.

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Pets

Mouse and rat poisons: The risk to your pets

At this time of the year rats and mice come sneaking into the house to avoid the cold and look for easy pickings. There are just a few things to know before you reach for the rat bait.

Poisoning from rodenticides are one of the most common types of poison cases seen by vets. The best way to avoid an animal being poisoned is to be careful with the use and application of the poisons.

Ensure they are put away in secure cupboards, remember that cats can climb and even if they don't eat the poison they could knock it off the shelf where it could be made available to the less discerning pet (or child). When placing the bait ensure it is placed in a secure container that only rats and mice can get into.

The identification of what your pet may have eaten is paramount to enable the vet to treat your pet correctly. Take the container, packet, bottle with you so that they can identify the poison and treat accordingly.

Remember that our pets can also be poisoned by eating a rat or mouse that has ingested poison. So watch for symptoms and if you have any concerns take your animal straight to the vet.

Symptoms differ depending on the type of poison, the amount ingested, the size, age and health of your pet. Many poisons have an anticoagulant that prevents the blood from clotting, causing hemorrhaging and death. Signs can appear over a period of up to 4 days after ingestion. It may be seen as breathing difficulty, seizures,



diarrhoea, vomiting, fever, blood in urine, faeces, very pale gums, vomiting and more.

The new baits that are available can stay for up to 4 weeks in the animal's system. They can be treated with an antidote, vitamin K, blood transfusions but unfortunately this may not work.

You will be surprised at the number of everyday household items we are keeping in our home that are poisonous to our animals.

If you have any concerns take your animal to the nearest vet.

For a free downloadable list of poisons go to PET First Aid & Training (NZ) Ltd www.petfirstaidandtrainingnz.co.nz or call 0508 PET FIRST

Information provided by The Dog Safe Workplace - caring for the welfare of your staff and reducing dog bites in our community.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai.

Can you spare two or three hours once a week?

Also loving homes needed for some of the friendly rescue cats.

Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



Bored cat?

Some ways to entertain your cat

1. Leaving a trail of treats that lead to a hidden reward, such as a piece of chicken
2. Hanging a few unreachable mobiles around the home
3. Placing a few unbreakable mirrors around the home at floor level
4. Leaving a feather on the floor
5. Getting a ten-gallon fish tank with a secure lid, and stocking it with goldfish
6. Leaving a curtain partially open



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Pets

7. Hiding a sprig of catnip
8. Setting up a multi-levelled cat tree in the living room
9. Enticing your cat to play with a cat "teaser" wand
10. Leaving out a small pot of wheat grass
11. Dropping a frozen cube of broth into her water dish

These are just a few enrichments you can try

For further information please contact - 09 411 5326 | 027 530 1406 | info@kanikapark.nz | www.kanikapark.nz | [facebook.com/kanikapark](https://www.facebook.com/kanikapark).

Stories from a Pet Photographer

Sunset beach shoots have become my favourite type of session to capture epic, painting-like images of dogs and their families. Hulk's session out at Muriwai was no exception, and boy was it a stunning night! This dude is a real smarty pants and has



plenty of experience posing for photos for his very own Instagram account (@hulky.hulk). Not only was he perfect at sitting and posing for my camera, but then he started showing off his tricks which I was lucky enough to capture (with the backdrop of a gorgeous sky no less)

I just love the unpredictability that is involved in photographing pets. It's never as simple as just saying "say cheese". It takes a lot of patience, tricks and treats, but I have never met a dog I couldn't photograph...and trust me, the majority of dogs I photograph aren't perfect angels like Mr Hulk here. So if you have been thinking about getting portraits done of your dog, but are worried about whether they will sit still or not - don't even worry about it! Let's just have a bunch of fun and see what magic we can create. Get in touch any time with any questions or to book in a pet or family photoshoot at a gorgeous location like Muriwai! All of my pricing and session info is on my website. www.dogandco.nz.

\$85 = 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 \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@kumeucourier.co.nz.

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Food & Beverages

Peko Peko

We are back to the normal life (thank goodness!) Thank you so much for all of your support through the difficult times. We have added packed sushi rolls on lunch trading hour on the counter. We have sushi, bao buns, dumplings and miso soup on the go for customers who need to grab their lunches quickly. Our new winter hours are Wednesday to Monday, Lunch 11:30am-2pm and Dinner 4:30pm-8pm. Tuesdays and Public Holidays closed. Please check our Facebook and Instagram for our latest updates :) Peko Peko Unit 6/102c Hobsonville Rd. 09 416 1197.



NoShortcuts

After the economy busting effects of the Covid-19 lockdown, it's certainly not unusual nowadays to hear the cry of 'Shop Local' - and you couldn't get much more local, than NoShortcuts Gourmet Chutney.



Starting nearly 7 years ago with a regular stall at our own Hobsonville Market, NoShortcuts is still proudly handcrafted locally, artisan style, with all the same love and care.

Each jar of award-winning NoShortcuts chutney, pickle, relish and jam is packed full of fresh produce, and contains no artificial additives, preservatives, colouring or flavours.

NoShortcuts tell us they recently re-opened their online shop and have also been able to restock the shelves of local specialist and supermarket stores - so there's no need to be deprived of your favourite taste sensation.

NoShortcuts is stocked locally by Countdown Hobsonville and Organics Out West or you can buy online at www.noshortcuts.co.nz.

Find Noshortcutsnz on Facebook, noshortcutschutneys on Instagram.

New Jesters Pie Van

Jesters Westgate has added a second Pie Van to our West Auckland operation. The new van takes over the Monday to Friday mobile pie runs we have done for the last 10 years, allowing the original van to open up new pie runs and be available for one off catering jobs.



Our current West Auckland runs are in North Lincoln Tuesdays and Fridays, and Kumeu/Huapai/Riverhead on Wednesdays.

For more information if you would like the van to call on your business or if you have a catering event coming up, please contact Tony on 021 510138 or email amljesters@gmail.com.

