

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report

Music and movies in parks

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

Westgate Shopping Centre

Circulation is 10,000 print copies.

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

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

March 2020



Greetings

When Jacinda Arden became Prime Minister she said she hoped New Zealand would be identified by kindness. We are a social and caring species. Kindness works both ways. Science has shown that devoting resources to others, rather than having more and more for yourself, brings about long-term well-being. Kindness has been found to be the most important predictor of satisfaction and stability in a marriage. One way to be kind is to open your eyes and be active when you see people in need. Do you notice when people could use a helping hand? A sense of community is created when people are kind to those who need help.

One way to be kind is to open your eyes and be active when you see people in need. Do you notice when people could use a helping hand? A sense of community is created when people are kind to those who need help.

A kind word, a smile, opening a door, or helping carry a heavy load can all be acts of kindness. Celebrating someone you love, giving honest compliments, sending an email thanking someone, telling someone how s/he is special to you, helping an elderly neighbour with chores or food, sharing homemade food, refusing to gossip, and donating old clothing and things you don't need are all ideas about how to practise kindness.

Perhaps kindness is a value that could add more satisfaction to and strengthen our relationships. As Mignon McLaughlin said, every day of our lives we are on the verge of making those slight changes that would make all the difference.

Check through this month's Westerly for opportunities to get involved with the activities on hand in the community. There is plenty for kids, with swimming, mini-sports, scouting and science programmes. There are clubs and choirs, live music, restored buildings to admire, community events, outdoor fun at NorthWest, an art trail, and a library celebration early next month. At last, batteries can be recycled rather than going to landfill, and suggestions are available on how best to recycle other waste.

Our usual columns help you with all manner of property facts, and understanding legal points, as well as health tips for you and your pets, food outlets and advice from the fire brigade. If you are one of those people who start at the back of a magazine, then you will really enjoy the range of topics from our area columnists.

Have a safe month, enjoy your magazine and please let our advertisers know where you read about them.

John, editor



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People & Places

Westgate Shopping Centre



For 22 years, Westgate Shopping Centre has been an integral part of the Northwest community. Founded in 1998, the Centre has continued to evolve and the last year has seen some of its biggest changes.

Recent Upgrades

Last year, the main street underwent a massive transformation with re-developed pedestrian areas, a pocket park, and fantastic hanging hydroponic gardens. At the completion of this huge project, a range of iconic international sports and lifestyle brands opened awesome new stores: Westgate welcomed Under Armour, New Balance, Converse, Asics and Timberland. With Puma and Evo Cycles opening soon, locals won't have to travel far to find great deals on their favourite brands.

While the new street was taking shape, Event Cinemas underwent a huge upgrade. The cinemas are best in class, featuring luxury daybeds (the first of their kind in Auckland), amazing new seating (some of them even recline) and a classy new foyer with a chandelier and bar.

Future

The changes continue at Westgate with construction underway on a brand new, bigger and better City Fitness which is expected to open mid-year. In the meantime, City Fitness have found a temporary home near Torpedo 7. A brand new City Fitness, combined with last year's arrival of an F45 functional training studio, complement Westgate's awesome range of sports, active wear and lifestyle brands.

Giving Back

Westgate Shopping Centre is proud to contribute to the North West community and continues to support local community projects. The company has been a long term supporter of talented students from local schools to have the opportunity for the life changing experience that is Outward Bound. Last year, we awarded 10

senior students a full sponsorship for the programme, from Massey High School, Rutherford College, Kelston Boys' High School and Waitakere College. Each year, it's always a pleasure to hear these young leaders tell us what they gained from the programme.

We have also just become proud sponsors of the Westpac Rescue Helicopter, ensuring that they can continue to do their life-saving work attending to accident and medical emergencies.

Over Christmas 2019, Westgate Shopping Centre hosted a free ice skating rink for a full 17 days, to thank the public for their ongoing support. We intend to hold another free community event at Christmas this year, to be announced.



Want to stay up to date with the latest changes at Westgate Shopping Centre? Stay tuned by following the Westgate Shopping Centre Facebook page or by subscribing to our newsletter at www.westgate.kiwi/vip.



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Community News

Neighbours Day picnic

Neighbours Day Picnic featuring Point vs Point Cricket, Sun 29 March 2pm - 5pm at The Oval Park, Marlborough Crescent, Hobsonville Point.

BYO picnic and there will be family fun activities, competitions and prizes to be won.

If you'd like to play in the Hobsonville Point vs Scott Point Cricket Match, register your interest by emailing cricket@hobsonville.org.nz

Brought to you by Hobsonville Community Trust and Hobsonville Point Residents' Society.

Free Friday entertainment at NorthWest

Make the most of warm summer nights this March. Take it outside with NorthWest Shopping Centre's free outdoor fun.

