

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
What is next?

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

Celebrating 30 years

Circulation is 10,000 print copies.

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

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

June 2020



Greetings

As the world struggles with Covid-19, some would be happier to see priority given to official publication of measures of health and wellbeing over pure economic indicators. When the ozone layer started healing and waters cleared, birds, animals and fish returned and dolphins swam in the Venice canals during the recent lockdown there seemed to be an opportunity to invest in a greener and more resilient way of doing things. As we move forward, and pollution levels rise and shops send unsellable donations to landfill, there must be a better way.

While as individuals we cannot stop the destruction of the Amazon rain forest or the creation of palm oil plantations or the acidification of the sea, we can become educated about regenerative agriculture, issues around climate change, water and power conservation, and become part of an informed movement. Movements change how we think and create more evolved social norms. "Drawdown" edited by Paul Hawken (available through Auckland Libraries) brings together potential solutions to global warming from international researchers and policymakers. Details can also be found at drawdown.org.

This issue of the Westerly looks at many ways in which we can move forward after the restrictions of the lockdown, to try to make our lives better in some ways. Read how some parts of the community got through the time of restriction. See how scouts and guides can empower the next generation. As we gradually work our way towards whatever the new normal looks like, there is much to benefit from in our community. We must remember that many will be doing it tough, and there are articles about navigating through the financial impacts of Covid-19, budgeting and redundancy advice. The CAB can provide ad-vice for many queries.

We can look out for many businesses that need support as they get reestablished, celebrating those that have been long-time parts of the community. Looking forward there are travel suggestions as NZ, Austral-ia and the world gradually open up again. Nearer home we can find many food and drink outlets all needing customers, and health and well-being establishments are now available. Do you know what dysbiosis is? Eat well to avoid it. There is guidance to help you through the property market and related housing issues.

As ever, stay safe and enjoy reading this month's Westerly.

John, editor



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COVER PHOTO: Daniel Risetto - Central Landscapes Swanson

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

DISCLAIMER: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of the Westerly Limited.

Articles are not to be re-published unless written consent is granted from the publisher (Graham McIntyre).

People & Places

Daniel Risetto celebrates 30 years in the landscape supplies business

"The best thing about my business is the customers" says Daniel Risetto, owner of the Central Landscape Supplies yard at 598 Swanson Rd. All his customers would agree that Daniel makes them feel welcome and he and his team go out of their way to make sure people get the right advice and products to get the job done.

Thirty years selling and delivering a wide variety of landscaping products has gone quickly for Daniel who left school at fifteen to work in his father's Penrose yard, the original Central Landscapes site. Daniel, often known as Digger Dan to tradies and customers, worked in several of the Central sites before moving to Swanson in 2003 and becoming owner in 2005. Dan owned and developed the Avondale Central Landscapes business before selling it on to co-franchisees the Marwood family.



The Swanson business services the community over a wide catchment area and Dan's trucks are often seen as far as Kumeu and Muriwai, in newly developed suburbs such as Huapai, Riverhead and Hobsonville and around suburbs from Te Atatu to Henderson. Dan notes that there has always been a keen gardening community

in the west and lots of his customers and landscapers have been visiting the yard or ordering deliveries for many years.



Central Landscapes has a wide range of products for local gardeners and landscapers to choose from. A long association with Living Earth, who make compost from Auckland's recycled greenwaste, means they can offer the top-selling weed-free Garden Mix, Ultra Lawn Mix and (spring and summer only) organic certified Veggie Mix. Dan has several options for mulching plants to keep the weeds down and the moisture in the soil. Over winter, Daniel's trucks can be seen delivering firewood to homeowners and dropping off GAP metal to enable contractors to access muddy areas. Dan has seen the size of gardens become smaller over the past ten years and he and his staff always ensure that all of the products can be purchased in bags, when a truck-load is not easily managed.

Daniel's wife Nichole is also heavily involved in the business, both on the accounting and operations sides. With three beautiful girls to raise they are well embedded in local community projects and supporting sports teams and schools. Their support list is long, but this past year they've found it particularly rewarding to help out with sports uniforms and a monster fireworks night at local Taupaki School and to assist Henderson North Primary with their garden boxes. The Waitemata under 12 League team has also enjoyed Central Swanson support for the past three years as did the Junior Rugby Japan Tour 2019. The Waimauku Scouts Horse Racing Night is also highlight for them to be involved with. And with the future of NZ community sports facing challenges of funding, Daniel and Nichole see the importance of helping out in their community now more than ever.

Central Landscapes Supplies 598 Swanson Rd, Swanson. Phone 09 833 4093.

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Community News

SeniorNet West Auckland

SeniorNet is a community training network that supports and motivates people aged 50+ to enjoy and use technology in their everyday lives.

Join in the fun and learn how to do everything from simple word processing to sending emails and searching the Internet in small friendly and stress free classes. You will gain the skills and confidence you need to get the most out of information technology.

Covid-19 has meant that we have not been able to run classes or Help Days but we are looking forward to getting things moving again in June. Social distancing is something we have to be very aware of.

Our classes are held in the RSA Henderson, 66 Railside Avenue and we also have an open meeting on the 3rd Tuesday of the month in the Kelston Community Centre, Cnr Awaroa Road, Kelston. This is open to everyone and you don't have to be a member to attend. Please see our web site for more up to date in-formation as things are changing so much at present. www.seniornet-west-auckland.org.nz.

For more information please phone our office on 09 837 7600, leave a message and we will get back to you.

Massey Birdwood Settlers Hall facility now open

With level two upon us our hall facility is now able to open, but not without much in the way of preparation.

Like businesses the hall has to be cleaned and sanitised. That has meant all the bench surfaces, taps, door handles, key pads, toilet cisterns have been cleaned and sanitised, using a product called Zoono.

That has meant the 220 chairs have been cleaned and sanitised and 30 tables.

The users of the hall have been provided with protocols to follow, which includes completing a register each time they use the hall with the names and addresses and a declaration noting that they have not been in contact with anyone with Covid-19, or been overseas or have an impaired immune system.

Hand sanitiser has been placed around the hall for people to use and a more regular cleaning regime is taking place.

All such things add to cost and time, yet at the time of writing not all



user groups can return if they wanted to.

Level 2 allows for Aikido and Kung Fu to take place however the Churches that operate of the hall on Sunday cannot because they are only allowed 10 people in their congregation.

By the time people read this story perhaps all will have returned to normal and the country will be in level one.

John Riddell.

Miriam's Money Corner

We have probably all noticed how busy Cash Converters are these days.

Many people borrow or get cash advances when under financial stress but sometimes this means digging a deeper hole of debt for yourself with high interest rates and punishing default fees

There is some good news

1. The Government has fast tracked an amendment to Credit Contracts Act on 1st May making it illegal to charge a customer fees and interest that amounts to more than twice the original amount borrowed - borrow \$500.00 - client not to pay more than \$1,000.00
2. Good Shepherd loans offer no or low interest loans to people on low incomes or with Community Services Card \$1,500.00 no interest . Step Up loans \$5,000.00 6.99% interest . contact 0800 854 009

They have amended eligibility criteria to take account of COVID and will lend to assist with debts and bills, They also help Work Visa holders

About the Author: Miriam Scriven is a volunteer budgeter at Henderson Budget Service Inc. Her clinics are at the Citizen Advice Bureau in Glen Eden. Call 09 818 8634 to make an appointment to speak to Miriam.

Summerset

Summerset at Monterey Park's brand new villas, apartments and serviced apartments offer the experience of luxury living in the thriving Hobsonville

community. Our homes are warm, modern, finished to the highest standard and are now available for you to make your own.

Set on the water's edge with 270 degree views over the water and only a 20 minute drive to the CBD, Summerset at Monterey Park lets you enjoy the very best this unique location has to offer. We are now 90% sold out, with only 25 apartments available out of 237 units. These apartments range from 1-bedroom serviced apartments to



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Community News

3-bedroom, 2-bathroom independent apartments.

If you are interested in having a look around the Village please do not hesitate to give me a call on 021 246 5086 or email for more information on diane.mcshane@summerset.co.nz.

Water shortage issues

As you will know, the severe drought in Auckland has led to water restrictions. These apply to outside use, but everyone is being asked to reduce consumption, especially in the bathroom and laundry. Lots of little things by individuals will add up to a significant saving. Even having a bucket in the shower with you to save water for your outdoor plants will make a difference.

Worldwide it is estimated that nearly 33 megalitres of water are lost each year through leaks, split roughly equally between high- and low-income countries. The utilities call this "non-revenue water", the lost-water gap between what goes in and what reaches the tap. Although with ageing water infrastructure gradually being replaced, there is still a high number of joints, fittings and connections that may allow leaks to occur. This can lead to massive waste in power being used to pump water that never reaches its destination. Go to drawdown.org and search for "water distribution efficiency" to learn more.

Waitakere Fire Brigade

Well done to you readers who are part of the team of 5 million who through the actions of complying with lock down, social distancing, and keeping within our bubbles has allowed us to get on top of the virus and gain some well-earned freedom.

Fire Brigades like all emergency service teams continued to look after their communities but with a few changes. Brigades formed operational bubbles that kept together for the duration of Alert Level 4 and 3 which allowed us to respond to incidents and keep ourselves and the community safe. We also ceased all social and educational visits to the stations and stopped non-essential training. The other big change was the cleaning of all gear and fire trucks after each call which meant everything was hygienic for the next incident.

In Alert Level 2 training at fire stations has started with a few changes to make sure we comply with the social distancing and hygiene requirements.



As we all know Auckland is in a drought. the total volume of water stored in our dams dropped below 50 per cent for the first time in more than 25 years. The Waitakere Brigade has 45,000 litres of water stored in underground tanks and will use that water instead of mains supply.

All fire stations have stopped using mains supply water for training purposes as we all need to do our bit.

Keep safe and enjoy time with your family.

Denis Cooper, deputy Chief Fire Officer.

Bridgestone Westgate – over 20 years at Westgate

The Covid 19 is well and truly flattened and we were happy to help out the essential services in our Community by fixing their tyres during lockdown – we saw all the amazing Nurses, Supermarket Employees, Pharmacists, Service Station Employees, Courier and Delivery Drivers working around the clock to keep the Community safe and we think you guys are AWESOME.

Thank you also to the Westerly Team for preparing the business directory during lockdown, locals supporting locals. This type of support will get our Community working together, supporting local jobs and it will keep our local economy going.

If your car has been a bit idle or you are about to start up the commute again, please pop by and see us at the big red building behind McDonalds, 1 Cellar Court, Westgate, (Tel 09 833 8333) we will be happy to give your tyres a no obligation safety check, you will always receive free, honest advice from us at Bridgestone Westgate.

We wish you all the very best as we head into uncertain times #weareallinthistogether #loveyourlocal.

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In Brief Updates

For The Kids Too

When you wear jewellery that is inspired by the people you love, it not only gives you, the wearer, a sense of comfort and connection to those people, but it also give those people a sense of connection to you too.

When I wear my "Initial Love" pendants, it's not just about me keeping my children close, they totally love seeing their initials hanging around my neck. They will often talk about the pendants and even play with them, given the chance. I am sure this reaffirms to them how much they are loved and reminds them that they are always in my thoughts and in everything you do.

If you'd like a piece of jewellery to keep you connected to your children, visit my website www.preciousimprints.co.nz. You can choose from earrings, rings, necklaces and more. Or email me at jo@preciousimprints.co.nz if you have a design ideal you would love to see turned into a piece of jewellery.



St John Health Shuttles

The West Auckland St John Health Shuttles are a free service for all West Auckland residents. The 2 shuttles are driven by volunteers who are engaged by St John and have to be police-checked and go through various St John training programs before being approved to drive.

We pick people up from their homes in the shuttles and take them to any number of different types of health related appointments (eg: All the different Waitakere Hospital clinics for adults, children and babies, Physios, Blood testing, Medical centres, Opticians, Scans and Xray centres etc). Once the person has completed their appointment or treatment we then take them back home again. Our vans are equipped with wheelchair hoists so transporting people who have to use a wheelchair is no problem at all.

Our service was shut down during the Covid lockdown period but we have resumed our service. St John are taking bookings again now. We have many families from the West Auckland districts that use our Health Shuttles but even so our St John free Health Shuttle



service is not widely known so we would love to tell the community about it so we can help more people in need of transport to their appointments. If you can assist us with this that would be most appreciated. Phone 0800 9252 672.

Helloworld Travel Hobsonville

We will be back in the office under Level 2 and we are open Monday - Friday 9am - 5pm.