The Herbalist raw honey

Did you know the average life span of a worker honey bee is from five to seven weeks during the active season and four to six months when over wintering. This lifespan variation is governed by what time of the year she is born and can even be further reduced due to pesticides, chemicals and the weather. During this life time on average one worker bee will produce approximately one twelfth of a teaspoon of precious honey. At the Herbalist in Kumeu our bees forage locally




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which we then hand harvest this natural raw honey into reusable and recyclable glass jars. Our small batch fully certified honey is available to be purchased either direct from our sister website. www.newzealandherbalbrew.co.nz or you can contact Grant directly on Phone 021 935 556 to order and arrange your pick up from Kumeu.

2020 Hallertau Double Stout

It's that time of year when we crave hearty soul food like stews and soups. Seasonal drinking habits change too with red wine, dark spirits and black beer being the order of the day. So it is timely for the annual release of Hallertau Double Stout. Weighing in at 8.8% this is a seriously black stout dominated by intense roasted flavours with solid hop bitterness and warming alcohol on the finish. Pour it over some good quality vanilla bean ice cream if you're feeling really adventurous. Now pouring at Hallertau now and available in 330ml bottles which can cellar for up to 8 years.



Celebrate good times - come on!

2020 may have got off to a rocky start but things are looking up at Westbrook, your very local winery. Westbrook is celebrating 85 years of wine-making in New Zealand. The first grapes were planted in 1935, in Sunnyvale, West Auckland, until urban sprawl made growing grapes and making wines too difficult. After much searching, we found the perfect 20-acre block, tucked away up the beautiful Ararimu Valley. New vines were immediately planted including what went on to become our multi-award-winning Waimauku Chardonnay. Come and visit us in June and get your hands on some fantastic birthday specials. There's plenty of space to sit, whether you are on the covered patio, on the deck or down by the pond. Enjoy the picturesque grounds with a glass of award-winning wine and a wine-matched platter or book a guided wine-tasting and learn about our range of wines. Bookings are highly



recommended under Level 2 so we can ensure you are seated and well looked after. To learn more please call the Cellar Door team on 09 411 9924, email info@westbrook.co.nz or visit www.westbrook.co.nz.

Allely Estate Wedding Open Day

We can't wait to have big weddings and functions at Allely Estate again. We've missed hosting people at our beautiful venue, so we're going to kick off July with our famous wedding open day - our biggest and best yet. On Saturday, July 4, 9am to 4pm, we're inviting engaged couples to join us at Allely Estate for nibbles, bubbles and a tour of our villa and marquee, which will be fully styled and draped.



There will be stylists, photographers, celebrants, cake makers, florists and more, all with their talents on show. We'll have table settings styled up in different ways to give you some good ideas, plus you can use this time to pick the brains of our talented vendors and our clever wedding planner, Athina.

Here's the great news: Everyone who attends the open day and books their wedding by July 31, 2020 goes in the draw to win \$1000 off their wedding.

Put the date in your diary now and follow us on Facebook so you can stay up to date - we'd love to see you.

Allely Estate Wedding Open Day - Saturday, July 4, 9am to 4pm. 393 State Highway 16, Kumeu, Auckland.

Phone 09 412 7206 or visit www.allelyestate.co.nz for more information.

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www.gourmetgannet.co.nz

Health & Beauty

Regular dental appointments can save you money

We are all reeling from the financial blow that COVID-19 has dealt. Typically when budgets are tight, discretionary spend on dental care drops and we delay dental appointments until we feel more financially secure. However, this can be a false economy as people who see a dentist and oral hygienist regularly actually need fewer dental treatments and spend less in the long run.



Take a simple cavity for example. Usually this will begin hurting only when it reaches the tooth's nerves. Unfortunately, by this time a normal filling may not be sufficient - instead a root canal and/or crown might be necessary, which are much more invasive and expensive procedures. The good news, though, is that your dentist can easily identify and treat cavities when they are only just beginning. We see first-hand how delaying dental appointments can result in higher costs, pain and stress than routine preventative dental care. Prevention is always better (and cheaper) than repair.

For family, general and cosmetic dentistry, orthodontics, dental implants, tooth extraction, oral surgery and more, contact the friendly Fraser Dental team on 09 416 5050. We have convenient extended opening hours and a wide range of payment plans and options available.

Osteoarthritis of the Foot

What is osteoarthritis? Osteoarthritis (OA) is the most common form of arthritis. OA is caused by the degeneration of articular cartilage and synovium. Articular cartilage is a spongy substance which covers the ends of the bones and aids in shock absorption and bone movement. The synovium is a slippery substance which helps lubricate the joint and reduce friction. As the articular cartilage and synovium wear away, the jagged and rough and the protective space between the bones narrows. This results in bone rubbing on bone, and produces osteophytes (bone spurs). Your foot is composed of 28 bones and 33 joints. The joint most commonly affected foot joint is the 'big toe



joint'. Other joints which can be affected by OA include the midfoot, ankle joint and knee joint.

What are my treatment options for OA in my foot?

There are many treatment options available to slow the progression of OA, prevent OA and relieve pain and symptoms.

Correctly Fitted Footwear will help to reduce the amount of load through the affected joint therefore alleviating the pain and symptoms of OA. The right shoe will also help alleviate rubbing and friction against any bony prominences.

Orthotics can help provide cushioning and support to the joints affected by OA. Orthotics help to redistribute pressure away from the affected joints and provide relief from painful joints.

Foot Mobilisation Therapy is a hands-on manual therapy which aids in reducing connective tissue restrictions, enhancing flexibility and restoring function to stiff joints affected by OA. Releasing these restrictions restores joint function, improves range of motion and quality of movement through the joints. Keeping your joints flexible and mobile can help slow the onset of OA.

Low impact exercise can help reduce the amount of stress on the joints of your feet. Exercise such as; swimming, water aerobics, cycling tai chi and yoga are all examples of low impact activities.

If you have lower limb osteoarthritis, we can help! Give the team at Hobsonville Podiatry a call on 09 390 4184.

Shoe Talk's guide to foot problems

Shoe Talk's guide to foot problems that can be caused through wearing tight footwear.

You know the feeling, you are in the store, you try on the footwear and your feet start going numb, or there are bits that hurt, the shoes feel tight.