Movies in the square - Grease (1978) - Friday 6 March, 7:30pm.

Everyone's favourite classic movie - watch Sandy, Danny and all the Pink Ladies on the giant movie screen in the Town Square. Make it a night out with prizes to be won for best dressed! Grab dinner from NorthWest food retailers, pack a blanket and



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snuggle in amongst the beanbags. Mark your calendar.

Fueled Up Friday's - Friday 27 March, 6pm-9pm.

A chance to park up, meet other classic car enthusiasts or check out well-kept motors. Enjoy late-night shopping until 7pm and grab dinner at one of the NorthWest food outlets. Bring the whole family and get your weekend started right. Look for the flags on the top carpark.

Be sure to check the website for all up to date information - www.northwestshoppingcentre.co.nz.

Hobsonville Point Choir

A few nights before Christmas, Hobsonville Point Choir members joined singers from choirs all over Auckland, to perform among the lights and festivities of Franklin Rd, to an audience that spilled onto the street. That night \$1,500 was collected and when added to the Christmas Concert's takings, more than \$20,000 was raised for the Auckland City Mission.



Busking is a fun part of Hobsonville Point Choir's end of year events. This choir that formed two years ago, now has some 50 members and is becoming a choir of note. Their aim is to have fun, sing their hearts out, learn new skills and put on the occasional performance.

The choir is diverse, made up of 16 to 80 year olds from all walks of life and nationalities. Some read music, others don't, some have sung in previous choirs, while many are new to singing. Their songs are from all genres including musical theatre, pop, jazz, classical and gospel. They practise at Hobsonville Point Primary on Thursday nights during school terms. To learn more phone Mel on 021 677 778, - they'd love for you to join!

Seniornet West Auckland

It's been nice to meet up with so many people either rejoining us for another year and /or getting assistance on our Help Days we have had so far this year. Please feel free to call in and see us at our rooms in the RSA Railside Avenue, Henderson. March dates are 10th and 24th between 10am and 11 am, we will stay longer if necessary. If we are able to help we do ask for a \$5.00 donation.

Our classes or workshops are still being sorted so do keep an eye

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Community News

on our web site www.seniornet-west-auckland.org.nz for updates.

We are looking at doing a workshop for people who have changed to Windows 10 and need some help with the new format. If you are a member of SeniorNet you will be advised by email.

Membership is \$25.00 single or \$45.00 for a couple per year.

Our March open meeting at the Kelston Community Centre is on the 17th at 10am and will include our usual guest speaker, followed by morning tea. Entry is by \$2 raffle which could get you one of three prizes. You do not need to be a member to attend these meetings.

Our office phone number is 09 837 7600 if you have any queries, please leave a message we will get back to you.

Hobsonville Probus Club

Hobsonville Probus Club is new to the Hobsonville Community. It started with its first meeting in October 2019.

We have a meeting coming up on the 16th March at 10am - 12pm. 2020. It will be held at the Sunderland Lounge, Cinema Road, Hobsonville Point.

Probus is for retirees who are looking for the opportunity to join a social Club in your local Community and to meet other retirees on a regular basis, for fun, friendship and fellowship. Listen to interesting speakers and join together in activities.

We are planning to organise groups so that everyone can find something to their liking to be involved in. Our thoughts are; travel, walking, theatre, craft, knitting, card playing, book exchange etc.

Guest speakers will be invited, with our March meeting centred around St Patrick's Day, and our guest speaker is from Ireland.

We welcome new members to come and join us for morning tea, and fellowship.

Contact details - hobsonvilleprobusclub@outlook.com.

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Winz: Wednesday 9:30-12:30pm. New Lynn Winz: Tuesday 9:30-12:30pm. Henderson Budget Service Inc Office Monday-Friday, 9-2pm phone 09 836 4141. Like us on Facebook www.facebook.com/Hendersonbudgetserviceinc.

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In Brief Updates

Battery recycling comes to Hobsonville Point

Hobsonville Point resident, Kay Mathewson, felt horrified when she learned how household batteries lead to increased toxicity levels in landfills, which is where they commonly end up if no recycling scheme is available.

"The exact combination and number of chemicals inside a battery varies with the type of battery, but the list includes cadmium, lead, mercury, nickel, lithium and electrolytes. When thrown in the household trash, batteries end up in landfills. As the battery casing corrodes, chemicals leach into the soil and make their way into our water supply. Eventually they reach the ocean. Also, lithium in batteries reacts in a volatile way when exposed. According to Battery University, lithium can cause landfill fires that can burn underground for years. This releases toxic chemicals into the air, which increases the potential for human exposure." Kathy Kattenburg (2019) <https://sciencing.com/what-do-batteries-do-to-the-environment-if-not-properly-recycled-12730824.html>

Kay worked with neighbours Judith Paterson, and Anna Harrison, to successfully apply to the 'Waste Minimisation and Innovation Fund' from the Upper Harbour Local Board and Auckland Council. With this grant, and the support of other residents, a pilot battery-recycling scheme for Hobsonville Point was established in 2019.