We are able to help with your domestic travel, flights, hotels and tours and once the borders open, for Australia and the South Pacific. A lot of people will be wanting to take advantage of a winter break once these borders open as holiday destinations further afield are not an option for us at the moment. I urge you to book as soon as you are able and to have a couple of options should your first one not be available. I feel the Pacific and some Australian destinations are going to be popular over the next few months and the Pacific is awaiting our business as their source of income is tourism. A great thing is most of the Pacific is Covid free with only a few cases in Fiji and none recently making these islands a safe place for us to visit. Our staff are very knowledgeable on Australia and the South Pacific so we are able to help you choose which destination is best for your holidays whether it be for shopping, relaxing, adventure or creating those family memories we can help. Please call us on 09 416 1799 or email hobsonville@helloworld.co.nz.

Hobsonville Church

Hobsonville Church was built in 1875 as a combined meeting place, church and school incorporating a graveyard in the grounds at 1 Scott Road, Hobsonville. The land was given by Rice Owen Clark, one of the first Hobsonville settlers. Hobsonville had by then developed into a thriving community of some



25 to 30 houses, with a mixed economy based on brick and pottery production and farming. The building and graveyard are a Listed Historic Place on The New Zealand Heritage List / Rārangī Kōrero. The building is constructed of kauri, most of it pit sawn with a simple, gable design. The earliest recorded burial in the graveyard is 1875, and in addition to R.O. Clark, all five of the original trustees of the land in 1877 are buried in the graveyard, Joshua Carder, R O Clark Jnr, Joshua Ockleston, Thomas Scott and William Sinton, along with members of other Hobsonville settler families, including Anderson,



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Boyd, Luckens, Midgley, Williams and Wiseley. The graveyard also contains monuments to individuals who died in both the First and Second World Wars, including P.L. and H.L. Midgley, grandsons of R O Clark, who respectively died at Gallipoli (1915) and from wounds received in France (1918), and E.C. Thompson of the Royal New Zealand Air Force (1944).

A walk through the graveyard reflects the strong connection Hobsonville had to the brick and pottery making industry, with the graveyard monuments commemorating significant ceramic manufacturers, including Clark, Carder and Vazey, and other Hobsonville potters including Cater, Holland and Ockleston.

Names of these early settler families are found in local road names, including Clark Road, Carder Holland Way, Luckens Road, Midgely Road, Ockleston Landing, Scott Road, Sinton Road, Williams Road and Wiseley Road,

Clark Lane contained houses for the Clark pottery workers.

Ngaroma House Drive and Vazey Way are near the remains of Clark's brickworks and the intact Clark residence "Ngaroma".

Originally surrounded by farmland, the Church is now bordered by intensive housing development and an expansive Ryman Retirement Village currently under construction.

The building is available for weddings and other events as a community and meeting venue. More information can be found at hobsonvillechurch.co.nz.

What is next?

As we have moved out of levels four and three, we have all gain a different prospective on life and have learnt to appreciate the little things in life such as freedom.

To the essential workers in our community who have worked so hard to keep things moving along for all of us over the past several weeks we are truly grateful.

Despite an invisible presence YOU Travel Westgate, like other agencies have been working behind the scenes, while our shop has been closed, we have been offering continued support to all our clients from our homes. We have been processing refunds, travel credits and helping clients prepare for when the travel restrictions are removed. We have been here for YOU.

With news that we can start to travel domestically, it is a great opportunity for us to visit the many amazing places we have here in New Zealand. Whether you want to go skiing in Queenstown,



panning for gold in Arrowtown, punting along the Avon River in Christchurch or being a tourist in Wellington. The choice is yours.

Now is the time for us to show support to our tourism industry, take this time to explore New Zealand and support the tourist operator who are struggling to survive.

YOU Travel Westgate can help you plan a dream trip to one of New Zealand's dream destinations.

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.

Netsafe

As Netsafe's research shows that 20 percent of young people can't participate in daily activities because of harmful online contact, digital parenting is now more relevant than ever before. They have created an Online Safety Parent Toolkit to help parents in this rapidly changing world.



The Toolkit is a simple and practical seven step framework to help parents with digital parenting in a rapidly changing world. It explains the online challenges young people are likely to encounter, how to best support them and what you can do to teach your child to have a safer online experience.

The Toolkit gives every parent and caregiver access to the support they need to teach their kids how to access digital opportunities and reduce harm. It is designed to overcome any perceived or real technology knowledge gaps between what parents know and what their child knows - or thinks they know.

By working through the framework, parents will get to a place where they can confidently speak to their children about their activities and help them avoid or minimise possible harm.

At the heart of the Online Safety Parent Toolkit is a seven step framework that guides parents through online safety conversations with their child. It helps parents to:

1. Understand potential risks, challenges and sometimes illegal



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In Brief Updates

behaviours

2. Learn about their tamariki's activities
3. Explore for themselves the technology their child uses
4. Agree and set expectations as a family on what to do online
5. Teach basic online safety concepts
6. Model the behaviours you want to see your child use
7. Plan what to do if things go wrong

For details visit netsafe.org.nz and search for Online Safety Parent Toolkit.

We're back to help

During the lockdown Citizens Advice Massey was still helping people, through phone calls and email. We were also part of the team that rang the vulnerable for the Ministry of Social Development. It's been great to reopen for face to face clients.

It's been a time of real stress for so many people in our community, which continues with many finding themselves in situations they never expected. The CAB is here to help everyone regardless of their issue. Some of the issues that people are coming to us about include being made redundant, or asked to take a pay cut.

It doesn't matter what your question is. We'll help, and if we can't help you directly, we'll find someone who can.

If you think you'd like to join the team in helping to provide this much valued community service just give us a call or if you've got any questions about almost anything, we have great information on our website www.cab.org.nz, including up-to-date information about Covid-19 related issues. If you can't find the answer on our website, give us a call on 09 833 5775 or 0800 367 222 or send us an email massey@cab.org.nz.



Waitakere Grey Power Association

We have been living in unprecedented times with various stages of lock down with the Covid-19 worldwide pandemic. Citizens over 70 years old and with compromised immune systems have been

urged to stay at home. We have had an outbreak of Covid-19 at St. Margaret's Rest home in Te Atatu South which was contained. Waitakere Grey Power and Zone Two, Northern Region, have been run effectively from my bubble and our Committee bubbles. We have had to cancel two Committee meetings. I remind members who haven't renewed their subscription that they can still do so, \$20 single and \$30 a couple by contacting our Office on 09 838 5207.

We invite all members and friends to our Annual General Meeting to be held at 1.30pm on Wednesday 11th June 2020 at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. A Guest Speaker will be advised on the day. We can assure members and friends that strict Covid-19 hygiene standards will be observed. At the conclusion of the meeting all those present are invited to stay for refreshments. We will be taking nominations from the floor for vacancies on the Committee at the AGM. All people on National Superannuation will have been receiving the WINZ Winter Energy Package from 1 May 2020 until 1 October 2020 so keep yourselves warm. Auckland Council has extended the Rates Instalment due to be paid by 29 May 2020 until 31 August 2020. If you are in hardship please contact the Rates Department at Auckland Council on 09 301 0101. A letter detailing assistance for rates came out with the last instalment in early May. I hope you are all keeping well and staying isolated and look forward to you breaking out of your bubble to come to our Annual General Meeting on Wednesday 11th June at 1.30pm. Written by Mate Marinovich, President, Waitakere Grey Power Association 247 Edmonton Rd, Te Atatu South, Auckland.

Support Kiwi business

We hope this finds you all safe and well?

Like many of you, whilst we've been in lock-down we've been 'stay-dreaming' about all the amazing places we'll explore when it's safe to venture out - first at home, then across the ditch and later further afield.

As New Zealanders we're lucky that there's no better place to live or to explore, than the place we call home.

House of Travel is 100% Kiwi owned and operated and we're proud to have supported our local communities for over 30 years. We're locals too, so we know what Kiwis want in a New Zealand holiday.

We're in the process of creating Holidays@Home, a collection of our favourite New Zealand travel experiences, incredible deals and our owner operators will share their best kept hometown secrets and hidden gems. Whether it's skiing in the Southern Alps, star gazing from your private glass roofed skybed, hitting the road, kayaking the Abel Tasman, indulging in amazing gourmet experiences or something off the beaten track; New Zealand offers an abundance of unique adventures and cultural experiences.



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
Mitre 10 Mega Westgate	Massey Library
Countdown Hobsonville	Whenuapai Dairy
Countdown North West	Hobsonville Point Dairy
Mike Pero Hobsonville	Season's Market Massey

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One Tree Hill - (09) 582-1111

Albany - (09) 414-5484

Hobsonville - (09) 666-0240



In Brief Updates

Whatever 'your' perfect Holiday@Home is, we can make it happen. Now is the time to discover the best Aotearoa has to offer. If not now, when?

When travel is allowed to Australia and beyond please give us an opportunity to show you what a difference a locally owned, Kiwi travel company can make. #supportlocal.

Mike (Buzz) Thomson and the team at House of Travel Hobsonville
09 416 0700 Hobsonville@hot.co.nz 225 Hobsonville Point Road, by appointment only under level 2 lockdown.

Did you know all the COGYs have identical numbers?

Every time you see COGY, check the number. How many of us can you find? Take a photo, post it to your facebook, tag @gogocogy (Much Ado about COGY). Find 5 different COGYs and we'll give you \$100 voucher from Pekopeko restaurant on Hobsonville Road (campaign ends on 15th November 2020). For more, info@COGY.net.



I am working on a project to encourage wheelchair users and their families.

If you know anyone who does not like their wheelchair bound life, please send this video link to them as a gift. It'll surely brighten up their day. youtu.be/6UxBlf7D85c. Thank you for your support.

Paper recycling resumes, but some plastics will go to landfill

Kerbside recycling services are not affected and continue as usual.

Paper and cardboard recycling processing in Auckland resumed as normal in May, as Auckland Council has been able to secure an overseas market for up to 4000 tonnes of mixed paper and cardboard materials.

Auckland Council will continue to recycle plastics numbers 1 and 2, commonly used for soft drinks and juice bottles, milk bottles, shampoos, detergent and salad dressing. Other plastics represent less than 4% of the total recycling market and will be sent to landfill for the time being.

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Councillor Richard Hills says that Aucklanders should continue to put recycling out as normal. Even with the market disruptions we are still recycling 96% of materials including aluminium, steel, glass, paper and most plastics. We have been able to find a market solution for papers, but the recent requirement to landfill some of our plastics highlights the need for us to be able to deal with our recycling onshore, instead of relying on other countries.

The Mobile Car Specialists – open for business

From our experience over the past few weeks since dropping from level 4 - everyday Kiwis are keen to 'get moving' again.

And for us personally, it has been a great feeling to be able to meet friendly people and work on their cars as we did not so long ago.



Please know that we are open for business and able to provide our services to you throughout levels 1 and 2.

Like you, we are doing our best to show our support to other small to medium sized businesses by continuing to trade, and our thoughts go out to those who aren't able to resume business due to the shutdown of our economy.

If you would like to have any of the below services carried out on your car / vehicle, then please get in touch for a quote.

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French Language immersion weekend in October 2020

Bonjour les Francophiles.

Catherine and Patsy from Boutique Tours France invite you to join them for a French language immersion weekend in Matamata this October. Are you a bit of a Francophile, you like the language of Voltaire, you like to speak French, or you want to improve your French?



Catherine and Patsy organise tours to France every year. This year however, due to Covid 19, all travel to France is cancelled. So, the ladies bring a bit of France to NZ. The Immersion weekend is in a gorgeous barn setting in Matamata.

From Friday evening onwards you will be speaking and hearing French for the whole weekend. French language, culture, cooking demonstration, games, movie, quiz...it's all in the package Boutique Tours France offers.

Cost: \$550 per person - this includes 2-night accommodation - 2 continental breakfasts - 2 lunches- an al fresco dinner - 3 course feast dinner - drinks - 2 tutors et beaucoup plus.

French language immersion weekend 16/18 October 2020 - only 8 places available -If this sounds like or you would like to know more? Contact boutiquetoursfrance@gmail.com.

Navigating the financial impacts of COVID-19

There's no doubt that the financial impacts of COVID-19 on New Zealand businesses are enormous. The government has a comprehensive relief package that continues to developed, with

a number of options available to help keep small businesses operational. However, it can be difficult to navigate the help options available with a veritable onslaught of evolving information. We can help you to assess your options for staying afloat so you can take full advantage of all of the assistance available to you. In addition, we can help you with cash flow forecasting, improving your business' profitability, budgeting and business continuity plans for different scenarios that the future may hold. You are not alone in this - our experts are here to help.