However you think that the shoes will "stretch" to fit. Leather footwear does stretch in width however it is normally only 2-3 mm not cm.

Damage to the feet can be permanent through wearing shoes that are too tight:

- Bunions - A bunion is caused when pressure is placed on the toe area through there not being enough toe room, it causes the toe to go sideways towards the second toe and pushes the ball joint out of line. Some people also experience pain. The only fix if they get bad enough is surgery.



HOBSONVILLE PODIATRY Call 09 390 4184
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www.shoetalk.co.nz

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- If your toes are crushed in your shoes with no room to wiggle then you can also cause friction which can also result in corns.
- Hammer Toes - I see this one more in the ladies and it is usually caused through wearing high heels that are too tight in the toe box area, instead of the toes lying flat they will end up curling and one will curl over the toe of the other. Again this damage is not something that can be fixed without surgery or using aids to hold the toe in place.
- Ingrown toenails - due to shoes not having a roomy enough toe box the shoe pushes against the toenail which causes it to grow inward into the skin = painful!
- Finally pressure points can also cause nerve damage which is normally referred to as a neuroma which is when you get a benign growth of nerve tissue along a nerve pathway that causes pain and often a burning sensation

So if the shoes hurt, feel too tight or just not "right" when you try them on, look for wider fitting ones, or ones with a rounded or more square toe.

Only one pair of eyes

Every two years you should have your eyes examined - not just so that your vision is 20/20.

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We are your locally owned, family Optometrist at 413 Hobsonville Road, open Monday to Saturday 9am - 5.30pm.

Drop in anytime or book an appointment on 09 416 3937.



Have you tried the "anti-fragile matrix"?

Movement is the currency of health. In order to function well, we need to move our bodies. Since we are often 'time poor' anything we can do to add some movement into our day is going to be beneficial. This is what the "anti-fragile matrix" does, it gets lots of movement



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into your body in a short space of time. Here is how to do it.

1. Lay onto the ground on your stomach, stand back up
2. Lay onto your back, stand back up
3. Lay onto your left side, stand back up
4. Lay onto your right side, stand back up
5. Do a 4 second plank

This is the basic version. To find out how to make it more challenging & watch a video on it, head over to the blog section on our website www.elevatechiropractic.co.nz

Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

Mental resilience: The role of nutrition

No one is exempt from stresses and mood fluctuations. But if we have mental resilience, then those stresses and fluctuations do not need to "sink our boat". I like the concept of resilience more than mental "health" which implies that if we are not feeling 100% then there is something wrong with us: we have a disease. Recently, DSM-V classified grieving after the death of a loved one as a disease if it lasted more than 2 months. Grief is a natural response to loss. Resilience on the other hand is successfully riding out the waves of good times and not so good times, and being okay with that.

Proven strategies to improve mental resilience include meditation, exercise and nutrition. The core of nutrition is a good diet. However, in times of stress we often need a little more nutrient support. My favourite supportive nutrients are listed below.

Magnesium - Magnesium would be number one on my list of nutrients to support mental resilience. Magnesium improves neuronal plasticity (the ability of the brain to grow and adapt),



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modulates the synthesis and release of most brain chemicals (neurotransmitters), and protects against traumatic brain injury.

What many people find is that using a good form of magnesium decreases headaches, makes stressful situations more manageable, improves sleep, and memory.

Fish Oils - Taking fish oils improves the balance of good versus bad fats. A modern diet is very high in inflammatory fats, so most of us would benefit from a rebalance. Supplementing with fish oils may be beneficial in several brain conditions including depression, anxiety, epilepsy, brain injuries, migraine, Parkinson's disease, schizophrenia and Attention Deficit Disorder. They are pretty important for your heart and joints too.

Et al - There are many other nutrients that can support you in your quest for mental resilience. B vitamins, levocarnitine, theanine, SAME, tyrosine, tryptophan, turmeric, zinc and copper would all have their place in helping to keep you in control. Everyone is different. Now we are in Level One, pop in to Massey Unichem Pharmacy for a chat about your specific needs. Martin Harris 396 Don Buck Road, Massey 09 833 7239.

Not just athletes get Achilles tendon pain

The Achilles tendon is one of the strongest tendons in the human body. It attaches the calf muscles to the heel bone of the foot, helping you to run fast, jump high, and change direction quickly

But while many think it's only elite athletes who suffer from Achilles tendon issues, a fifth of the over-50 population actually suffers from Achilles tendinopathy (pain). And while very few of these will be ruptures, the pain can be frustratingly persistent and limit our ability to exercise and enjoy life.

Research has found a painful tendon is not like a torn rope at all. It's more like doughnuts stacked on top of each other. Even though changes in tendon structure are seen as a "hole" in the middle of the tendon, there is still a lot of delicious doughnut (in other words healthy tendon) surrounding the damaged area.

The tendon adapts by getting thicker, making it stronger and allowing you to exercise.

Critically, pain poorly reflects damage. Tendon pain is not present because the tendon is damaged, weak or hanging on by a thread.

Most people who experience this type of pain are aged 40-64 years.



That's because the Achilles tendon bears the brunt of the load throughout life. Being overweight, having diabetes, and high cholesterol all increase the risk of developing Achilles tendon pain.

The good news is that painful Achilles tendons rarely rupture. Some 80-90% of people who rupture their tendon have never had Achilles tendon pain. Your brain is clever as it uses pain to protect your Achilles tendon by changing your behaviour. But it's easy to become overprotective.

Completely resting the tendon, either by using crutches or a walking boot, is one thing that should be avoided. This is because of the "use it or lose it" principle. With even two weeks' rest, your tendon and calf muscles become weaker, meaning a longer recovery time.

Just like muscles, tendons get stronger with exercise. Starting exercise that produces no or minimal pain and progressively increasing the intensity of exercise is by far the best option, based on research.

Your physio should be able to guide you through a graduated pain free exercise programme.

Is your body telling you something?

Stop for a moment and observe what emotions became our neighbours and frequent guests in the last few months? For many it would be stress, anxiety and repeated worries.