The grant provided enough money for the purchase of eleven battery-recycling buckets from Upcycle Ltd, an Onehunga based company that specialises in battery and E-waste recycling, and one of a handful of New Zealand owned and operated electronic recyclers to be certified with ISO 14001 and ISO 9001.

Residents keen to recycle their batteries can drop them off at the convenience store at 1/3a/160 Hobsonville Point Road, and the North West Toy Library in Westgate (Shop 5, Westgate Outlet Centre, 7 Westgate Drive).



For safety reasons, used batteries must be taped with masking tape at each end before they are placed into the bucket. This only takes a few minutes.

Several full buckets have already been sent back to Upcycle Ltd, where the batteries are sorted then safely shipped to countries that have battery-recycling plants. There, resources such as steel, manganese and zinc are reclaimed from the batteries, reducing consumption of these precious natural resources, and keeping corrosive materials and heavy metals out of landfills.

Kay hopes that if the pilot battery-recycling scheme is successful, more funding will allow it to become a permanent fixture in Hobsonville Point.

Dance24Seven

Wow! It is already that time of year and we are back into the studio. All of our genres have started back and from our amazing beginners, right through to our competitive dancers, they are ready to take their dancing to the next level.

Our staff line up this year is exciting. Our Hip Hop staff have danced on the world's stage, our ballet staff are in the top of the country for exam results, our tap teachers gained incredible marks in NZAMD and our contemporary are training dancers who are ranked internationally.

Enrolments are still open but classes are filling FAST. Don't miss out on taking your dancing to the highest level with the best team around. Come along to Dance24seven and have a go - the first class is free.

If you want to be part of a great family studio with a focus on excellence and fun, then come and see us now.

Dance24Seven - Unit 1/12 Kawakawa Place, Whenuapai. Phone 09 218 5700, www.dance247.co.nz.



Waitakere Grey Power Association

Waitakere Grey Power Association has its first General Meeting on Thursday 19th March 2020 at 1.30pm at the Te Atatu South Community Centre 247 Edmonton Rd Te Atatu South.

Our guest speakers will be Amy Richardson and her colleague from



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In Brief Updates

Ryman Healthcare, Lincoln Rd, Henderson who will be providing food for afternoon tea. All members and friends are welcome to attend. Refreshments will be provided at the conclusion of the meeting. If you require any further information or transport to the meeting please contact our Office on 09 838 5207. Mate Marinovich, President Waitakere Grey Power Association 247 Edmonton Rd, Te Atatu South.

Kelly Mini Sports

Kelly Mini Sports is coming to Hobsonville Point at the Sunderland Lounge, 27 Hudson Bay Road. Although the term is already under way, you are welcome to join in. We run sports programmes for 1-5 year olds which helps improve their cognitive and motor skills, builds confidence and teamwork.



Our trained coaches use a dynamic combination of fun and music to teach skills that are essential for physical and social development. Your kids will enjoy themselves so much they won't even realise they're learning.

We teach 5 different sports throughout the term including football/soccer, rugby, basketball, cricket and tennis. This gives them the opportunity to try and enjoy lots of different sports while learning new skills every week.

For more information feel free to check out our Facebook Page @ kellyminisportsnz or call Jono on 021 409 455.

Music and movies in parks

For the last 40 summers, Auckland Council has brought melodies of every genre to Auckland parks and reserves with its always-stellar Music in Parks series.



On Saturday 21 March from 1pm-4pm at Hobsonville Point Park, Buckley Avenue come to hear Danny McCrum, Violet Highway and Spawts in A Little Bit of Everything. Genre: Rock, Alt, Indie, Pop.

This awesome show will fill up your musical plate with a little bit of

everything you like - from rock to pop and beyond.

Danny McCrum and his fantastic band perform a feel-good, danceable mix of originals and covers. Their show is full of surprises, lots of energy and great musicianship.

Violet Highway is a female-fronted three-piece with a fiery blend of blues, pop and rock - think grooving bass lines, drum splashes in all the right places, dirty guitar squeals and searing vocals.

DIY alternative band Spawts showcase their sound rooted in indie rock, garage and post punk, with a live performance that explores boundless sonic tangents and lively textured guitars.

For a different style, Henderson has hosted top brass bands from across Auckland for many years. At Falls Park, Alderman Drive, Henderson on Sundays in March from 2.30pm-4pm come to listen to Kumeu Vintage (15 March), Royal NZ Air Force Band (22 March) and Waitakere Brass (29 March).