For help in navigating the financial impacts of COVID-19 please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

A helpful resource for those you love

Many people enjoy word puzzles. Word search puzzles are also beneficial and can be enjoyed by people with memory loss, dementia, or brain injury. However, a puzzle which is too difficult will cause an individual to lose interest, cause frustration, and even lower self-esteem. What is needed are puzzles designed to suit people with cognitive challenges. Ideally with different levels of difficulty so



the puzzles can be matched to a person's ability or mood. It would be helpful if words to be found are written left to right or top to bottom, not backwards or diagonal. Mindjig Word Find Puzzles offer just this, with specific themes to help trigger memories in New Zealanders. We want people to enjoy their puzzles, feel uplifted, with a sense of achievement. Find these and other helpful and fun products at www.mindjig.co.nz, phone 09 600 3251, phone/text 022 480 3022, or email info@mindjig.co.nz.

Trust Services Board takes pay cut for the next six months

Members of the West Auckland Trusts Services Ltd. (WATS) Board, led by Chairman Brian Corban CNZM QSO, have decided to take a 20 per cent pay cut for the next six months.

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Mr. Corban said that the Board was following Prime Minister Jacinda Ardern's lead to show solidarity with those who have been impacted by the effects of Covid-19.

"The impact of Covid-19 will be felt throughout all of New Zealand. This is a small way of standing with those in our West Auckland community who have been affected at this time," said Mr. Corban.

The 20 per cent pay cut represents an average of \$10,000 per Board member for the six months.

In addition, Linda Cooper, President of the Waitakere Licensing Trust and Pam Nuttall, President of the Portage Licensing Trusts have both agreed to take a 20% reduction in their \$30,000 annual honorarium for six months.

The majority of the Trusts stores have remained open during the level four lockdown, and in addition to serving locals, The Trusts are focused on what can be done for their local community during this difficult time.

"We have heard from a number of local community groups that they are struggling with the increased load on their services.

"We are working alongside the elected members of the Waitakere and Portage Licensing Trusts to determine how we can best help West Auckland in the short, medium and long term through this crisis," said Mr. Corban.

The Waitakere Licensing Trust and Portage Licensing Trust have responsibility for the sale of alcohol in some retail outlets and hospitality venues within a set geographic boundary in West Auckland. Established by a community vote, they are collectively known as The Trusts. The Trusts are community-owned and governed, with the aim of giving back to West Auckland.

Slow computer?

If you've got/ experienced a slow operating computer, you will agree it can be a headache. Fortunately we can offer you the most affordable way to boost your computer's operating system that not only increases loading times by up to 70%, but has options to increase your storage capacity.



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has no moving parts. SSD storage is much faster than its HDD equivalent. HDD storage is made up of magnetic disks and has mechanical parts inside, just like a vintage record player.

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For more please come to IT@Hand Computer Services on 3/322 Main Road in Huapai (next to Ray White). Phone 09 412 9227 or Email huapai@itathand.co.nz.

Did Scouts stop during the lock down?

No, not at all! In fact, Scouts NZ released a Scouting From Home programme, not only for its members, but also made it available to all New Zealanders for free during level 4 as an act of appreciation of the support the community has given Scouts over the years.

While we were unable to meet at the halls, a lot of the groups have been holding weekly Zoom meetings.

It was encouraging to see the youth tune in each week to share their stories and take part in activities like virtual treasure hunts, games and checking their knot's knowledge using a pair of lace up shoes.

Some groups have shared Zoom meetings with groups in different parts of the country whilst others have been sharing their virtual time with groups from around the world.

We saw groups take part in an international camping in the lounge event, one local youth I heard of was missing Scouts so much that he slept in his tent for an entire month.

I was amazed to see how Scouting went from a weekly adventure at the halls to a weekly virtual social event.

With many challenges to overcome as we work through the challenges of running groups while protecting our members bubbles. We see youth organisations such as Scouting becoming

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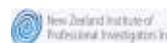
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In Brief Updates

more important to the social development of our youth.

If you are interested in finding more out about Scouts, then visit www.scouts.nz to find your local group or email me at zl.waitoru@zone.scouts.nz. Craig Paltridge, Waitoru zone leader.

Kumeu Arts is open

Kumeu Arts is open again and easing back into life with some wonderful exhibitions this June. In the main gallery 'Lockdown Art' is a collection of artwork as well as writing which aims to explore individual and collective responses to the Covid 19 situation. Many members of Kumeu Arts shared their work online during lockdown and found solace in their art and creativity. There will also be an opportunity for visitors to reflect and add their own thoughts to a communal instillation of writing. While in the POD gallery the work of fine art and botanical photographer Marina De Wit will be featured. De Wit's award-winning series conjures up a sense of nostalgia and tradition while capturing the ephemeral beauty of flowers - each one named after the women who inspire her. The shop is also open so come and support local artists. Visit kumeuarts.org for new opening times.



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The single bedroomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of bush, sand dunes and the sea. We have upgraded the sofa bed in the lounge with a luxurious queen size tilt down bed. Easy to access and tilt away when you want to sit on the sofa.

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Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and our brand is now a global institution with over 40,000 students in 20 countries. New Zealand Kip Centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with NZ school programmes. We were recently awarded the Reader's Digest Gold Award for educational tuition in NZ.

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Reinvent your home for winter

Whether you're inspired to spruce up your home post lockdown or thinking about how to warm up your home with winter just around the corner, curtains are one of the best ways to create warmth while making your home look fabulous too.



For almost two decades Kathryn Enchmarch has been creating beautiful interior furnishings for beautiful spaces, specialising in a wide range of soft furnishings and window treatments. Our love of fabric and keeping up with the latest fabric technology allows us to create pieces for clients, whether it's a stylish way to warm up your home or something personal and unique.

Kathryn is a Muriwai local available Auckland wide so if you would to discuss soft furnishings for your home, call 021 579 040 or email Kathryn@kathrynenchmarch.co.nz. Virtual consultations also available. www.kathrynenchmarch.co.nz.

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Property

Property market report

It is a time for prudent financial decisions, long term planning and wrestling your bank manager or mortgage broker into submission.

The values in property pockets like the North West of Auckland is a mix of lifestyle living and higher value residential. This has enjoyed consistent growth in equity over the past 10 years and has allowed many locals to cash up and move to freehold semi-retirement living up north and in the Coromandel. Like the Share Market, property value only changes on the sale of the asset, however it is financed by the paper value by-in-large. Like-wise through change and uncertainty we see sellers and buyers become very opinionated about value and this in turn reduces the number of sales achieved and in many instances holds prices high. Sometimes the option to rent the asset delivers excellent cash-flow and may be enough to span the financial tide. Free market rent data is available at any time by emailing graham.mcintyre@mikepero.com.

The property marketplace may change over the next six months, with an election due and when mortgage holidays, extended loans from banks, and cash injections from MSD and IRD creep to a stall. However at this time property prices are stable, property coming onto market is light and demand is reasonably good. Confidence is weak but building, and although opinion is strong, we don't predict a significant change in pricing in this market although sales volumes will fluctuate.

Let's look at the sales results:

Hobsonville Residential	\$1,305,000 to \$1,750,000
Massey Residential	\$597,000 to \$1,050,000
Swanson Residential	\$354,783 to \$1,450,000
West Harbour Residential	\$760,000 to \$1,390,000
Westgate Residential	\$910,500

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).

Rent disputes

Arbitration clauses in leases provide a mechanism for landlords and tenants to resolve disputes which they may have without resorting to court proceedings.

A potential number of arbitral disputes may arise out of the Covid-19 lockdown as to whether or not a tenant can reduce or stop paying their rent - and for how long.

It is not yet clear what will be interpreted as a "fair proportion" in determining the amount of rent that will cease to be payable during this period.



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There is also a difference of opinion whether the reduced amount will be completely written off or merely deferred for payment later on.

Should you need any advice on your rights as a landlord or tenant, or if you would like someone to assist you in working things through with your landlord or tenant, you can send an email to info@kempsolicitors.co.nz or call us on 009 412 6000.

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How to own a title of the family home (between spouses)

When purchasing a property and registering the title in your individual names you will need to decide how you would like your individual names to be registered on the title.

Joint tenants is most common and this is where two or more individuals own the property. On the death of one party, the property passes to the survivor/s, irrespective of any provisions in a Will. Spouses may wish to have this option, particularly if they have a large mortgage together.

However if either party has a child, or children, from a previous relationship then joint tenants might not be the preferred option as it would mean children of a prior relationship might not inherit their parent's share in the property.



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The alternative is tenants in common and this means you own a specified share in the property, in equal or unequal shares. You can leave your share in the property to the beneficiaries named in your Will.

It is not uncommon to have blended families and special consideration should be given to the situation that could arise when one party dies. You might wish for your children to inherit your share of the property you jointly own with your spouse, but at the same time you don't want your spouse to have to sell the property or to take out a new loan to buy your children's interest in the property. A right to occupy the property for an agreed period of time might be a suitable option, or alternatively life insurance.

Careful consideration should be given to how you own the title of your family home, or any property, and follow this through in your estate planning. This is best done when you purchase the property but it is also possible to change the way your names are registered on the title later.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you with your estate planning and advise you on your family's needs. Telephone 09 973 5102 if you have more questions.

Redundancy looming?

Redundancy is a hot topic at the moment. For a struggling business, reducing staff numbers will cut costs. But if you're a business owner thinking about this, you need to also consider the downsides of redundancies and the alternatives to that. Just a short time ago,

employers were complaining that it was hard to find good staff. In business, it is important to think about the long game.

There are strict requirements that must be followed to lawfully end employment, and getting it wrong could be costly. For employees, it pays to understand the requirements and the process for making staff redundant too. A failure to follow the process may allow an employee to raise a personal grievance for unjustified dismissal.

In order for a dismissal to be lawful, it needs to be for a good reason and carried out via a fair process. Redundancy is a good reason for ending employment. Redundancy is where a position is superfluous to the needs of the employer. It is concerned with a position as opposed to a person.

In terms of process, the law requires a good faith consultation process to be undertaken before a decision is made. This involves providing an affected employee with a proposal containing sufficient supporting information; giving them the opportunity to provide written and oral feedback on the proposal; reminding them of their right to have a support person and to take advice; and genuinely considering their feedback before making a decision. There may also be particular requirements in the relevant employment agreement which must be followed.

Employment law specialists are available to help employers avoid costly and time consuming claims. They can also help employees facing a possible redundancy to make his or her response to the proposal as persuasive as it can be. They can also help employees who have lost their job to review the process and advise if it was unlawful and what can be done about that. If you'd like some advice in this area, contact Henderson Reeves 09 281 3723.



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Area Property Stats

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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	395M2	280M2	1,365,000	WEST HARBOUR	1,300,000	741M2	295M2	1,241,000
	460,000	227M2	232M2	1,750,000		880,000	661M2	150M2	760,000
	1,350,000	361M2	264M2	1,305,000		1,100,000	659M2	220M2	1,172,000
MASSEY	850,000	419M2	154M2	886,000		1,100,000	360M2	194M2	1,080,000
	600,000	928M2	80M2	650,000		1,340,000	709M2	310M2	1,390,000
	750,000	609M2	80M2	798,000	WESTGATE	870,000	189M2	163M2	910,500
	690,000	912M2	100M2	597,000	WHENUAPAI	8,045,000	5.22M2	220M2	8,050,000
	450,000	362M2	151M2	890,000					
	860,000	261M2	180M2	958,000					
	870,000	653M2	210M2	950,000					
	990,000	303M2	189M2	1,050,000					
	630,000	357M2	85M2	710,000					
SWANSON	900,000	408M2	162M2	910,000					
	945,000	1HA	220M2	1,120,000					
	850,000	350M2	152M2	895,000					
	455,000	478M2	0M2	354,783					
	450,000	472M2	0M2	354,783					
	1,250,000	612M2	327M2	1,415,000					
	475,000	600M2	0M2	1,450,000					

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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HIGH MOTIVATION IN MASSEY - 675SQM

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20 Hartley Terrace, Massey By Negotiation

Looking for a traditional single level kiwi weatherboard home with polished wood floors and loads of character, then look no further. A genuine 1960's bungalow that has been refreshed over time to offer a very honest and genuine home with land at the front and back, a fully fenced back yard, storage galore, and in a quiet Massey cul-de-sac location. The home has a generous semi-open plan living, dining, kitchen which opens to north-east decking overlooking an extensive back yard. Independent laundry and a central hall linking to three bedrooms, bathroom and separate w/c. First home buyers and investors should certainly have this home on the list. The home is tenanted and the tenants are happy to stay on based on their current arrangements.

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4 2 2

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22 Vina Place, Massey By Negotiation

Large home on a large plot of land serving up a great opportunity for a Kiwi family wanting to create and style the perfect home. The home has an easy flow through open plan lounge dining to north east decking overlooking fully fenced back yard and two level play house. Offering four generous bedrooms, office nook, ensuite and main bathroom to ensure limited congestion in the mornings. Central kitchen, storage and laundry area delivers an easy transition to getting jobs done. High stud cathedral ceiling and character features, this home is unique and offers personality plus. Some cosmetic improvements would make this home truly amazing, so view with a mind-set to stamp you mark on "great bones".

www.mikepero.com/RX2250920



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027 632 0421

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36 Fordyce Road, Parakai By Negotiation

Easy care home on 520 square meter section, this property is perfect for a family or an investment in a great semi rural environment. Offering four bedrooms, including master with en-suite and open plan entertaining living opening out to north west patio. A double garage with options for workshop keeps toys and tools off the street. Minutes to convenience shopping, primary school, transport, inner harbour access, park and the popular Parakai pools. It's not only a home it's a destination.