It is not a secret for many that stress drains our immune system exhausting its levels.

But how exactly stress and low immunity affect our oral health and most importantly how you can effectively recover? Read below, act today and remember grey stripes are temporary - your health is with you forever.

- Cortisol is a stress hormone released by our body. High levels of this hormone can lead to periodontal inflammation (gums and soft tissues). Pain, gum bleeding and unpleasant smell are the symptoms of periodontal problems.

- Teeth grinding, clenching and bruxism. When stressed we tend to clench and grind our teeth, especially at night, damaging the protective enamel layer.

- Dry mouth can be a side effect of some antidepressants. Dry mouth will dehydrate enamel preventing the absorption of key minerals from saliva.

- Cold sores and ulcers also tend to re-appear when our body is under stress and when immune system is down.

- Irregular and bad diet due to stress. Munchies while working from

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home, irregular snacks and stress eating - all these upset our pH balance and result in cavities.

- Disturbed daily routine. Falling asleep on a couch after a snack. Working from home in bed and PJs, forgetting to brush your teeth - result: more plaque, more cavities and periodontal issues.

If you stayed true to your diet and eating habits, well good on you! If the above is somewhat true for you, don't stress further we have some great advice for you below.

Bad hygiene and possibility of cavities - Start flossing and brushing twice a day from today. Increase the time between meals and drinks (even water) to at least 4 hours. Try not to sip water throughout the day, instead have a glass of water every 3 hours.

You can also try GC Tooth Mousse product that will strengthen your enamel and would even help to reverse early decays. This product is backed up by extensive research and clinical studies so we stand strong by it.

Periodontal problems - scale and polish procedure with dental hygienist will help to revamp your gums and remove plaque.

Grinding, clenching and bruxism - there are a number of ways to help starting from protective mouthguards to muscle relaxant procedures.

Dry mouth symptoms can be reduced with GC Dry Mouth Gel product

Cold sores and ulcers - light energy laser treatment at the first signs (tingling sensation) will help to prevent the break out and treat that spot for good. If you already have a full blown sore the treatment will take away the discomfort and help it to heal much faster.

And finally relax. This too shall pass. Make yourself a cup of herbal tea, try yoga or meditation, go for a walk at the park and listen to the sound of dry leaves whooshing under your feet, play your favourite tunes and sing along, out loud, very loud, even louder. Do it today. The change comes from within. Back soon. The team at Westgate Dental.

Why am I experiencing post lock down pain?

Since the end of lockdown we have seen an influx of patients with various aches and pains when prior to lockdown they were not experiencing any symptoms all, why is that you might ask? Sometimes our bodies dislike change. A change from working in the office, to working from home, or a change from regular exercise to less exercise can contribute to the body feeling out-of-whack.



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Other times a change such as this can cause a manifestation of symptoms that may have been building over time and all it took was this change to be the "last straw that broke the camel's back" so to speak. Whatever the cause of your current aches and pains, the team at Hobsonville Chiropractic Centre are here to help!

Which is the best pillow?

People often ask what would be the best pillow for them to sleep on. There are so many options on the market no wonder one can get confused. There no single answer unfortunately. People have different mobility in their neck, different sizes of their shoulders, different hardness of their mattresses...We usually



recommend getting medium size feather down pillow and see if it works for them. For the majority of people it will be comfortable. If the feather down pillow is uncomfortable, then it is worth trying memory foam pillow, shaped pillow or even a buckwheat pillow. Sometimes the body needs about a week to adjust to the new pillow, so don't give up after the first night.

Commonly though, when people feel sore neck through the nights or in the morning it is not the pillow, but cervical spine dysfunction, such as stiffness in the joints or tightness in the muscles. During the day it is not felt much because we are moving and distracted, whereas at night when we relax it becomes more noticeable. This sort of problem can be assessed and treated with the osteopathic approach. Come and see Ilya or Nataliya at Family Osteopathic clinic, 39 Hobsonville Road, they can assess your spine and give a more specific advice on the type of pillow that would suit you. Phone 09 416 0097 www.familyosteo.com.

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Westgate Optometrists have relocated and upgraded all of their facilities, opening their doors at NorthWest in February this year. You will notice the range of contemporary frames, specially curated by senior frame stylist Darryll herself and is supported by principal optometrist Ricky. The team strongly believes in offering personal service and eye care of a higher level. This is why you'll find services here you won't find in many other clinics, including dry eye treatments, specialist digital device lenses, as well as the latest state-of-the-art OCT Angiography 3D technology which can detect minute changes within the eye before diseases take any effect on your eyes. Plus, this winter purchase a complete pair of glasses and receive your second frame at 50% off! To make an appointment phone us on 09 831 0202 or book via our website: www.westopt.nz. Located at 4/46 Maki Street. Opposite NorthWest Shopping Centre and Kiwibank, just around the corner from Goode Brothers Restaurant.



Why shouldn't I sleep on my back when I am pregnant?

From about 16 weeks the size of the baby and reorganisation of your organs creates increased pressure on your blood vessels (specifically the inferior vena cava and the aorta) when you lie on your back.



This extra pressure may impact the blood supply to your heart and may limit blood supply to your placenta. When this decreased blood flow occurs it is called Aortocaval Compression Syndrome (ACS). Symptoms of ACS include initial racing heart followed by a slow heart, pallor, nausea, dizziness, low blood pressure, and sweating. Every pregnant woman is different so some woman will not experience symptoms of ACS where others may experience extreme room spinning/dizziness within a few seconds of being on their back.

Whether or not you experience symptoms of ACS it is wise to avoid lying on your back past 20 weeks in your pregnancy. You may not be able to feel symptoms of decreased blood flow to your placenta, but your baby will.

If you wake up in the night and you are on your back, don't panic, just roll on to your side, problem solved, easy. Don't beat yourself up about it, these things happen occasionally. If you are struggling with being comfortable on your side then put a pillow between your knees and behind you to prevent you rolling in your sleep. If you are still struggling getting comfortable after trying the pillow trick then give me a yell, I am here to help. Email Dr Ainslee from Live Chiropractic at reception@livechiropractic.co.nz or visit www.livechiropractic.co.nz.