Looking ahead, the movie Dumbo will be shown from 6.10pm on 17 April (with pre-movie entertainment from 4pm) at Luckens Reserve, Marina View Drive, West Harbour.

For information about both Movies in Parks and Music in Parks, go to moviesinparks.co.nz and musicinparks.co.nz for the full 2020 line-up.

helloworld Travel holiday in Mexico

Last month Hayley wrote about the adventure side of Mexico and how she loved it and is already planning her next holiday there.



My husband and I visited two resort areas of Mexico over Christmas with 3 other couples and I thought this is a good follow on for the virtues of considering Mexico for your next holiday.

We first visited Puerto Vallarta and stayed in a very large resort, one which you needed a golf cart to get around. We were met at the carpark by staff who relieved us of our luggage and directed us to a golf cart after ticking off our names. This was a very slick operation and they assured us when we called from our room our luggage would arrive within a few minutes, and it did. The golf cart took us to reception about 10 minutes away where we were checked in to our room and directed us to our tower, of which there were many. Our room looked out to the water and over the pool which was magnificent and huge. The next day someone asked me which way

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to the beach, none of the paths were straight and wound around the pool area making it easy to get disorientated. This was a fabulous place if you don't mind a large resort, great 2 for 1 cocktails in the pool each day helped.

Our next destination was Cabo and most of our group preferred this area. We were in a hotel on the beach in the busy part of Cabo, loads of restaurants and bars around to choose from and a great marina area to take trips out for whale watching and fishing of which we did both and loved it. There were cruise ships in nearly every day, some days there were 3 ships in so it is a popular place and a favourite with tourists. The downside of Cabo is that it is easily accessible from the USA and the locals have got used to huge tips, grumbling if we only gave them 10% and I have to say this did annoy us.

We did love our holiday in Mexico and the weather over Christmas is almost identical to New Zealand weather, 25C during the day and around 17C at night but without the wind that Auckland gets and absolutely no rain.

If you would like to know more please call us 09 416 1799 or email hobsonville@helloworld.co.nz or call in, we are next to Countdown in the Hobson Centre.

The House of Science

The House of Science delivers science resource kits to primary and intermediate schools in West Auckland on a library basis. We are part of a nationwide initiative set up by former high school science teacher Chris Duggan, however we are the only area up and running in Auckland so far.



We have 29 different kits, including subjects such as bees, nanotechnology, acids and bases, force and motion, plants, and more. Each kit has enough resources for 30 children to have a hands on science experience at 5+ activities around the kit subject. Our mission is "All children in NZ are scientifically literate".

We are run entirely by volunteers who help us restock the kits on Sundays and deliver/collect the kits on Mondays and Fridays. We are always looking for more help, and this can be as little as once a month.

We are also looking for businesses to sponsor our charity by helping us purchase new kits and consumables for the kits, and for mileage for our volunteers.

If you would like to help us out in any way, please contact Jess on 027 810 4129 or jessica.singh@houseofscience.nz.

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	Countdown Royal Heights
The Warehouse Westgate	Luckens Road Dairy
Mitre 10 Mega Westgate	Massey Leisure Centre
Countdown Hobsonville	Whenuapai Dairy
Countdown North West	Hobsonville Point Dairy
Mike Pero Hobsonville	Season's Market Massey

Check us out at www.houseofscience.nz.

Hilton Brown Swimming

Are your children nervous around water? Do they run into the ocean squealing with joy or tentatively tiptoe in? The biggest hurdle when learning to swim is gaining confidence in the water. Once your confidence grows, your swimming technique improves in leaps and bounds.



At Hilton Brown Swimming we know how to instill that confidence. We have over 45 years' experience teaching swimming in NZ and offer quality lessons from babies through to adults. Children look forward to their swimming lessons at Hilton Brown Swimming because we make sure it's an enjoyable experience. Our swimming teachers provide positive feedback and ensure everyone is happy in the pool. www.hiltonbrownswimming.co.nz.

Chichester Cottage

Hobsonville Point Residents Society is pleased to announce the long-awaited opening of Chichester Cottage. It's the cute little black and white building on Te Ara Manawa (our coastal walkway) tucked under trees close to Bear Park daycare centre at the northern end of Buckley Avenue.



It was little more than a ramshackle old shed a few years ago, but has been restored by HLC - now part of Kainga Ora - which is kindly gifting it to the Hobsonville Point Residents Society for use as a community venue.

Local residents have volunteered their time to set up and manage the cottage. Thanks to everyone involved, past and present.

The cottage has one meeting room, a kitchen, and large toilet with baby changing table. Maximum seated capacity is only about 20, so it's best suited for smallish meetings, play groups, music lessons, hobby groups, workshops and social get-togethers. More info over terms of use will be coming your way.