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By Negotiation

46 Zefiro Drive, Massey By Negotiation

Set at the end of a ROW, this well cared for, well maintained, north facing home enjoys all day sunshine within a safe and secure fully fenced environment. Ideal for children &/or pets. Enjoying 609 square meters of land with loads of off street parking - up to 8 cars, a fenced lawn area which leads onto a private deck with established plantings and open pergola. The home has four bedrooms, huge Master with walk-in Wardrobe/Ensuite, family bathroom & separate WC. There are options here for extended family living or a border. Open plan entertainers living with two lounges flowing onto decking areas. Close proximity to Westgate shopping center and convenience shopping, schools a plenty in the area as well as close motorway access and walking tracks through linked local parks.

www.mikepero.com/RX2255417



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



CLASSIC KIWI BUNGALOW - BEST LOCATION

3 1

By Negotiation

62 Tudor Road, Henderson By Negotiation

Altogether a Home and Palapa (Mexican style Pergola) on an easy care and fenced 683 square meter section. It is not only what is on offer on the property it is a location that offers peace and privacy, yet is only a short stroll from shopping, restaurants, transport links and motorway access. The home is a genuine and classic bungalow that has been crafted to enjoy three bedrooms and two lounges although the hero of the home is an exquisite open plan entertainers kitchen and lounge and the infusion of a second lounge with the attached Palapa offering an extra open air living space for all occasions. A property that is fenced for dogs, cats, kids and peace-of-mind, the section has established glades of mature plantings which delivers pockets of shade and privacy.

www.mikepero.com/RX2269727



Graham McIntyre
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



WAIMAUKU ON THE HILL - PRECAST CONCRETE AND WEATHERBOARD

6 6 3

\$2,875,000

911 Old North Road, Waimauku Asking Price \$2,875,000

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Central's Tips

June 2020



Winter is here ... now is the time to protect frost-sensitive trees like tamarillos and citrus and to put cloches on young vegetables.

Plant silverbeet, winter herbs and strawberries.



Cover sensitive vegetables with cloches

Upcycling clear plastic bottles works well - just add a couple of holes for air vents.

In the Edible Garden

- **Coloured Swiss chard** or 'Brightlights' silver beet as it is known is a great sight in the vegetable bed now
- Plants that are struggling to grow as it gets colder and wetter benefit from a **cloche** which is a clear protective 'hood' that limits chill. Simple cloches are made from cutting the neck off plastic drink bottles (great recycling) and upturning them over the plant
- **Lift strawberry runners** and trim away from the parent - these can be planted in fresh Garden Mix as new plants for the summer season
- Herbs that contribute to winter dishes are **rosemary, thyme, bay leaves and parsley**. All are easy to grow and will become an edible garden staple



Lift strawberry runners

Get free new plants all ready for the next season - they generally produce more too

The rest of the Garden

- **Camellias** are a wonderful winter flower with flower shades from white and soft pink though to deep rose and red. Sasanqua varieties make excellent hedges and will flower now
- Gardens visited by **Jack Frost can experience damage on tender NZ plants** such as tree ferns, pukas, renga renga lilies and some coprosmas. Fruit trees such as citrus and tamarillos also experience frost burn. On still, cold nights frost cloth will protect these beauties
- NZ's best-known dwarf **Kowhai 'Dragon's Gold'** will start to flower around now. It's easily clipped as a shrub, hedge or topiary and it's a bright look in winter



Add winter colour with Kowhai 'Dragon's Gold'

This miniature kowhai is great for bringing some bright colour into your winter garden

Project for June

Order your Firewood

Stack firewood while it's dry. Happily we've had a long dry summer and autumn, so our wood is ready to burn. Central Landscapes most popular firewood is ECO hot Mix, a blend of pine and hardwood for optimum burning time.

To order firewood, go to www.centrallandscapes.co.nz/collections/firewood





We dig your support

Thank you to all our customers who have supported us as we re-opened at Level 3.

We appreciate your understanding and patience as we roll out our new ways of shopping safely.

Happy gardening to you all.



Please call or email to place your order: Central Landscape Supplies Swanson
09 833 4093 • swanson@centrallandscapes.co.nz
www.centrallandscapes.co.nz • 598 Swanson Road, Swanson

Hot Property



Massey – so close to everything at a small budget

With the rapid development of malls, mega-stores, and an extensive future transport hub, Massey is a fast populating real estate node that aims to deliver an uplifting metropolitan lifestyle.

Set within this area is a mix of older style, refurbished bungalows on land and a mushrooming of attached townhouse developments marketing to buyers through the \$600,000 to \$900,000 property

market.

One captivating property in Zefiro Drive offers more than most with a 609 square meter section with large concrete parking area, fully fenced grass and decking facing north to capture the best of the sunshine.

In this regard it is ideal for Children, Pets and Family Barbeques.

The home has four bedrooms, huge Master with walk-in Wardrobe/ Ensuite, family bathroom & separate WC. It has been well cared for, inside and outside but also retains options for an Owner wanting options here for extended family living or a border.

Open plan entertainers living with two lounges flowing onto decking

Hot Property



areas.

Options also for single or double garaging, while outside has extensive all weather play area including inground sand pit.

Close proximity to Westgate shopping center and convenience shopping, schools a plenty in the area as well as close motorway access and walking tracks through linked local parks.

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

Camellias for your garden

It is hard not to notice the flowering camellias in gardens at the moment. These are the early blooming camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter. Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.



Awa Nursery currently has a huge range of camellias in many different colours. We have camellia sasanquas, an early flowering variety from March onwards, camellia japonica and camellia reticulate hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it is best to feed them when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface, so it is important to keep them cool in the heat of summer with a layer of mulch. If possible, plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your camellias which will assist them to stay healthy and keep the foliage the deep glossy green that we all love.

Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

SPS Plumbing Services Limited

Hi I'm Scott, the owner/operator of SPS Plumbing Services Limited.

I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying Plumber with 15 years' experience.

I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in Orewa and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes and dishwasher and washing machine installation.

SPS Plumbing Services Limited - Scott Sutherland, Certifying Plumber. Phone 0274 300 251 www.nocowboys.co.nz/businesses/sps-plumbing-services.

Why investing in a Signature Homes House & Land Package is a smart choice

Do you want to purchase an investment property, but you're not sure where to start? Are you unsure whether buying an existing home or new build provides better returns in the long run? Read on to see why a Signature Homes House & Land Package could be exactly what you're looking for in your investment journey.



Low maintenance - A brand-new Signature Homes House & Land Package ensures your investment is warm, modern, low maintenance, and exceeds current building codes.

As a landlord, this means you'll have peace of mind. Signature Homes also backs your build with a two-year maintenance guarantee, meaning you won't have to worry about covering anything that might pop up. Buying an existing property can lead to thousands of dollars of ongoing repairs and maintenance to keep your home up to standard for your tenants.

Appealing to renters - A brand-new home with a modern layout will entice high-quality renters to stay in your property for many years. You'll also be able to charge a little more, due to the fact your home will be stylish and new with all the trimmings, plus more economical for your tenants to keep warm and dry. This leads to happier, healthier tenants, and higher rental returns.

Getting a foothold in up-and-coming subdivisions - Signature Homes House & Land Packages are often available in newly-created subdivisions where land is not available to purchase directly by the public. Signature Homes has partnerships with developers allowing access to land in these covered areas, which are usually carefully master-planned with excellent schooling options, parks, recreation, and community amenities.

Finance options - Buying a Signature Homes House & Land Package can be a more accessible option for first-time investors or those without the capital to meet the Reserve Bank's LVR requirements on investment properties. New homes are not subject to these



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Home & Garden

requirements and can be packaged into a turnkey opportunity, meaning you could buy your next investment property for as little as 10% deposit. Signature Homes, through its partner One50 Group, has a variety of finance options available to help you get into your first (or next) investment property!

Choice! When you invest in a Signature Homes House & Land package you will have the ability to make things your own and get it right from the start. Want to remove a storage cupboard and large the ensuite? No problem. Want to add a heat pump to every room. We're on it. Want to downgrade your roof tiles and upgrade your kitchen? No worries. It's Your Home, Your Way.

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

Sustainable Landscapes

Hi, I'm Dave Milina, your local landscaper and stone mason. Well for so many of us, the past weeks have been surreal to say the least. Now it seems we can start to think about taking flight again.



A question I often get asked is,

'what materials can I use safely to establish my organic garden?' I would like to take this opportunity to offer a free appraisal to you with a purely ecological approach. Landscaping your property simply by using mainly natural materials such as stone, moss rocks, mulch, organic soils, ponga logs, steel garden edgings, untreated timber, etc. If you fancy the idea of landscaping your property with naturally available resources, give me a call. Let's get back to nature! Here's an opportunity for your property to be shaped and stoned. I'm confident that experience will have you feeling spaced out, just as Jacinda has advised in level 2.

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

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We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home and business requirements as we understand that Auckland is prone to



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Home & Garden

variable weather conditions. Our team gives attention to detail, so all our work is Precision quality.

The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.

Solarcraft – Funding For Solar In Schools!

We think you'd agree, although it's early days out of the big lockdown, there has been a bit of a shift. People seem to be a bit more grounded and reflective about what really matters. The encouragement to buy from local businesses is prevalent. The lessons we learnt in terms of food security had a lot of us planting out veggie gardens en masse. Teachers are nurturing students back into some semblance of normality. We've all become a bit more resilient in the process, thinking about how we can be more prepared for the future, so we aren't caught out again!

For Schools? The government have launched the 'Sustainability Contestable Fund', where they can apply for financial support to





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'reduce their environmental impact and improve their operational efficiency'. This includes 'increased energy resilience, especially for rural and remote schools'. They've had one round and are about to open the second round from 22nd June to 3rd August 2020. If you are a parent, teacher, principal or an environmentally passionate community member? This would be a great leap for your local school's power security into the future and beyond! www.education.govt.nz/school/funding-and-financials/funding/sustainability-contestable-fund/#dates

Any solar questions? E- info@solarcraft.co.nz PH: 0508 272389 W: www.solarcraft.co.nz.

Palmers Westgate

New season's roses are arriving in store this month.

Roses bring an old fashioned elegance and beauty to the garden. Climbing roses ascending fences, pergolas and walls or masses of floribunda flower power – whatever your bloom of choice may be, adding fragrant florals to your patch will bring you endless joy.



We have a huge range available. Some of our favourites to look out for are Blackberry Nip, Lemon n Lime, Sir Edmund Hillary and of course, Iceberg.

Our in store garden experts are ready to help you pick the perfect rose for your patch and would love to give you all the support and advice you need to get growing. Your success is our success!

If you're new to growing roses, or have a garden full of them, call in to your local Palmers, we have a huge range of new season's roses and all the essentials you need for garden success – we'll get your growing!

Open 7 days from 8.30am. Phone 09 810 8385 | www.palmers.co.nz.

Mitre 10 MEGA Westgate

The Team have enjoyed welcoming you and bringing the store back to life after lockdown.

Now that we have all spent a lot more time around the home, we have all started to notice jobs that need doing which we have been overlooked or we simply haven't gotten around to; or maybe you have started a big project and haven't quite finished. The Team are ready to give you all the help and expert advice you need. We love to see lists as it helps us get you to what you need faster, note down all



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Home & Garden

the projects and tricky questions you have and when coming to visit please remember to keep your two-metre physical distance. Thank you for your ongoing support, particularly during recent times- we really appreciate it and look forward to seeing you in store soon. The team at Mitre 10 MEGA Westgate & Henderson.

Western ITM Update

Like many businesses, we are pleased to be able to open the doors to you on Thursday May 14th as New Zealand moves to Alert Level 2. In Alert Level 2 all we will return to full operations while enforcing the golden rules as outlined by the Government on Thursday 7th May. To keep us all safe, below are some of the measures you will see in place on your next trip to our store.

Orders and Trading - While our showrooms will be open to drop in customers, to minimise time spent in store we encourage you to continue placing orders before arriving. This can be done via our website, our trade support, rep team or the branch direct. We do have our express ute delivery service which is available to deliver smaller orders as well as our regular truck delivery options. Our Saturday trading hours have been amended. Swanson and Whenuapai ITM will be open from 8am -12.30pm. Kumeu ITM will resume normal Saturday trading from 8am - 4pm. All stores will resume to normal weekday trading hours from Thursday 14th May.