PINC & STEEL cancer rehab

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapists Laura and James who are here to support, guide and rehabilitate people through every stage of their cancer journey. The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.



We tailor all our sessions specifically for your needs from 1:1 physiotherapy to group classes. We are here to help those with any cancer type and various sources of funding are available to those who need.

To find out more about physiotherapy and cancer and how we can help you please contact Laura at NorthWest Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

Time loss

Is your injury or discomfort costing you in time? Time away from work, family, your sport, your exercise, your sanity. What is your injury stopping you from doing? That's a key question that allows our therapists to understand what we need to do to get you back to 'doing'. Our Senior Neuromuscular Therapist can treat ongoing or chronic injuries - that is their specialty. Their technique and knowledge of what works, propels you two steps forward to exactly where you want to be.

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"I won't go anywhere else after going to Top Notch. They not only fix me every time but they give me explanations as to why things are happening and also give me tools to help with on-going management of areas of weakness and problems. I highly recommend these guys. Professional with genuine care and kindness". S. Barnett

Your local Massage Therapist and Osteopaths. Get in touch 09 2128753 or book online at www.topnotchbodyworks.co.nz.

Theft of sight

Glaucoma NZ are asking Kiwis to have their eyes examined, saying that 50% of people with glaucoma don't know they have it.

This "sneak thief of sight" starts in your side-vision and initially may go unnoticed. The cause is not related to ill-health; it's a physiological accident. Your eye is inflated with gel/fluid to keep its shape, and correct eye pressure gradually creeps up if vital tiny drainage-valves block up or collapse. High pressure causes nerve damage which can't be reversed, and while treatment to restore normal pressure will prevent further loss from occurring, it must be started early to save sight.

For Eyes in the Kumeu Village have excellent equipment to test for glaucoma and can even monitor the nerve layers in your retina. So take Glaucoma NZ's advice and book an examination with Matthew or Molly Whittington to keep this 'sneak thief' away from your sight! Phone 09 412 8172.

New chiropractor

Hi there, my name is Jake McEntee. I am very pleased and excited to have recently been given the opportunity to join the team at Kumeu Chiropractic.

Born in England, I moved to New Zealand with my family when I was young and grew up in the small town of Matamata.

I first experienced Chiropractic as a patient in my teenage years for minor back pains. Visiting my local chiropractor helped me in more ways than I could imagine. From experiencing the effects of Chiropractic first-hand I became interested in it as a profession, and began researching and attending Chiropractic health talks. After understanding how Chiropractic optimises the functioning of the human body and what amazing changes this can bring to people's lives, I knew this was the profession for me. I made the decision to



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study in Auckland at the New Zealand College of Chiropractic and never looked back.

When the spine and nervous system is functioning well, the whole body begins to work better. This can mean different things for different people. I love seeing all the wonderful health changes people wouldn't normally expect from Chiropractic care.

I am very excited to be part of the Kumeu Chiropractic team and I am happy to help the people of the Nor-West to reach their full health potential. Call Kumeu Chiropractic on 09 412 5536 to make an appointment.

Free dental care these school holidays

Being a teenager today is tough enough without having to worry about their oral health. Therefore, every teenager should take up the offer of free adolescent dental care under the government dental benefit scheme.

Your child's teenage years come with great physical change, and puberty will impact their teeth as much as the rest of their body. At this age they become involved in sports or pastimes that can lead to injury or develop poor dietary habits as they become responsible for making their own food choices, making tooth decay a concern. Getting your child on track with a healthy oral care regime will prevent these habits from creating serious problems.

The dental benefit is available to all adolescents up until their 18th birthday. This free treatment includes x-rays, scale and polish, fillings, extractions of baby teeth, preventive treatment and oral health education. In addition, Kumeu Dental provides orthodontic and wisdom teeth assessment as well.

Come in and visit the amazing and friendly team at Kumeu Dental Call us on 09 412 9507 and reserve your place.

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New charitable initiatives launch

Two new charitable initiatives have been urgently launched to help thousands of Aucklanders coping with the loss of their homes and food shortages, with many facing poverty for the first time in their lives as a result of COVID-19.

The programmes will link those in need with local charities and support services as well as provide access to a zero-waste, budget cooking series to ensure they can provide cost-effective nutrition for their whanau.

More than 5,000 Easy Choice Family Kai booklets will be printed to help those families living in poverty shop for, cook and eat nourishing and affordable food.

Free online video demonstrations hosted by New Zealand Culinary Fare medal-winning chef Steve Weston will show how the recipes can be prepared.

The four seasonal cookbooks contain four weekly meal plans with five dinner recipes. Each recipe is designed to feed a family of six (two adults and four children under 10) or four adults.

The budget for ingredients is set at \$60 per week and the books contain grocery lists, imagery and text to explain the different food groups and recommended portion sizes for a healthy diet.

They also come with shopping tips on how to save the most money when making purchases and tricks on how to use broccoli stalks and butterfly a chicken.

Meals include anything from a standard roast chicken to nasi goreng, lentil bolognese and cheese and bacon bread pudding, all designed to help stretch the budget further.

The second initiative developed by the West Auckland Together Collective will see the printing and distribution of 7,000 copies of a homelessness housing and community resources booklet.

Along with emergency housing resources, the booklet lists caravan parks and boarding houses as well as places to find publicly accessible showers and laundry facilities and free wifi at places such as service stations, and free community pantries.

Lynette Adams, Sport Waitakere CEO and spokesperson for the West Auckland Together Collective says during the lockdown the group of community-based organisations was able to mobilise its workforce working in partnership to support the community.

"In a climate of constrained resources, working together to help communities harness the power of collective impact is a highly



effective approach. The collective invites sectors to work in partnership towards a shared goal, whilst bringing sustainable change to the people of West Auckland."

Adams says as part of the collective's COVID response, organisations worked together to coordinate and support initiatives underway through its partners including; food and hygiene parcel delivery through to ideas on how to keep whanau active during lockdown.

"While supporting West Auckland Together partners to deliver these initiatives we recognised the value Easy Choice could bring to support whanau through affordable and healthy meal planning," she says.