Mark the late afternoon from 4pm of Sunday March 1 on your calendar for a 1930s themed (yes - get dressed to suit) as HPRS is

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In Brief Updates

planning an outdoor high tea with live Jazz music on the shady lawns around Chichester. Enjoy dancing, croquet and pétanque, with high tea and snacks thanks to Ryman Healthcare and Ray White.

Cityhop drives expansion in Hobsonville

Car share provider Cityhop continues to expand their fleet in the Hobsonville area, now boasting 4 on demand vehicles including a cargo van. Members of the service can book for as little as an hour or as long as they like, tap their Cityhop smartcard (think AT Hop card) on the windscreen to unlock, hop in and get going. You can now find cars on Hobsonville Point Road and at the Ferry Terminal while the van lives on Hastings St outside the Catalina Café.



“Owning a car in Hobsonville really isn’t a necessity with good public transport links and now a variety of on demand vehicles” Cityhop Community Manager Charlie Kings says, “both residents and businesses should really look into how much their cars burden them financially, on average a private car sits unused 95% of the time.”

Local business owner, Martin Steel of City Botanics, has saved thousands of dollars since joining Cityhop last year. The on-demand vehicles have negated the need for him to purchase a van to operate his specialist garden design company and only pay for a van when he needs it.

The total number of members in the area is on the rise and further expansion is on the horizon to meet demand. With cars in the city near workplaces and at home residents have access to hundreds of cars and vans to suit any journey. Since launching in Hobsonville Cityhop have waived their sign-up fee so you can now sign up for free at cityhop.co.nz and only pay for what you use.

Waitakere Fire Brigade

The Waitakere Fire Brigade continues to send personnel to Australia to assist with the fire control efforts. Even though the media reports flooding in New South Wales and Queensland there are still fires burning that need extinguishing.

If you would like to find out more about what we do, follow us on

Facebook - Waitakere Volunteer Fire Brigade

The dry weather, while fantastic for the beach, is a real concern to Fire and Emergency NZ as these conditions are also dangerous if a fire takes hold in grass, shrub or forest. We are in a Prohibited Fire Season so please do not light a fire and if you see smoke call 111.

Escape My House

Did you know a house fire can kill you in less than five minutes?

Take five minutes now to create your household escape plan. Follow the link below. www.escapemyhouse.co.nz.

My Science Playroom

Learning through play with conceptual resources that raise curiosity and awareness of contrasts, consequences and sequential patterns encourages brighter minds to stay involved in play for longer periods of time. Staying engaged in conversations and being able to share those conceptual findings, with you in a friendly and fun playtime has meaningful results.



Learning new words to describe discoveries and having someone nearby who are socially engaged with your young child, extends their vocabulary and understanding. When this happens, schemas can develop. For example, a very young child will hold onto a car and move it up and down a track for a period of time. When you put your car a bit higher and let it go, and repeat the action, the child will watch and try to comprehend what is happening. The little explorer becomes brave to also ‘let go’ of the car. Only for a short distance though and where the environment is still within reach and their control. Soon with repeated actions this brave confident child has enough competency to know that the car can go long distances and still be retrieved. Then this action will be tried with balls and on a variety of inclined planes, much to their delight, because their hypotheses confirms every time that their thinking is good. When the action they planned is not working, problem solving kicks in because now they can refer to prior knowledge, “what worked before?”

Add the science words ‘velocity’, ‘momentum’ and ‘motion or friction’, one at a time and repeat it often. This gives the little child not only the vocabulary to express their findings, but the words to verbalise; what they did; what happened; and an understanding of motion that will last a lifetime. It takes away the fear of science because of terminology you don’t often hear or understand and makes play much more meaningful.



Luke Kemp
LL.B., B.COM., DIP. HORT

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In Brief Updates

These theories when introduced at a later stage makes sense to this child and because of the level of understanding, this child should be able to think at an advanced level when seeking solutions or opportunities to use it in different and more challenging play scenarios.

This is just one of the dramatic play scenarios that are available at My Science Playroom for parents and teachers with curious children. We hope you will come to play and explore with them. For further information, please check out www.scienceplayroom.co.nz.

Nothing to lose – everything to gain

Thanks to your local support we've had another record start to the year up staffing to five consultants just in time for the January sales.

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Kip McGrath Education Centres: a reputation for excellence

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and is now a global institution with over 40,000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with school

programmes. We were recently awarded the Reader's Digest Gold Award for educational tuition in NZ.

This reputation lies not only in the professionalism and compassion of the teachers that tutor at our Centres, but also the quality, curriculum-based learning programmes we create to meet each child's specific needs.

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Call today for a free assessment - 09 831 0272 or book online kipmcgrath.co.nz.