Contact Tracing - We will continue to practise strict contact tracing information gathering upon your arrival, so please ensure you make yourself known on arrival and sign in with our staff before shopping.

Keep your distance - in store and on site. Remember, all staff and customers will be required to practise physical distancing of 1m. Our Sales Representatives can resume visits to your sites, please phone or email ahead to arrange a time to visit your site. As always, they will be respectful of the rules on your site, so please make them aware of these prior to their arrival. Our showrooms will re-open to all customers with physical distancing of 1m enforced. This may mean that we need to limit the number of customers allowed in the showroom at one time so please bear with us and our staff will let you know when you are able to enter.

Remember, if you are feeling unwell or showing symptoms of the below please do not come into store, stay home and consult your GP or Healthline on 0800 358 5453. Fever, Cough, Shortness of breath or Sneezing or a runny nose.

Thank you for supporting local and doing your part to keep New Zealand healthy and safe. We look forward to seeing you in our stores again soon. The team at Western ITM - Whenuapai | Kumeu | Swanson. www.westernitm.co.nz.

Jim's Mowing

The sun is shining, the birds are singing and the distant buzz of your local Jims' mower in action can be heard. He's probably tidying up those overgrown lawns, weeding the gardens or trimming the hedge. Being autumn he is also getting asked to help customers get their properties ready for winter - maybe a pre-winter fertilise to boost the lawn before temperatures drop, a weed spray to tidy

House & Land Packages



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House 181m² | Section 629m² | 3 | 2 | 1 | 1 | 2



Wood Valley Wonderland!

\$1,185,000

House 186m² | Section 18510m² | 3 | 2.5 | 2 | 2



Tick The Boxes In Huapai

\$890,000

House 144m² | Section 357m² | 3 | 2 | 1 | 1



Architectural Kiwitahi Haven

Price By Negotiation

House 207m² | Section 297070m² | 4 | 2.5 | 1 | 2

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

Contact Dean Pritchard for more information
027 471 1886 | 0800 020 600 | deanpritchard@signature.co.nz

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Home & Garden

up the pavers or getting rid of dangerous slippery moss, mould and gunge from paths and walls.

The changing season also sees the leaves changing colour and falling, they do look spectacular but can be a nuisance, and so collecting leaves and clearing the gutters before the winter rains come are important tasks too.

Your local Jim is enjoying being back at work, catching up with and helping his customers (safely). The lockdown backlog is reducing and he has some time to help more people - so if you need some help with tasks around your property Jim's Mowing can probably help.... and all his work is guaranteed. To book your local Jim call 0800 454 654 or book online at www.jimsmowing.co.nz.

Laser Plumbing and Roofing Whenuapai

Laser Whenuapai is based in West Auckland and services the plumbing needs of homeowners, commercial and industrial businesses all over Auckland.

Drainage - drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping



your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, we have specialist equipment to clear out stubborn blockages.

Our qualified drainlayers can perform a full range of drainage repairs and replacements, from new drainage through to storm water and waste water works. We offer CCTV services as well as a state of the art 24/7 drain unblocking service for any unforeseen emergencies.

Plumbing - dripping taps, a slow draining sink, blocked toilet, low water pressure, clogged waste disposal, backflow issues. These are just some of the common plumbing problems you can experience in your home or business. We have a great team of maintenance plumbers who can easily remedy these frustrating issues, on time and hassle free.

If you are thinking of building a house, we know this requires a lot of important decision making, which is why we will take the time to discuss your plumbing requirements with you and help to create your house into a home. We can offer full plumbing solutions for new builds as well as renovations.

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

Get in touch with Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7am-4:30pm.

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Your brand + your message = your success

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

This combined one stop shop approach delivers a unique integrated message through multiple platforms to meet the needs of business and communicate with tens of thousands in your direct local area. The publication was developed to assist local business, local clubs and networks to communicate in ways that assist them delivering a strong statement, price point, or service offer. The editorial within the publication is free from cost while the business card advertising is only \$85 plus GST per month. Therefore, if you put forward an editorial and a business card advert into the magazine it would deliver to an anticipated 25,000 individuals within the area over one month, representing a cost per exposure of \$3.91 per thousand people exposed to your message. If you were running a full page advert and editorial your cost per exposure is only \$29.90 per thousand people exposed to your message.

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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

Pets

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.



Tips to Avoid Dog Bites

With the introduction of the Health & Safety at Work Act in 2015 we all had to make some changes in the way that we ran our businesses. With the new level of responsibility, PCBU's (Person Conducting a Business or Undertaking) it changed our personal responsibility and consequently the cost to us as an individual if we are found to be not following the Act. The personal liability and cost are up to \$600,000. Personally I would feel very upset if I had to pay \$500 of my own money because of a situation that occurred at work that had not been addressed.



Which is why understanding the basics of the new act is so important. Let me give you an example:

A courier or deliver company has a history of dog bites occurring

CLEARSTONE LEGAL

Incorporating Kumeu-Huapai Law Centre

We are proud and excited to announce ClearStone Legal has relocated to new offices. We are now situated at the new business centre called The Vines on the corner of Tapu Road and State Highway 16 in Huapai.

We also have our other office at 547 Te Atatu Road, Te Atatu Peninsula, Auckland.

You can contact Debra and Jane on 09 973 5102 or drop into the office, Tuesday to Friday 9 am - 5 pm.

**1A Tapu Road,
Huapai, Kumeu
09 973 5102**



**Debra Barron, Principal
Jane Barclay, Legal Executive**

on a regular basis. The management team is aware of the situation they have said that they recognised dog bites as a hazard and have had a few paragraphs added into the induction training and employee contract, explaining what workers should do if there is a dog on the premises. They may update them annually; but if there has been either an increase in reported dog bites or the figures have stayed the same have they made a sincere effort to reduce the incidents occurring? This could be seen as not adhering to the requirements under the Act.

Is the information they are providing to their workers sufficient? I would say if the situations are not decreasing then NO. Are they protecting the company? Again I would say NO. Are they protecting their workers? NO!

So what are their options? How can we assist them without it costing the earth? Is it tax deductible?

Yes you can provide excellent training that is tax deductible and will not cost the earth. Let me introduce myself I am Joanna Clough and I am the director of The Dog Safe Workplace. Our business is to assist organisations in educating their workers on how to stay safe when they are entering a property where dogs may be present. Remember that our goal is to reduce dog bites in NZ and around the world. Not an easy task; which is why we also formed Kids Safe With Dogs Charitable Trust. Our goal is to educate the public, families, Whanau, businesses and whole communities on how to recognise canine behaviour and consequently reduce the incident of dog bites.

So what are the options for businesses?

The main thing for any organisation dealing with a health and safety issue is to remember that any training that they are giving their staff needs to be from a company that is qualified in delivering the specific training that is required. That the instructors are qualified in the area they are teaching and that there are different mediums for training. We all learn in different ways and at different paces. Are the instructors teaching the programme qualified in both their field of expertise and How to Educate Adults?

When it comes to dog bites in industry - we have identified over 130 different industries that are affected by the potential to be bitten by a dog. Regularly we here comments like "it's only a couple of bites a month" or "considering how many staff we have its minimal". So lets look at some real figures and cost to the business, not taking into account if WorkSafe decide to investigate and the subsequent costs that could be incurred, as I mentioned earlier it could be up to \$600,000 for you personally.

First let look at the past 10 years in NZ. Reported dog bites have affected over 123,000 people and cost ACC almost 40 million dollars. From research in Europe we know that less than 40% of bites are actually reported so the numbers at the very least could be doubled.

Not only is the cost financial but as in any injury in the work place it can make returning to the job or the ability to do the job incredibly



RYAN JACKSON

M: 027 498 6202. E: ryan@treehouseprint.co.nz

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

Pets

difficult for those involved.

It is a new and increasingly important area that we as employers have to consider and we are now more accountable than ever before.

Training and education are paramount to keeping you staff safe whilst at work. If you have any questions please send us an email to admin@dogsafeworkplace.com and one of our staff will give you a call.

Dog and Co

The last couple of months have definitely been an interesting time for us all. I don't know about you, but it gave me an opportunity to stop, reflect, and re-prioritise the things that are really important in life. At the top of that list is family. As a pet and family photographer I take real pride in being able to capture the special connections between families and couples, as well as their four legged family members. There is nothing quite as magical as being able to create everlasting memories with your loved ones which can be treasured forever.



Whether you want keepsake portraits of just your pet, or photos of the whole whanau, I would love to hear from you to discuss your photographic experience. I do photo sessions on-location around Auckland, so the choice is yours. Would you want to head to a

beach at sunset, or a gorgeous lush park, or even in the comfort of your own home? Each shoot is customised to your desires and I am open to any challenges. Let's make some magic. Feel free to email me to book, or head to my website to check out my affordable session packages, and to have a nosey at some of my previous work Website: www.dogandco.nz Email: kirsty@dogandco.nz.

Kanika Park Cat Retreat

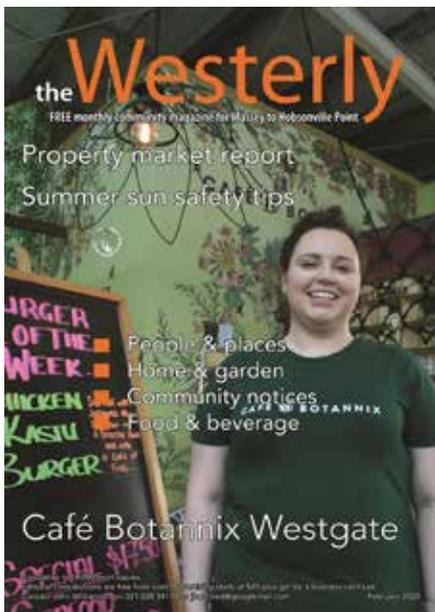
Welcome to Kanika Park Cat Retreat, a boutique country retreat for cats. Run by a family of passionate animal lovers, nestled in the heart of our 10 acre Waimauku property.



Kanika Park Cat Retreat is a cattery like no other, where you can treat your cat to a relaxing holiday in one of our 15 spacious private suites, (2 extra-large suites). All suites are outfitted with plush blankets and beds. Plenty of toys and cat trees. Our facility is temperature controlled to ensure a comfortable stay

It is our mission not only to provide each guest with a personalised, warm and fun place to enjoy, but also to allow owners to be comfortable in the knowledge that their fur babies are safe in a loving and caring environment.

For further information please phone 09 411 5326 or 027 530 1406 email; info@kanikapark.nz, www.kanikapark.nz.



It ain't what you do **it's the way**
that you do it !

the Westerly magazine was created in October 2015 and has published more content about this area and its surrounding neighbours than any other community media organization over this period.

The magazine has a free-to-publish editorial philosophy that encourages businesses, clubs, schools, sports teams, not-for-profits and rate-payer groups the freedom and flexibility to submit information, updates, events and have healthy debate. Submissions must be in by the 15th of the month prior.

After reviewing the community social media pages recently, and reading the comments and discussion, I have to say that the magazine's content is significantly positive, up-beat and deals with many of the facts rather than a barrage of unsupported opinion and ranting.

If you have an organization that wants to get a message out to this community, please, drop me an email to graham@thewesterly.co.nz or call me on 0800 900 700 to discuss, what your wanting to achieve and what your considerations are. Editorial is free and advertising space starts at a very low \$85 plus GST for the month. Editorial and advertising is seen in 10,000 print copies, online, and by email pdf. It is not only the best localized content in the area, it is also the most relevant to the local community.

Tell us what way **you want to do it!**

Food & Beverages

NoShortcuts

The NoShortcuts name signifies there are none taken in the painstaking cooking and preservation process, but this labour of love achieves great taste, beautiful aroma and naturally striking colour, which is particularly evident in their Feijoa & Ginger Jam.

Every 310 gram jar contains approx. 200 grams of fresh NZ Feijoas with no fillers or concentrates added. Even though no preservatives are used, it still has a 24 month shelf life.

Cooked in small batches, only 14 jars are produced out of each pot to ensure the fruit is not overcooked and the natural flavour and integrity retained.

This Feijoa & Ginger Jam is so good, it was a finalist in the 2017 NZ Food Awards, for not just one, but two categories; the 'Artisan Food Producers Award' and the 'Bite Gourmet Award'

NoShortcuts is stocked by Countdown Hobsonville and Organics Out West. See www.noshortcuts.co.nz Noshortcutsnz on Facebook, noshortcutschutneys on Instagram.



cake range. These make great gifts for staff and customers.

Visit our website where you can order online or pop instore anytime to discuss options. We also do FREE local delivery! We look forward to seeing you.

102c Hobsonville Road, Hobsonville - www.jennamareecakes.co.nz.