"Whanau across Aotearoa are facing financial hardship. Easy Choice is a free tool which can help ease some of that pressure when it comes to meal time," says Adams.

Weston says all of the recipes are nutritionally balanced with healthy ingredients including vegetables, beans and whole grains.

"The recipes are wholesome and hearty with no fuss required to bring a good quality meal to the family table. Some of the recipes are particularly generous which means there are leftovers which can be frozen or used for lunch the next day," he says.

Allan Pollard CEO of The Trusts who have funded the initiatives says there is a rapidly growing community need for better information and resources to support those financially hardest hit by COVID-19.

"Every day we are hearing more and more about the scale of business closures and redundancies in the media,

"At a community level, this is manifesting as increased demand for support services, particularly around the basic needs for shelter and food.

"We are immensely grateful to have the opportunity to help the organisations on the frontline supporting those who simply don't have anywhere else to turn for help," he says.

10 ways to keep warm, save money this winter

As we head into cooler weather, here are some key tips from the Live Lightly team at Auckland Council on how to create a warm, dry home while keeping costs down and caring for the planet:

Reduce your shower time to 4 mins and install an efficient showerhead - It can save the average Auckland household (with mains pressure hot water) up to \$1000/year on water and power




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bills.

Ensure your home is well insulated - Upgrading home insulation will stop heat escaping, keep you warmer and could save up to \$400/year on energy bills.

Replace your lights with LEDs - LED light bulbs use up to 80 per cent less energy than incandescent bulbs, while producing the same amount of light, and last much longer.

Improve your curtains and blinds - Double-layer floor-length curtains with a close-fitting track can work as effectively as double glazing on your windows to retain heat and reduce your energy bills.

Stop draughts - Draught stopping is easy to do yourself using various products from hardware stores and can save up to \$70/year.

Make small changes to your laundry routine - Save money on your power bills by washing clothes once you have a full load, in cold water and using the line to dry them.

Insulate your hot water cylinder and pipes - Hot water cylinders older than 2003 aren't insulated very well and should have a cylinder wrap and pipe lagging around the first 1-2m of pipe coming out of the cylinder.

Choose efficient home heating - Heating your home efficiently could save up to \$350/year.

Install an energy-efficient hot water system - You could save up to \$500 a year by installing a solar hot water system or hot water heat pump.

Get personalised home performance advice - Complete your own free Homefit online check to make sure you've covered all bases to create a healthy, safe and efficient home. See homefit.org.nz

Visit www.ouraukland.aucklandcouncil.govt.nz/ and search 10 ways to keep warm.

Charities to benefit from new emergency fund

Dozens of West Auckland charities, whose revenue streams have been heavily impacted by COVID-19, are set to benefit from a new \$500,000 emergency fund.

The Your West Support fund launched today by The Trusts will provide dozens of charities and community groups each with up to \$10,000 to help with their operational costs while they recover financially from the impact of the level 4 lockdown.

Allan Pollard, The Trusts CEO says while the local fallout from the pandemic has been felt across the majority of Kiwi businesses, what is not immediately obvious is the impact on the thousands of organisations which perform essential roles in the community.

"We know from our contact with the charities in our local area that there is a rapidly growing need for their services.

"Every new redundancy or business closure places additional pressure on the groups in our community which provide a critical support role for individuals and whanau who have had their income decimated overnight by COVID-19.

"Our strength as a community-owned enterprise is that we're able to give back and help our community. We're looking forward to

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seeing the support that these organisations are able to give West Aucklanders."

Elected members of the Waitakere and Portage Licensing Trusts worked together on the creation of the fund, to identify and help areas of their communities that have been impacted.

Pollard says registered charities and incorporated societies supportive of the West Auckland community, who have had their usual funding source disrupted as a result of the recent lockdown, should contact The Trusts for funding.

He says up to three months funding is available to their organisations to cover overheads and operational costs, ensuring they have financial sustainability when they are most needed.

Pollard says that like many Kiwi businesses, The Trusts have been impacted by the COVID-19 outbreak, but despite this, he's proud of the support they've been able to offer their team members and community.

"Since the Level 4 lockdown began we have already given back \$250,000 to health and food charities in our local region and we are hoping to increase the size of this new fund further - once we have a better picture of the full impact of the lockdown on our business and our community balance sheet," he says.

Cricket

Former Auckland ACES white-ball skipper and Takapuna District Cricket Club (TDCC) player Craig Cachopa has been contracted as the head coach of the TDCC Premier Men's and Premier Reserves teams for the forthcoming two seasons.



Craig announced his retirement from Auckland and provincial cricket after the end of the 2019/20 season and left the game on a high after leading the ACES to two finals this summer, including a memorable Ford Trophy triumph. This summer, Cachopa also brought up 50 ACES appearances in both the Ford Trophy and Super Smash competitions.

Starting as a wicketkeeper-batsmen at Westlake Boys High School, Cachopa first played for TDCC senior cricket at the age of 14 years started his domestic career with the Wellington Firebirds, finished with 47 First-Class, 88 List-A and 102 T20 matches to his name since his domestic debut in 2011

With his new role at TDCC, he will be ably supported by incumbent coach Ryan Scivier in a new Assistant Coach role. With Craig's recent retirement from district cricket with the Auckland Aces and newly married Ryan's desire to reduce his involvement the Exec saw an excellent opportunity to bring these two former Pirates back together to guide the Premiers and Premier Reserves sides onto

continued and even greater success in the seasons to come.

TDCC Chair Susie Martin shared "Craig's vast first class playing and captaincy success, both in New Zealand and overseas, speaks for itself and offer Takapuna a prime opportunity to once more have a local player progress to the next stage in their career with us. It displays pathways for players and coaches in line with the club's vision of a community based cricket club of choice. His experience and the strategic and technical skills he can share will be so beneficial for our players"

Craig has expressed his excitement as "I'm extremely grateful for the opportunity to become coach of such a fantastic club and I'm very excited to get started working with an already established squad of great men".