Maintenance costs jeopardising school swimming

Growing maintenance costs of ageing school pools are putting potentially life-saving swimming lessons out of the reach of thousands of Kiwi youth according to an industry expert. According to the latest statistics 80 New Zealanders drown annually; and within the first three weeks of 2020, there have been eight preventable deaths.



Former Olympic and national swimming coach Mark Bone says swimming lessons from an early age are essential to reducing our national drowning statistics. Bone says past Otago University research showed two thirds of school children in the study could not swim 100 meters.

Mike Purcell principal of Henderson High School says maintenance costs forced the Board to close their swimming pool at the end of last year.

"The school's ageing pool and filtering system had been limping along for the last two years but it reached a crisis point at the end of last March where we needed to shut it for health and safety reasons. A number of our students live near West Auckland beaches, which have a reputation as a high risk drowning area.

We were fortunate to have found almost \$45,000 in funding from local social enterprise, The Trusts, which meant we would be able to effect repairs and bring the pool back online from the beginning of the school year," he says.

Amanda Cassidy spokesperson for The Trusts West Auckland says

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their data shows a growing number of schools approaching them for funding for playground equipment and donations to cover their swimming pool maintenance in recent years.

The Mobile Car Specialists

Lately we've had a lot of responses from people after having their cars cut and polished that go along the lines of this...

"Wow. That looks amazing!"

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But don't take our word for it... please take a look at our reviews on Facebook and NoCowboys (links can be found on our website below) - you'll see plenty more of those types of responses there.

Our services include: Dent removal - small to large, high quality paint correction / cut and polish, ceramic coating paint protection, yellow / foggy headlight restoration, signwriting removal.

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Keep recycling out of landfill

What to do: Completely empty out containers, especially ones with liquid or drink. Rinse out all containers. The cleaner the better is the rule of thumb. Sort your waste carefully to make sure only the right recyclable containers from the kitchen, bathroom and laundry go in the recycling bin. Recycle as much as you can of glass bottles and jars, aluminium cans/empty aerosols, steel and tin cans, plastic containers labelled 1-7, paper and cardboard, and liquid paperboard cartons (e.g. used for milk and juice). Flatten paper and cardboard to save space in your recycling bin. Remember to leave the lids on all bottles and containers. Containers should be no larger than 4 litres.

What to avoid: Bubble wrap and plastic bags (See <https://www.recycling.kiwi.nz/solutions/soft-plastics/store-locator/> to find where these can go). Food scraps should go in a compost bin, worm farm or bokashi bin. Clothing and shoes can be donated to a local charity shop in a clean condition if they are still wearable. Broken glassware



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and crockery should be wrapped and place in your kerbside rubbish bin. Single-use coffee cups and lids should go into your rubbish bin. Search "recycling" at aucklandcouncil.govt.nz for further ideas.

Didsbury Art Trail

Come and celebrate the opening of Auckland's newest destination for art lovers, the Didsbury Art Trail. Saturday 7th and Sunday 8th March 10am - 2pm Hobsonville Point.

Richard Didsbury was a Director of HLC (now part of Kāinga Ora) for nine years and has had a distinguished career in property. His passion for enriching the public realm has resulted in projects which have redefined communities such as Hobsonville Point and Matakana Village, and his support for artists and architecture is highlighted at the Brick Bay Wines and Sculpture Trail, and now at the Didsbury Art Trail in Hobsonville Point.

Experience larger-than-life public artworks from some of New Zealand's top artists as you wind your way along picturesque coastline and through parks and beautiful streetscapes, taking in unique heritage sites and urban design features along the way. Find out more about what you can see on the Didsbury Art Trail Page. www.hobsonvillepoint.co.nz/visit/art-trail

There are loads of fun events scheduled to celebrate the opening, including artists' workshops, kids' activities, and plenty of ice cream and coffee stops along the trail. Plus, the popular Catalina Bay Farmers Market will be hosting their 10 year anniversary celebration on the waterfront. Located alongside cafes, restaurants and the Little Creatures microbrewery, it's the perfect pit stop for hungry art lovers.



Anna Jeffs

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In Brief Updates

Hear from the artists themselves and experience the trail in a whole new way by downloading the Didsbury Art Trail audio tour. Just search for 'Didsbury Trail' in your preferred podcast app which will be available from Monday 24th February so you can listen on the day while you view each piece of art.

Huge fun at a splash pad

We had a huge fun and delicious snack at our regular outing in Waterview Reserve. Read more on kokocogy.wix.com/gocogyblog/ West Auckland COGY Club welcomes everyone for light exercises. If you are not confident for walking 20-30 mins, you are welcome to use our COGY, pedal wheelchair. Next meeting will be on Saturday 14th March. We are thinking of BBQ. gocogy@gmail.com for details.



We Are One first birthday celebration at Te Manawa

Saturday 4 April 10am - 5pm
free Family Event

Te Manawa is celebrating its first birthday on Saturday 4 April with a unique day of activations called We Are One. Not only is We Are One a celebration of being open a year, it's also a coming together of our local community in unity as one.