Peko Peko

We can't give thanks enough to our loyal Peko Peko customers for supporting us during these difficult times, such a great community we are living in. We have temporarily changed our hours, menus for only takeaway options during Covid-19 period. However, all our customers have welcomed us no matter what and have enjoyed our food as usual. Takeaway only business reminded us of our old little food truck times too :) Please follow us on our Facebook and Instagram pages for our latest updates and we look forward to seeing you soon. Unit 6/102c Hobsonville Rd. 09 416 1197.



Jenna-Maree Cakery

At our Cakery in Hobsonville you will find a wide range of delicious sweet treats available daily. We have ready to go cabinet cakes, cupcakes, macarons, slices, cookies, fudge, scones and more as well as Gluten Free / Dairy Free & Vegan options.

Our speciality is our custom made celebration cakes. From our 7 Tiered Cakes down to our 4" Baby Cakes, each one is made with the same amount of love and care. All our cakes are made using high quality ingredients and only ever flavoured by nature.

Our Cabinet cakes and cupcakes make a great option during this period where you are unable to celebrate with large groups. You can still have your special cake but the size is more suitable for just your bubble!

There are many options available for our corporate clients as well - we can print your Company logo on to cupcakes and our cabinet



Allely Estate is back!

We are very pleased to be open again, working on the Estate grounds and showing engaged couples through our venue! We've been talking to quite a few couples who had to cancel their March, April and May wedding plans or overseas weddings at tropical destinations - while they're understandably sad about that, there's also the excitement around being able to have a different kind of wedding than what they had originally envisaged. We're really looking forward to working with these couples to create a wedding this winter or later this year that they'll absolutely love.

One of the key staff members who will make that happen is our client manager and event planner extraordinaire, Athina. We got her to answer a few questions about her job below...

Q. What does a normal week see you doing?

Each week is so different depending on how many functions are



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Food & Beverages

happening that week but generally my week starts with a meeting with my boss and kitchen staff to discuss the week ahead. Emails are a constant throughout the day, from new enquiries from brides with upcoming weddings, to organising viewings, ordering from suppliers and making sure every function is ready to go. In any week I might have between 1-5 events to organise and oversee.

Q. What do you love about your job?

That every day is different and every event is so different. I might have two weddings, a birthday party and a corporate team building day in the week but every one of them has their own personality and they are all magical.

Q. Why do you think people should choose Allely for their event?

The question is why wouldn't you?! From the moment we meet our clients we want them to feel comfortable - like family - to give them the security to know that we will go above and beyond to create their vision. Only when you feel comfortable with the person and venue that is hosting your event can you really put your trust in them. Besides that, I love the fact that our gardens are magical with the marquee in summer all opened up or all cosy in warm in winter with the sound of the rain on the roof. In any weather the marquee is magical. Or for smaller events, you can't beat the intimacy in the villa with the fire roaring. Did I mention our food is exceptional?! I stand 100% behind our kitchen team and say they are the best. Our chefs are so accommodating - you can choose off our menu or create your own.

To discover more about what makes Allely Estate so special visit us at www.allelyestate.co.nz or call 09 412 7206.

The Gallery Sushi & Café

The Gallery Sushi & Café offering Free 10 dumplings or spring rolls with any takeaway order over \$40 for this uncertain time.



About us we offer a delicious all day café menu and full range of Japanese meals for lunch and dinner to give you the ultimate culture experience within your meal. Our community is continuously growing and our menu satisfy our customers and keep things exciting for you all.

We are undertaking rigorous cleaning procedures after every single cooking, using disinfecting spray to wipe down all high-touch surfaces. We are also vigorously cleaning our hands throughout the whole food preparation process to ensure we adhere to the best hygiene practices possible.

For more detail about menu and takeaway options please check our

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www.boricfoodmarket.co.nz





facebook page (www.facebook.com/thegalleryjapaneseandcafe).

The Gallery Sushi & Café - 329/A Main Road Huapai, Kumeu. Phone 09 412 8983.

Soljans Estate Winery

Situated at the gateway to Kumeu Wine Country, Soljans Estate Winery is only 20 minutes from the heart of Auckland City. Exchange vows amongst the vines, or in our beautiful Mediterranean inspired indoors. The Soljans wine range complements head chef Paul Reid's menu, and cellar door staff provide tutored tastings to help you make the best wine choices.



Calming herbal tea kits by The Herbalist

The Herbalist has formulated a new herbal product line including a Calming Herbal Tea Kit. Our kits are currently available on our sister website: www.NewZealandHerbalBrew.co.nz, whilst we make some changes to our existing site.



Enjoy the opportunity to create your own blend of herbal tea using five different herbs that have



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Food & Beverages

traditionally been used to assist in inducing calm and uplifting the spirit. Blending guidelines, a tea infuser and a small jar with a label (for you to store your herbal tea blend), is included. Our tea kits are great as a gift or even better as a treat for yourself. Available at: www.NewZealandHerbalBrew.co.nz.

Café Botannix Westgate

We are so grateful for the support that we received from the local community over the past couple of months!

We are proud to be back open, providing you with sweet treats, delicious cabinet food and barista made coffee.

We have updated our menu, there are still some of your favourites on the menu such as the Botannix Big Breakfast and the Crispy Pumpkin Brekkie. We have added Buttermilk Banoffee Pancakes to the menu for a delicious breakfast or brunch. With the cooler weather starting to set in, why not treat yourself to our creamy Seafood Chowder or delicious soup of the week?

We can't wait to see you!

Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix. Open Tuesday to Sunday from 9am.



Hallertau

People are often curious about why we are called Hallertau. Hallertau is a region in Bavaria, Southern Germany which is the world's oldest continuous hop growing region. Almost half of Germany's 1300 breweries are situated in Bavaria resulting in a strong regional and locally supported beer scene. Whilst we don't have German heritage, we admire their traditional and localized beer culture and Hallertau Riverhead has always aspired to replicate that. We have certainly felt the support of our locals during these Covid 19 times and have been fortunate to be able to continue supplying



our beer directly via contactless delivery. We just wanted to take this opportunity to say thank-you and to acknowledge how proud we are to be a part of our local community. Genuinely looking forward to getting back to business and facing future challenges together.

Steve, Hayley & the Hallertau team.

Food charities brace for post-wage subsidy surge in demand

Food charities and support services already under pressure during COVID-19 are bracing for an expected surge in demand with Government wage subsidies due to end in the coming weeks.

One charity, which operates using a unique model to promote the preservation of dignity amongst recipients, has seen a 185% increase in demand, with the numbers of families it helps growing from 350 per week to more than 1,000.

Brook Turner, head of community service development at VisionWest Community Trust, says they have seen the number of whanau they support in West Auckland triple since the beginning of Level 4 and are concerned once the Government wage subsidy finishes in June, the numbers of people in need could increase by this amount again.

He expects this to grow by an additional 700 families in the West Auckland region alone. Now a new \$200,000 donation has been made by the Trusts, evenly split between two charities to help them cope with the additional demand for food.

"The first wave exposed the level of food insecurity in New Zealand, but this second wave of need will be at the end of the wage subsidy and we're already seeing cracks in the surface with redundancies. I believe there will be a third wave too, with businesses getting through September, October and November and then collapsing.

"There is a perfect storm coming and it will be a once in a generation kind of moment. We've got to walk with people, give them employment opportunities, set up community enterprises. We will need public, private and non-profit partnerships that help build a new economy to have a coordinated food system and a significant response to those in poverty,

"I think Christmas is going to be a really hard time, so it will be up to us as communities and local organisations to really anticipate those needs and respond to them to help people get back on their feet as quickly as possible," he says.

VisionWest provides wrap-around support to those in need, with an



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Food & Beverages

empowerment philosophy which sees those receiving food support also volunteering at the organisation to help others like themselves.

"Our whole approach to kai is that it is a great connector and food is a basic human right like shelter, without those things your whole world is in disarray."

Turner says during lockdown the charity also worked with police to help deliver food to those in challenging times; this gift alone was often enough to calm difficult situations.

"We've seen whanau, who just with the simple gift of food, have a situation de-escalated in their household where there was rising aggression. Food has the ability to make people feel calm and cared for and to come together as a family," he says.

Donations from suppliers and charitable organisations such as the \$100,000 grant from The Trusts will go some way to ensure those that need their help will continue to get it, says Turner, but more will need to be done.

Veronica Shale, executive director of charity Fair Food, which collects and distributes surplus food from retailers and manufacturers, and the other recipient of a \$100,000 grant from the Trusts, agrees that a holistic approach is the only way to support the growing number of people who will continue to need support to feed their families.

She says as more hospitality businesses struggle, there is a flow-on effect for suppliers and food wastage and scarcity are the results.

"The issue is how do we divert this food that's not needed anymore away from the landfill and back into the supply chain so organisations like us can help get it to those who need it.

Shale says before the outbreak of COVID-19 most of the surplus food picked up from her organisation was from supermarkets.

"Now it's definitely more business to business, so we're picking up from growers, producers and manufacturers.

"In month one of lockdown we conservatively rescued over 121 tons of good, surplus nutritious food, which equates to over 348,000 meals. Rather than being dumped, this food is doing good. Fair Food offers a pragmatic solution to tackle food waste and food insecurity, nourishing our communities in need - and this need will be ongoing for some time," says Shale.

She says this has had a positive impact on those receiving food parcels with an increase in the amount of protein in their diets.

"In the past, we've struggled to get good protein as meat, chicken and dairy are expensive and what we've been rescuing is restaurant quality stuff. We were also lucky to be able to take 26,000 eggs off a nationwide fast food chain that was unable to utilise them for products on their breakfast menu during lockdown," she says.

Shale says while they're grateful for the support of The Trusts, businesses and the community need to work together efficiently to redistribute surplus food.

"What I'm saying is if you are a food grower, or manufacturer there are food rescues all around New Zealand who would gladly

distribute that food and there are people out there that really need it," says Shale.

Matt Williams, acting CEO of The Trusts says they are working with a range of community organisations who have had their usual source of funding disrupted during the lockdown.

"There is a growing need from charities who have been cut off from their normal supply of resources which is impacting on their ability to support members of our community.

"We want to encourage other corporates who are in a position to help to reach out to these groups and find a way to help them, whether through financial support or even lending warehouse space and logistical support," he says.

Siamese Doll

Siamese Doll provides a healthier dining alternative. We have a focus on real food, sustainable and seasonal farming, and support for local agriculture.

We proudly bring our pan-Asia influence into Hobsonville's food scene and our menus provide undeniable taste, flavour and real ingredients, while also maintaining reasonable prices.

Whether its a quick coffee stop, lunch for two or a birthday bash for 30 people, Siamese Doll has what you need.

If you are gluten-free, vegetarian or strictly vegan, Siamese Doll offers a variety of options and can easily alter a dish to meet your dietary requirements.

Lunch from 11am - 3pm and Dinner 5.30pm- Late- Reservations Recommended can book online or over the phone 09 416 0333. Find us at 3/3 Boundary Road, Hobsonville, and follow us on Facebook.

The spot is perfect to take out of towners with the ferry just minutes away.



\$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@thewesterly.co.nz.

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Health & Beauty

Are you thinking what eye'm thinking?

Having now returned to some semblance of normalcy, the team at Westgate Optometrists are thrilled to be reopen and back doing what do we do best - providing exceptional service for all your eye care needs. To ensure a safe experience for you and our team we have some special procedures in place including appropriate PPE, social distancing and hand sanitiser available at relevant stations. We are now located at our contemporary new space but will endeavour to continue to provide the same great variety of services you have come to expect from us including cutting edge contact lens designs, all of the latest spectacle lens technologies, a quality and extended range of designer frame brands - with styles to suit everybody, in-house treatments for dry eye symptoms and much more. Make an appointment to see one of our therapeutically endorsed optometrists via our website: www.westopt.nz or phone our friendly team on 09 831 0202. We look forward to seeing you soon. Located at 4/46 Maki Street, around the corner from Goode Brothers, opposite Kiwibank and NorthWest Mall.



Hobsonville Podiatry

We are coming out of the summer months and our feet have been out and about in jandals. Here are some awesome foot pampering tips that will get your heels looking soft, smooth and glowingly healthy.

1. Foot Scrubs: Foot scrubs are incredibly beneficial for your skin, they exfoliate all the dead dry skin cells resulting in soft and hydrated feet. You can buy foot scrubs from most pharmacies or make homemade foot scrubs, check out our "Foot Scrub Recipes" Blog.

2. Epsom Salt Soaks: Epsom salts are made-up of two compounds; magnesium and sulfate. Magnesium helps to increase neurotransmitters which are responsible for reducing stress and



inducing sleep. A warm Epsom salt bath is a great way to unwind while also softening your skin.