TDCC Director of Cricket Amita Weerakoon added "we are delighted to have Craig as our Premier coach and our plans are also to use Craig's expertise to upskill our parent coaches and student coaches through our TDCC Coaching Pathway program. We are also happy that we are creating the pathway and the opportunities for Craig to enhance his coaching skills to achieve his personal goal of coaching at first class level in the future".

"We would like to take this opportunity to thank Ryan for all his time and efforts as our Premier coach for the last two seasons and producing two very productive seasons for the Club. We wish Ryan all the very best with his new role at Taka and also with his future endeavours".

TDCC are very excited by all that having Craig in the senior coaching role will mean for our players, coaches and club as a whole.

Health and safety is more than Covid 19

Recently in my capacity as a Health and Safety Consultant I have had to deal with another unseen enemy, electricity.

Like Covid 19 it can be deadly.

The first encounter was in a fish 'n' chip shop and a lead trailed across a wet floor to a machine. The lead became a trip hazard and could potentially cause an electric shock.

The second was a worker had an electric shock whereby they drilled into a concrete wall and you could tell that the wall had electrical cables hidden in the wall.

The wall was at a commercial site and no plans were drawn up for the job even though the risk was known. The plans would be called a JSA or Task analysis.

While electricians and plumbers and other tradies drill holes in walls

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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 \$85 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 \$395 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.



Contact us today at editorial@thewesterly.co.nz
or phone John Williamson on 021 028 54178 or
email jbw51red@googlemail.com

Area Columnists

every day, they run the risk of an electric shock as well and simple steps can be taken to avoid a shock. Having a plan is one and the second is isolating the power to the wall is possible as well in order to avoid an electric shock which can be fatal. It may be inconvenient at the time, but mistakes happen and it is better to plan to turn the power off to an area that being badly burned or killed.

For further information on health and safety contact Securo by checking the website www.securo.co.nz or emailing John securo4@securo.co.nz

NZ's largest retail store launch

Average retail sales significantly higher than forecasts at the opening of NZ's largest store, bode well for the sector according to its owner.

Shoppers formed a 200m queue and waited over an hour, with some travelling from Taupo to be among the first to experience a new mega-retail concept introduced to New Zealand recently.

Nido a \$60m locally owned furniture and homewares retailer opened the first stage of their 27,000sqm store after 18 months of construction.

Vinod Kumar, Nido's CEO says the rate of transactions during the first two days far surpassed their expectations and queues to enter the store got progressively larger over the course of the three days as word spread about the launch.

"It was clear from customers that despite the challenging economic times there is a strong demand for retail where the product mix and value proposition resonates with consumer needs - we believe this will offer the sector a degree of confidence as they work through a new business reality in the coming months," he says.

Kumar says their vision was to bring a large format, international retail experience to Kiwi consumers.

"One of the things that surprised us from the weekend was the number of customers we talked to who had travelled from out of their region to visit the store,

"We even had customers from Waikato and Wellington telling us they no longer had to travel overseas to find a homewares product offering that matched their style aesthetic.

"We were also particularly pleased to see the support from a number of West Aucklanders who said they had followed the progress of the development over the past 18 months and felt a real affinity for the local store," he says.



Kumar says they are fortunate to have opened in a post COVID environment as the lockdown provided them with an opportunity to accommodate the constraints of Level 2.

"While delays caused by the impact of COVID-19 were a significant financial hit for us, we are grateful that it has given us the opportunity to plan around the Level 2 restrictions.

"What this has meant is that we were able to create a spacious environment and an atmosphere where customers don't feel rushed or pressured and can once again begin to experience the simple joy of shopping - something that has almost been forgotten in recent weeks," he says.

Kumar says the second floor of the store will be opened in the weeks following the country's move to Level 1.

"What customers will have seen on the shelves so far represents about half of the range we will have when the second floor opens in the coming weeks.

"The high average transaction value we saw over the weekend is particularly reassuring for us given that we had originally based our forecasts on having both floors open - with the second floor holding our higher ticket items such as lounge suites and dining tables," he says.

Kumar says the store's success is expected to provide a further boost for the economy with the creation of 90 more jobs in the coming months.

Being customer obsessed

What does it mean to be customer obsessed? Companies that are customer obsessed typically have a very strong brand and have loyal customers who are willing to refer you to their friends and family.

Being customer obsessed forms part of a company's culture. It drives decision making and problem solving by asking the question: will this improve our customers' experience when dealing with us?

Air New Zealand has been in the news recently for the way that they have dealt with money paid for flights cancelled due to lockdown rules and closed borders. Customers have ended up spending hours on the phone waiting to talk to a person who can help. Credits have been given instead of refunds with the excuse that this is in line with industry practice. Credits have been difficult to use to receive a similar value to the flight originally purchased. Customer loyalty has taken a hit by not being customer obsessed.

It is not only customer facing staff who need to be customer obsessed, it needs to run right through the business. Ask yourself for example:

- Do my products/services truly add value or solve a problem for my customer?
- Do my products/services meet the social, ethical and environmental



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standards my customers want?

- How easy is it for customers to find information on my products/services?
- How easy is it for customers to buy my products/services?
- How easy is it for customer to pay for my products/services?
- How easy is it for customers to get a problem fixed if something goes wrong?
- Am I continuing to innovate to find ways to delight my customers?

Without customers you do not have a business. By putting customers first you are driving value into your business, and ensuring that your customer base continues grows with minimal churn.

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

Four reasons to try an outboard hydrofoil

More stern lift, improved stability, handling and fuel efficiency sounds amazing right? It is, and outboard hydrofoils like Permatrim can deliver that on the right boat and motor set-up.

Hydrofoils are the plates that bolt on your outboard cavitation plate, which increase the surface area of the plate. They work by lifting the boat out of the water as the boat gathers speed, creating less

drag. This helps to increase acceleration, giving you more power and reduced strain on the engine. The faster you go the more lift the hydrofoil gives.

A correctly fitted foil has numerous benefits like the ability to plane at lower speeds and increased trim control, which is especially important as sea conditions change. Plus, they can stop a boat porpoising - i.e. bouncing up and down at high speeds.