A year ago to the day, Te Manawa officially opened its doors with a hugely successful Community Open Day showcasing the building and its services to the local community.

Since then Te Manawa has had more than 200,000 visits, put on over 500 programmes and events and has hosted more than 500 venue hires. We want to celebrate this wonderful achievement with a free family open day showcasing some of the best we have to offer at Te Manawa.

Te Manawa Centre Manager Margo Athy says "Te Manawa has

established itself a true community hub over the last year, and we are excited to showcase all that Te Manawa offers. Through We Are One, Te Manawa is bringing together and celebrating with the diverse communities of our area. It's going to be a fun day."

There will be live performances on the main stage in Te Pumanawa Square from 10am, where we showcase the unique talent of our local community and Te Manawa users. As well as a jam-packed stage, there will also be free face painting, smoothie bikes and outdoor games in the square.

Inside you'll find an array of free activities and workshops for the whole family, including origami, robotics, badge making, sustainable crafts, video gaming, photobooth and you'll also have the chance to win some awesome prizes, as well as your usual library and council services.

We are also proud to present along with Massey Matters, Massey's Got Talent. A live talent show that will take place on the stage in the afternoon of We Are One, do you have what it takes to light up the stage? We Are One, Saturday 4 April 10am - 5pm at Te Manawa, Kohuhu Lane, Massey, Auckland.

Group spotlight

This month we profile one of our Zone's Scout Groups. Whenuapai Air Scout Group has been part of the Whenuapai community since 1956. The Group is located at the corner of Kowhai Road & Puriri Road in Whenuapai.



The group is on land at the northern end of the Air Forces runway and has a long history with the Air Force with many past scouts, parents and leaders having been associated with the Air Force at some point.

Air Scout Groups have a very similar Scout programme as "Land and Sea" Scouts and take part in all the same activities and events as the other Scout groups.

Air Scouts take part in additional specialised aviation related activities, such as plane identification, Welsh Flying School and Leaders can gain their Air Charge Certificate.

Whenuapai Air Scout Group have a modern well-equipped hall with central heating and open wide outdoor space for the youth to get outside and learn.

Whenuapai have excellent numbers in all youth sections, to the point where Cubs are at capacity.

But the group is short on Leaders and needs more. The Scout group is currently trying to recruit new Leaders to help their youth grow

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into outstanding members of the community.

If you are over 18 years old, perhaps associated or have been associated with the Air Force, or just want to help the community, then please get in touch.

We will provide training and guidance for the Leaders and often Leaders also grow and develop their own new skill sets becoming more confident and able Adults.

Please email the Group Leader if you can assist and they will help you and can answer any questions for you

You can email Whenuapai Air Scouts Group Leader at: whenuapai@group.scouts.nz. Craig Paltridge - Waitoru Zone Leader. Zl.waitoru@zone.scouts.nz.

Join your Resident and Ratepayers Association

The Massey Birdwood Settlers Association Incorporated is a resident and ratepayers organisation as well as the owner of a community hall.

The Association was incorporated in 1925, one of the first resident and ratepayers associations in Auckland.

The objects of the Society include the general advancement and improvement of the districts of Massey and Birdwood in the provincial district of Auckland and of the environments thereof, commercially and as a place of residence and otherwise howsoever. To cooperate with the statutory bodies in looking after the affairs of the districts of Massey and Birdwood and to ensure the maximum fair expenditure of the general rates levied by such bodies in the districts for the benefit of the ratepayers, residents and visitors.

Another of the objects the Association that included on its founding document names like Luckens and Spargo is to pursue and undertake any activity with the object of establishing, improving or preserving social cultural or sporting activities or amenities or the unique environment of the Districts.

In plain English therefore, the Association represents your views to the local Council and Government, ensuring adequate resources are spent in the community that will benefit the whole community.

This Association is your Association - a voice to represent the community in matters relating to the way the City relates to all of us. Over the years many executive members of the Association have held elected positions within the Community Board, Waitakere City Council and Local Boards, the Trusts and the DHB.

We have always made submissions to the Council on proposed rate increases as part of our role in ensuring local ratepayers are heard and the Council are aware that rate increase has a direct impact on many residents and local businesses budgets.

If you're a resident or ratepayer in our area (From Ranui to Westgate and all areas between) the Massey and Birdwood Settlers Association Incorporated is well worth joining for a membership of just \$1 (one dollar). Send an email to masseybirdwood@gmail.com and the Secretary email you instructions in how to join.

Think outside the box

As summer is slowly drawing to a close and the kids are back at school, now is the time for parents to have some time to themselves. Why not take a short trip to the Islands or Australia?