3. Moisturising Daily: It is important to moisturise daily, if your skin loses moisture, it loses elasticity (stretch). Dry skin can lead to cracks in your heels which predisposes you to infections on your feet. Keeping your feet hydrated allows your skin to stay healthy and smooth. We recommend using a foot and leg cream with a high content of urea in it such as Gehwol. Urea reduces water loss in the upper layers of the skin resulting in softer more supple feet. Gehwol is available from our online store.

4. Foot Massage: can be done after soaking in Epsom salts, or on its own. Either use your thumbs or a tennis ball to massage the tight tissues under your foot. A summer of jandals/bare feet results in the muscles of our feet having to work a lot harder than when they are in shoes. If they are left tight, this can lead to injury or pain.

If you think your feet need a little more TLC than the treatments recommended above we can help. Book yourself in for a consultation and we can get your feet looking and feeling great in no time. Book online at Hobsonvillepodiatry.co.nz or call us on 09 390 4184.

Shoe Talk's tips on how to strengthen the arch muscles

Some of us have high ones, some of us have flat ones and some of us having collapsing ones we all however have arches in our feet. You may or may not know that we have 3 arches that make up the foot, the arch under the foot is the one everyone will know. You may not be aware that you also have an arch that runs alongside the outside of the foot and one across the bridge of the foot.



Like all muscles in the body, to keep them in tiptop shape they need to be used. Arches can flatten as we age, which can in turn put pressure on joints and in some cases lead to requiring orthotics in our footwear.

So try this simple exercise and work it into your schedule a few times each day and use these muscles to improve your arch.

You can either stand or sit:

- Place your feet flat on the floor and make sure they are parallel position and straight.
- Keep your toes relaxed, do not scrunch them up and pull the ball

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Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
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www.shoetalk.co.nz

Health & Beauty

of your foot and the dome of you heel towards each other, imagine a balloon inflating under your foot. The movement will not be huge but you should be able to feel all three arches working. Hold for a few seconds and then release.

Hobsonville Optometrists and Gifts

Hobsonville Optometrists and Gifts are now open!

We are looking forward to seeing everybody.

Book an appointment 09 416 3937.

Visit our gorgeous gift shop at 413A Hobsonville Road, Hobsonville.



DT Denture Clinic

Did you know that all our dentures, partial dentures, chomes partial dentures, mouthguards and bite splints are all made in New Zealand? In fact, they are all fabricated on site. This means that we can effectively quality control every step of the fabrication process. This is something that you cannot do if the work is being sent overseas for fabrication. As we make our dentures in-house we can offer urgent denture replacement services, same day relines, repairs and tooth additions as well as our usual services. Our lab has been servicing dentists in Auckland and around New Zealand for 15 years. The clinic where we see patients directly has been open to nearly six years. Please call our friendly team for a free consultation and treatment plan 09 416 5072.

Who do you turn to for help?

I hear stories all the time of people who struggle with their health and well-being for years before finally finding a practitioner who helps them. Sometimes that practitioner is another doctor, a specialist, a dentist, naturopath, homeopath, yoga teacher, physical therapist, spiritual guru, psychologist or pharmacist.

Each of these practitioners has a different "tool kit". Each can take a slightly different view of you and your health.



HOBSONVILLE OPTOMETRISTS

Glasses & Gifts

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Unit A, 413 Hobsonville Road, Hobsonville 0618
Ph: 09 4163937. E: hobsonville@eyeteam.co.nz

I attend lectures from lots of health experts from lots of different backgrounds. The thing they have in common is that they all recommend eating well, moving your body and reducing stress. These are simple but incredibly powerful tools.

For example, I recently listened to a dentist who explained that changes in the mouth often point to an imbalance of the bacteria in the mouth and therefore an imbalance throughout the rest of the body. This imbalance is called dysbiosis, and is a big risk factor for heart disease, diabetes, and even dementia. He emphasised what you eat can dramatically affect your oral health and therefore, your overall health. No surprises that he was very anti sugar.

Just one more piece of evidence that suggests we need to eat well. Eating well means lots of veges, some fruit, adequate good quality protein and fats, as well as fibre. Avoid processed foods such as takeaways, and refined grains such as white bread, pasta and rice. We were all able to avoid takeaway foods for 6 weeks during lockdown. Let's extend that good work.

If you want your own personalised health plan, feel free to contact the team at Massey Unichem Pharmacy. We are operating a virtual Nutrition Medicine Clinic to safely assist you to achieve radiant wellness from the inside out. The team at Massey Unichem Pharmacy can give you details. Martin Harris 396 Don Buck Road, Massey 09 833 7239. Stay Safe.

Massey Physiotherapy

Massey Physiotherapy is pleased to be able to offer face to face appointments under Alert Level 2 for those who would like to be able to attend the clinic for assessment/treatment.

Massey Physiotherapy will also continue to provide telehealth/video consultations for those clients who prefer to remain at home at present for as long as ACC is prepared to fund this service.

Massey Physiotherapy will be adhering to the guidelines provided by the Ministry of Health to ensure the safety of our staff and clients

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Please phone on 09 832 3619 or email physio@masseyphysio.co.nz to arrange a booking.

We appreciate your continued assistance /support during this difficult phase of business to achieve our common goal in fulfilling our client's expectations

I am sure we will all appreciate "a normal lifestyle" in due course.

Kind Regards, Maureen, Elizabeth and Jenny.

A time to build

We truly believe that the time we're in now is truly 'A time to build'. So much so, that the team decided to make this our slogan for the next few months.

Now is the time to become a builder; A builder of relationships. A builder of friendships. A builder in collaboration with others. A builder of business - and provider of jobs. A builder, a risk taker, an entrepreneur. A builder of perseverance and resilience. A builder of character and tenacity. A builder of strength of body and strength of character. A builder of your support networks. A builder of patience and generosity. A builder of faith and of overcoming attitude. A builder of our country of New Zealand, a light in the world. And a builder of your health, your fitness and of your immune system.

Who wants to BUILD with us?

Club Physical - www.clubphysical.co.nz.



Did you know that exercising can help with immunity?

Did you know that exercising regularly can help with immunity? By using our muscles during exercise, we increase blood flow and the circulation of lymph fluid throughout the body. Lymph fluid is incredibly important for immunity as it contains our white blood cells - our first defense against infection and inflammation. This fluid moves through a network of vessels all over our body



and is filtered in the lymph nodes which, when detecting signs of infection or inflammation, then initiate the production of bacteria fighting antibodies. Regular (moderate intensity) exercise ensures a healthy movement of lymph fluid around the body, improving our ability to detect and effectively fight off any intruders!

If you would like to utilise the free immunity boost offered through exercise but need some specialist guidance for getting started, contact Yolanda (Clinical Exercise Physiologist) for a free initial consultation.

Email: yolanda@kinetex.co.nz or check out the website - www.kinetex.co.nz.

Warm Up, Feel Great!

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Smartphone thumb

A study on the pain at the base of the thumb shows that continuous use of the mobile phone, especially among young people, goes hand in hand with new injuries of the thumb.



This research carried out has identified a generational change in the use of the thumb due to the influence of new technologies.

There now appears to be a direct correlation between people's occupation and the cause of their thumb pain. It is indeed our daily activities that are engendering changes in the physical position of the thumb, which may have an influence on its future evolution.

This injury is more commonly known now as i-phone tendonitis!!!

Generationally today from a young age, the pinch grip position of the hand for writing is not used as much as before, at school or within the wider world. However there has been a rapid rise in touch screen tablets and phones and typing on the laptop which have changed both the position and repetitive usage of our thumbs.

These changes in the use of the thumb have led to some suggesting

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alterations in the evolution of the hand itself. This prediction is based on looking at what happened in primates' brain when they came down from trees and their brain structure changed as they began to use their hands to carry out different functions that we have continued with until this point in time. Now we are seeing another evolution due to the advancement in technology

With this in mind physiotherapists such as ourselves here at Hobsonville Physiotherapy are working to develop our knowledge of this progressive smartphone related pain and although there is no specific treatment script as yet apart from reducing your use of such thumb tiring devices, our aim is to give you the appropriate care and treatment and appropriate home exercise program to get on top of your pain and keep you in the technologically advanced world!

Emma Steel - Hobsonville Physiotherapy. Phone 09 416 4455, email physio@hobsonvillephysio.co.nz, Level 1, 124 Hobsonville Road Hobsonville, visit www.hobsonvillephysio.co.nz.

Lightning crotch during pregnancy

Not all woman experience this, but those who do sure know about it. A sudden sharp, deep pain in your nether regions, often described like you have been punched (hard) in the vagina. It may be a stabbing, jab, electric shock, deep ache, pins and needles, burning or stinging. But no matter how you describe it, it'll take your breath away, make you feel like your legs are about to give away and potentially linger for a few long seconds. It is considered a "normal" part of pregnancy, however it is happening often or limiting the amount of exercise/movement you can do, then it is worthwhile getting it looked at. Live Chiropractic is your local family and pregnancy chiropractor and can assess your function to help you get the best out of your expanding body.

Contact us on reception@livechiropractic.co.nz to find out more or book online www.livechiropractic.co.nz.



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We hope that you have managed to stay well.

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But now that school, work, kindy etc. are all back up and running, and not to mention winter's well and truly here, it's likely that all sorts of bugs will present again. At Pure Allies we can provide you with some relief of your symptoms and hopefully help you recover quickly. We can make up balms to help with sore throats, runny noses and coughs, or to help with sleeping or pain relief.

Popular at the moment are our natural hand sanitizers.

We will custom make for your requirements and needs.

Contact us at: pureallies@gmail.com.

Keep well, and take care.

Fraser Dental's proactive safety measures

Fraser Dental is excited to be open to see patients again. As dentists, we already practiced a high degree of infection control measures but have now taken extra steps to further protect our patients' health and safety.

One issue that we have considered carefully is aerosols. These are invisible airborne particles, easily inhaled, which potentially carry droplets of water, blood, saliva, micro-organisms or infectious materials. Many routine dental treatments use instruments which produce aerosols, so as dentists we must be extra vigilant in our measures to control them.

Therefore we have invested in two important measures: HEPA Air



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Purifiers and Laminar Airflow units. The Air Purifiers purify the air inside our clinic by filtering and destroying contaminants, helping to remove bacteria and viruses. And our Laminar Airflow units (also used in hospital operating theatres) create negative pressure, removing any aerosols produced during dental treatments.

We are proactively implementing the highest standard of protection possible so all of our patients can feel completely confident when coming to an appointment at Fraser Dental. Contact us on 09 416 5050 to schedule an appointment with our friendly team.

The most common spinal problem during the lock down

We have opened our doors to the patients and many who have been eagerly waiting started to come for treatment. We noticed that while some patients felt their problem easing during the lock down time, in many the pain and stiffness got significantly worse! Especially in those who have been working from home.



The most common complaint amongst our patients is neck pain and stiffness, followed by lower back ache.

There were two reasons for this. One - people have been spending more time at their computers. Most of the time their workstations were far from optimal, often working at a dining table. Second - lack of general movements, which is a surprise to hear for many people, because most of us tried to go for walks and do some exercises. In reality, we are moving much more when we go to work - getting to work, moving around the office.

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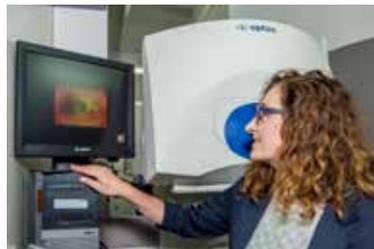
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Luckily, these problems respond well to osteopathic treatment. We will be happy to help at Family Osteopathic Clinic, Phone 09 416 0097.

Eye care

For over 20 years For Eyes have been a part of this local community - we care about our patients, know many of you by name and constantly strive to offer the best quality service, staff and products right here in the Kumeu Village.



We enjoy an enviable track record and reputation for competence, trust and commitment - a reward for our dedication in staying up to date with the most current research and findings in the medical sector and our investment in leading edge equipment for diagnosing eye conditions that need prompt referral to save vision.

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Optometrists Matthew and Molly Whittington - Phone 09 412 8172 for appointments.

The Hand Institute is back seeing patients in the clinic

Alert levels 3 and 4 have brought us all challenges. We have been treating people using Telehealth (video) appointments which have been incredibly successful.

Thinking laterally has had us teaching people to make their own finger/thumb splints using plastic milk bottle handles.

At Alert Levels 1 and 2 this type of appointment is still available and recommended if you are immune compromised or feeling anxious at this time.

We are health professionals who will use correct protocol to keep you and our staff safe.

Please call us if you would like to make a time to see us in the clinic or to make a Telehealth appointment on 09 412 8558.

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Tapping into employee knowledge and ideas

Tapping into the knowledge held by your team might be the answer to ensuring that your business is going to not only survive but continue to grow in a post COVID economy.

We have heard many say that the people in their team are their greatest asset, but how many of us actually use that asset to its fullest value?