While they don't look particularly impressive, they can have a big impact on boat performance.

So how do they work? This basically boils down to fluid dynamics - water moves faster over the top of the plate than the bottom creating a drop in pressure below the foil, which gives it lift.

To help determine if a hydrofoil will help, we'll ask the following four questions: Is your boat lazy to get on the plane? Does your boat porpoise? Have you noticed your boat tends to fall off the plane at low speed when conditions are rough? Is your boat stern heavy?

If any of this applies to you, chances are a hydrofoil will significantly help. However, bear in mind that they affect every boat and motor differently and it's not a one-size-fits-all fix. The only way to know for sure is to trial it. When sea-trialing always make sure you do this with the load and crew you're likely to take the majority of the time as this can have an impact too.

Also, the smaller the boat the more significant the effect of the hydrofoil is.

They cost approximately \$38-\$200+ depending on the size and type. However, you're likely save money on fuel and wear and tear on the boat anyway. And it's a small price to pay for more enjoyable boating.

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For more advice, or to try one on your boat, talk to the team at GT Marine, 156 Main Road, Kumeu or visit gtmarine.co.nz.

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Welcome to 2020 - Part 2

At the beginning of 2020, I was part of 4000 Scouts and Leaders that were having an extremely exciting time at the 22nd NZ Scout Jamboree based at Mystery Creek in Hamilton. We were also busy planning the year ahead with so many new ideas that we had picked up from other Groups and Leaders. 2020 was going to be awesome.



We had no idea of the changes that lay ahead, and new challenges that we would face from lockdowns to Scouting from Home.

We have seen the Scouts go from planning camps and events, to an uncertainty of what lay ahead.

With the combined effort of 5 million, we can now look forward to hopefully a more positive 2nd part to 2020, in what feels like a reboot of 2020.

The excitement is growing again, Scouting members are returning to the halls and planning many events between now and next

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Christmas to make up for lost time.

The lockdown has brought a lot of families together in ways we never imagined, and given families time to reflect on what really matters.

Spending time with families is really important and giving youth the right skills to face the new challenges that lay ahead is equally as important too.

At Scouts the youth learn a very wide range of skills, but the social aspect that Scouts gives has proven important over the past few months.

Adults can be part of this too, you're never too old to learn a new skill or help teach a skill.

If you are interested in becoming a Leader, or have youth that could benefit from Scouts, then please drop me an email (zl.waitoru@zone.scouts.nz), or head to www.Scouts.nz to find out more.

Craig Paltridge. Waitoru Zone Leader.

Donations that take money away from charities

The generosity of the public donating goods to our op shops creates thousands of dollars for New Zealand charities and communities. Unwanted presents, mail-order items that didn't quite fit or the colour wasn't right, furniture that is too big when downsizing, household items. These are all gratefully received. During the recent Lockdown a large number of householders spent time clearing redundant possessions. Many of these have found their way to op shops. But did you know that goods the shops are unable to sell can cost \$5000 or more a year to put in skips and have taken away? Money that ought to be going to the community has to be used to dispose of unwanted items dumped outside premises, or 'donated'. Dirty and damaged clothing, broken toys, chipped plates, even wrecked furniture and old mattresses. No-one will buy these, so those running the op shops have to sort and use their vans and petrol to take and dispose of broken furniture, dirty and torn clothing etc. If it's not sellable, please dispose of it through your own refuse collections or appropriate outlets. Please continue to give your good stuff to your local op shops to benefit your community. It really helps.

Helping your business to survive

Although it's fantastic to be at Alert Level 1, the financial effects

of COVID-19 on businesses will be felt for many months, and possibly years, to come. Now is an ideal time to critically assess your business' expenses and identify where costs can be reduced. We recommend going through line-by-line to ensure your outgoings are strictly necessary for running your business. This could involve contacting your phone provider to review your plan, cancelling unnecessary subscriptions, looking closely at private vehicle use, reducing office expenses by going paperless, using social media platforms to communicate and promote, assessing your premises to see if you could downsize or rent out excess space, reviewing insurance policies, and/or reviewing vendor agreements to see if you can negotiate better deals.

Some business expenses may seem minimal but they can be like a dripping tap: slowly leaking funds, and several small cost savings do add up. Reviewing expenses is something we recommend doing at least annually even when COVID-19 isn't a factor, as it helps to keep expenses in check and improve profit margins.

For help in profitability improvement and other financial insights for your business, please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

Post lockdown 4 Week Winter Challenge

Join our Kumeu Gym Family with our Four Week Winter Challenge. Unlike our usual challenges, this challenge is purely to help you form good healthy habits going into winter.

Each week we'll give you a task that will enable you to learn about different aspects of making healthy choices.

You will also receive four weeks of our SMART Group Personal Training which gives you access to Group Personal Training with our highly skilled Personal Trainers six days a week to give you a kick start into your exercise regime.

Your membership will also include all of our Group Fitness Classes as well as 24 hour access to our facility.

Check out our website www.kumeugym.co.nz our Facebook page Kumeu Gym or call us on 09 412 8932 for more details.

Register now - Challenge start date is Saturday 4 July, there is no "weigh-in", just before and after pics (wearing whatever you are comfortable in). First prize is a \$1,000 training package which includes 10 Weeks of SMART Training and entry into our Shape Up For Summer Challenge and will be based on our trainers' choice of before and after pics.



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High Tea Fridays



Join us for High Tea every Friday in July

Here at **Summerset at Monterey Park**, we know that the last few months haven't been easy, so to help the return to getting out and about, we're putting on High Tea, every Friday for the whole month of July!

Just pop along anytime between 10am and 3pm, on any Friday in July that suits you, and enjoy a range of delicious food and warm drinks on us.

And whilst you're here, why not also get a taste of the Summerset life that our residents love so much. Our team would be more than happy to show you around our beautiful village and available homes.

Our brand-new, modern apartments offer the experience of luxury living in the thriving Hobsonville community.

These stunning homes are available from just \$670,000* and are proving to be popular!

For more information, give our Sales Manager, Diane McShane a call on 09 951 8920 or email hobsonville.sales@summerset.co.nz.

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