Many small businesses are holding on to their staff as much as they can financially afford to. Their staff know their business, they have already been trained, and are often great friends in a small team.

On top of this you can tap into their knowledge to help provide some answers:

- What are the customers saying?
- What changes do you suggest we make?
- Where do you think we can cut costs without compromising service/quality?
- What other services/products would you like to see us offer?

You will be amazed at what your team will come up with, and it also helps them to feel appreciated and listened to, further strengthening the company culture.

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

7 lockdown lessons: Some lasting positive impacts

Brought to you by New Shoots Early Education

During lockdown you may have endured days that dragged, enjoyed moments of bliss and felt every feeling in between these two extremes. As the team at New Shoots looks forward to seeing some of our children again soon, we wanted to take a moment to consider the positive lockdown lessons we've learnt along the way.

Lesson one: we can do anything.



In early childhood education, we teach children they can do anything they set their minds to, but somewhere between childhood and adulthood, this lesson gets lost. We tell ourselves there are things we can do, and things we can't - and we get stuck in these limiting boxes.

A lasting lesson from lockdown is that you can do anything. Even something that seems impossible, daunting, scary and out of the ordinary. After all, months ago, you would have laughed at the idea of staying home for a whole month, but you did it. We are stronger and more adaptable than we give ourselves credit for.

Lesson two: family time is precious - From dance parties to dinners, forts to family walks, we have found endless ways to bond. There may have been times when you were tired of being stuck inside, wanted more personal space or craved a change of scenery, but you continued to find new ways to help everyone around you enjoy family time.

Through this, we have learnt how lucky we are to have our families, and realised that being stuck at home with our loved ones is pretty precious.

Lesson three: teachers are incredibly valuable - Parents have dug deep and found ways to connect with, teach and entertain their children around the clock for weeks. And in doing so, they have been reminded of the valuable role early childhood centres and schools play in their lives. Teaching is a hard, fun, rewarding and challenging job - and Kiwi parents understand this first-hand.

Lesson four: we can save the planet - Before this pandemic, sustainability was on the forefront of many people's minds, yet the state of Mother Earth kept looking more and more dire. We wanted to stop pollution, limit waste and reduce consumption, but busy lifestyles meant significant change was hard.

Suddenly, we are all at home, rarely driving cars, shopping only for essentials and going for plenty of local walks. There has been reduced pollution and less waste as we return to slower, simpler, more sustainable lifestyles.

Lesson five: people are pretty creative - The New Shoots team has loved seeing so much creativity across New Zealand over the past month. Local organisations and artists have gone above and beyond to find clever ways of entertaining children by:

Live streaming feeding hour at the zoo

Hosting digital toddler time at local libraries

Performing songs for children on Facebook (shout out to Anika Moa and her Songs for Bubbas!)

Not to be outdone, everyday Kiwi families have also gotten into the creative spirit by:

Making music videos


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Inventing board games

Acting out children's books

Hosting online dinner parties.

Lesson six: New Zealanders are friendly folk

From smiles on the streets to bears in windows, Kiwis have found ways to be friendly, kind and caring towards one another from a distance. People have dropped groceries at the door of the elderly. Neighbours have chatted over the fence. Strangers have waved to each other from across the road.

Lesson seven: connection is important

One of the biggest lessons of social isolation is the value of connection. We have missed seeing others in the real world, from friends to family members, colleagues to our children's early childhood teachers.

As life slowly returns to normal, we won't take social connection for granted. Simple acts like sharing a meal, going out for a cuppa or taking the children to the park with friends will be treasured.

New Shoots Western Centres are located in Westgate, Hobsonville and Whenuapai.

If you're interested in learning more you can visit www.newshoots.co.nz.

Life in Lockdown

Who would have thought that 2020 would bring such a turbulent and unprecedented time not only for New Zealand but for the world? Craigweil House and its residents have however managed to stay safe and stay happy in their bubble. In fact, there has been some very neat and interesting things happening in the home that have been helped to be made possible by our amazing and dedicated Diversional Therapy Team. Residents enjoyed new exercise classes, first time face time sessions and a growing competitive spirit amongst some of our prize hungry activity attendees.



As the lockdown started, Craigweil House generously received a couple of donations, from some local growers including a wonderful donation of Avocados and some very pretty Carnations. These growers were restricted from trading and chose to offer these gifts to Craigweil House instead of letting them go to waste. A very bright way to begin the bubble indeed! Thank you, Linda Anderson and

Steve Krzystynika.

Being in lockdown meant that it was important to keep active and fit. Isolation can leave some feeling vulnerable and lonely. The residents enjoyed the various exercise classes that were on offer. One exercise class in particular, was a "Push Up" challenge. The residents enjoyed participating together with staff or perhaps just a chance for a lay down. A standing wall press was also ok.

Over the course of the last 5 weeks, two friendly and resident turkeys decided to move in, frequently being seen on the front lawn clearly, they did not get the social distancing memo! - "hey two meters apart guys!" (or, were they girls?). They are yet to receive names.

Facetime and Skype have been the new norm in outside communication. Some residents loved the idea of using the tablets to call their family and friends, this was particularly important during Mother's Day when simultaneously the team held a YMCA dancing competition as flowers from families and hugs were of course not possible.

Other activities have included a day following the ice cream cart and tasting the different flavours, also on offer was a chance to take part in the nationwide Teddy Bear bubble effort. The team wanted to let the community know that there was good spirit from within the 'bubble'. During the Teddy Bear colouring in competition - The Teddy Bears were cut out and stuck on the inside of the front sunroom windows to be seen by people walking and driving by. Well done resident Michael Milburn for getting 1st Prize!

If you are needing care for your loved one, our fabulous team at Craigweil House are here for the community and can deliver quality, excellent heart- warming care inside and outside a bubble 24/7!

We currently have vacancies for all levels of care including Rest Home, Hospital and Memory Care. Please contact our facility and make an appointment to view our care suites - at this time we continue to provide quality care whilst working alongside the guidelines from The Ministry of Health.

Call us today! Facility Manager - David Halewood.

Auckland household waste volumes up during lockdown

Glass recycling up 26% in April, and 66 extra double decker buses of waste to landfill. There was a notable spike in kerbside recycling and rubbish volumes as lockdown forced Aucklanders to dine at home more than ever before. Overall, 1870 more tonnes of rubbish (12% more) and 326 extra tonnes of recycling (3%) were collected from Auckland households in April of this year compared to 2019.

Councillor Richard Hills, Chair of the Environment and Climate Change Committee, puts this lockdown waste spike into

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perspective. "Compared to last year, the additional household rubbish generated in Tāmaki Makaurau for April could have filled 66 double decker buses. This increase in household waste is natural with people staying in and eating at home during alert levels 3 and 4. I'm really proud of the efforts that everyone made over this time and the household waste increase reflects that we were staying inside.

"Over April we received 26% more glass recycling than last year. This equates to just over 1100 tonnes. Auckland's glass recycling is all pressed here in New Zealand, so the spike was good news for local recyclers."

Love Local initiative launched

A Love Local Colab launched during the COVID-19 alert level 4 lockdown phase continues to support North West wineries and associated businesses during the next levels and beyond.

It's essentially a one-stop shop to make it easier than ever for locals to support local businesses like wineries and associated restaurants, co-ordinator Anna Bentley from The Hunting Lodge in Waimauku explains.

"On a dedicated webpage, locals can find carefully selected beverage products available for delivery from a range of wineries and breweries based in the West Auckland/North West area," she says.

She says the Love Local Colab was launched during the lockdown when the Hunting Lodge team realised how crucial it is for locals to



have online shop access to their favourites in the area.

"In the difficult times we faced, it was more important than ever to come together as a local family and support one another. We're stronger as a team!"

The Love Local initiative now has about 10 businesses involved.

They include Mama's Brew Shop - Kombucha, Liberty Brewing Co, Hallertau Brewery, The Hunting Lodge Winery, Babich Estate Winery, Soljans Estate Winery, Kumeu River Winery, Coopers Creek Winery and Westbrook Winery.

"We have all the stock in one place and are able to fill in the orders in a quick timeframe, meaning customers are able to mix 'n match brands with the convenience of having it delivered all at once," Anna says.

"We have also pulled together a mixed wine six-pack to represent a favourite from each of the wineries mentioned. This is specifically to support the new initiative 'Wineries Out West', which exists to help raise awareness on what the amazing Auckland wine country has to offer."

Anna says the Love Local Colab will continue to be available for the foreseeable future.

The 'Best of the West' website page lists where products from local suppliers can be found to buy online from one spot. Visit www.thehuntinglodge.com/love-local-colab for more information.

Health and Safety business Support

I and my fellow Securo Consultants have seven ways that we can you with tangible business support under Alert Level 2:

1. Social distancing practices: We can provide assistance with realistic on-site options for all workers so business can continue
2. Undertake Hazard Plan reviews: New Alert Levels bring new business hazards which need business integration. We can help
3. Personal Protective Equipment and hygiene advice: Let us review your PPE bespoke items and hygiene needs for safe working
4. Provide realistic health & safety guidance: Continue to work on Act compliance in changed business and social environments. We can help
5. Organise health & safety documentation: Ensure all your H&S plans, online documents, guidelines and directives are current and relevant. We can help
6. Registers for visitors and Onsite Rules: Undertake creation of complete register plus ensure tracking of visitors to premises. We



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can help

7. Take Toolbox Meetings: Work with your management team on compiling agenda items and addressing worker concerns. We can help

For full support contact me, John Riddell, by email securo4@securo.co.nz or check out our website www.securo.co.nz.

Frontline nurse uses social media to support colleagues

A nurse and social media influencer has used his platform to encourage the donation of products to help support nurses on the frontline of COVID-19 testing

Franz Arevalo, a senior clinical nurse, and fitness influencer @thenattynurse has secured thousands of dollars worth of products for his nursing colleagues.

Arevalo ran a COVID-19 funded clinical base assessment unit for 10 weeks with a team of nurses from around the city.

"I felt that they needed appreciation for their bravery and dedication and I was in a position where I can help serve other people through my social media," he says.

"I wanted to inspire the nurses I worked with and encourage them, and acknowledge the sacrifices they were making every day to combat this pandemic," says Arevalo.

"For nurses this is our season, and we have been able to show people how capable we are and what we can do," he says.

So far Arevalo has secured food from several restaurant chains and more than \$3,000 worth of bedding products for medical teams to get much needed rest post shifts.

"Often we were working six days a week and they were so grateful to be recognised for their work," he says.

Emma Edwards spokesperson for Ecosa NZ says the company was more than happy to make the donation and thank New Zealand nurses for the incredible work they do.

"We are so grateful for the way nurses have tirelessly worked to help combat COVID-19 often putting themselves and their own health at risk for the sake of their patients," she says.

"We hope this donation goes in some small way to showing how indebted we are to these workers and that they get some rest as



case numbers continue to drop," says Edwards.

Arevalo says he plans to continue to promote the good work of his nursing colleagues and hopes the Government will also recognise their contribution on stamping out COVID-19 by waiving student loans.

Turning the Tide October 11

The COVID-19 pandemic restrictions have seen the popular Turning the Tide event delayed until Sunday, October 11.

The 17km Muriwai Beach fun run and walk to raise funds for the Kia Timata Ano Trust, and independent women's refuge and family harm prevention agency serving the North West.

The family friendly event also includes a 4km Second Wave walk for those who cannot manage the full 17km.

It was initially scheduled for Sunday, May 17, but will now be held later this year, all going well.

The trust intends transferring existing tickets to October 11 and will reopen ticket sales once more is known.

During the lockdown there was increased demand on women's refuge and family violence agencies like the trust.

Supporters like Greg Skinner of design, build, hire, event business Rollercoaster in Kumeu say it's more important than ever for the community to support one another.

"As an events business we are facing some tough challenges ahead, however, that is nothing compared to what some of these families will be going through."

Living Goodness fermented foods in Helensville also supports Turning the Tide, along with Anna Pakenham of Blush Photography, Helensville, and Stephen and Debbie Theobald of Harcourts Kumeu.

The trust says the Foodbank Collective it launched in the first week of lockdown sent out more than 250 parcels to families in the local area.

Contributions to the Foodbank Collective can be made via an online donation through the Helensville Women & Family Centre.

If you are keen to sponsor Turning The Tide or support the trust contact Ana on ana.kiatimata@gmail.com or if you need help or for further information contact the team on 09 411 9394.



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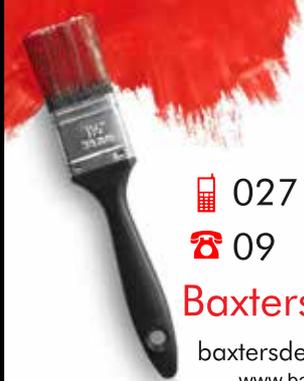
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