In June 2020, we are hosting a "Reiki in Rarotonga", hosted by international Reiki Masters Jason M and Natalie Z. This exciting 7 night trip includes an intensive Reiki 1 & Reiki 2 training. Flights ex Auckland, 7 nights' accommodation plus lots more. Contact Jasonm@youtravel.co.nz for further information.



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Check out our new groups on our Facebook Page "YOU Travel Westgate", we have created "YOU Travel Naturally" group, those who are interested in naturist holidays, "YOU Travel Westgate Wellness Retreat" for those into wellness and spiritual travel retreats.

It's still not too late to make plans to travel over to Europe for their summer. We can help with airfares, coach tours, accommodation, river cruises, sightseeing and travel insurance.

YOU Travel Westgate is your one stop travel agency.

Contact us on 09 831 0018, email westgate@youtravel.co.nz or visit at 18 Westgate Drive, Westgate.

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Property

Property market report

The recent changes in the housing market is coinciding with an upsurge in the numbers of people stretching themselves further financially to buy houses.

A snapshot of the residential mortgage lending by debt-to-income ratio shows that the amount of money borrowed on high debt-to-income ratios has lifted sharply recently, after declining though 2018. The figures indicate that both first home buyers and other owner-occupiers are now financially pushing themselves harder to get into houses. This is happening both in Auckland and across the rest of the country. But, while owner-occupiers are stretching themselves more too, it's the figures for the first home buyers (FHBs) that are the most eye catching.

In December 2019 (the latest month available), the first home buyers nationwide borrowed \$1.216 billion for house purchases.

Of this some 39.3% of the amount advanced was on mortgages where the amount borrowed was more than five times the annual income of the borrowers. In other words, a ratio of over five is getting up there. For the same month a year ago the amount of money borrowed by FHBs at DTIs above five was 31.2% - so that's quite a rise. In Auckland (as you might imagine) the figures and ratios are even more bracing. In December 2019 Auckland FHBs borrowed \$555 million for house purchases. Of this, some 55.3% was at a DTI of above five. For the same month in 2018, the percentage was 50.8%. The DTI data produced (it's monthly figures, but released only quarterly) by the RBNZ is a fairly new series, so covers only back as far as 2017. What the data shows though is that DTI ratios were high in 2017, declined in 2018 and are now ramping up again.

The November figures showed exactly the same pattern, IE of a sharp move upward in the amount being borrowed at DTIs of over five. On a nationwide basis, other owner occupiers borrowed \$2.769 billion in December 2019 to buy houses. Of this, 33.8% was at DTIs above five. A year ago, in December 2018, the percentage borrowed by this grouping on DTIs above five was 30.7%. In Auckland, owner occupiers borrowed \$1.178 billion in December 2019. Of this, 46.9% (up from 44.1% in December 2018) was at a DTI of above five. It's all going up

The other point to note is that these percentages are all moving up at a time when much more generally is being borrowed. In December 2019 the amount borrowed was up nearly \$1.2 billion compared with the same month a year earlier. And the first home buyers continued their march, moving to a new record high share of the amount borrowed, at 18.5%. The total amount advanced in mortgages last month was \$6.536 billion, up from just \$5.371 billion in December 2018. What will the RBNZ make of all this? It will be watching closely that's for sure.

In both early 2018 and 2019 the RBNZ officially relaxed its loan to value ratio (LVR) limits. This has made it easier for people to borrow

- as of course have the low mortgage interest rates. So, a word of caution, be careful about your investing, be prudent about your debt servicing. Let's have a look at the sales this month:

Herald Island Residential	\$1,330,000
Hobsonville Residential	\$705,000 to \$1,620,000
Massey Residential	\$673,000 to \$960,000
Swanson Residential	\$585,000 to \$1,310,000
West Harbour Residential	\$770,000 to \$1,280,000
Westgate Residential	\$599,000 to \$930,000
Whenuapai Residential	\$872,000 to \$1,285,000

We have a big cupboard full of buyers and the banks are saying yes more than they are saying no. Therefore if you would like to sell... it's time. Call me today on 0800 900 700, text me on 027 632 0421 or email me at graham.mcintyre@mikepero.com. See more at www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Deceased estates – Do I have to apply to the High Court?

At Gina Jansen Lawyers, we understand that losing a loved one is a time of immense difficulty and hardship and the onset of legal issues can add undue stress to grieving families. Our solicitors guide you through the process of estate administration by explaining who has the responsibilities and liabilities, obtaining formal administration of the estate, such as Probate or Letters of Administration from the High Court, managing assets, paying off any estate debts, filing tax returns and distributing estate assets to the beneficiaries. Gina Jansen Lawyers are experienced and bring sensitivity and compassion to help our estate clients. We provide an efficient service to swiftly handle simple or complicated estate matters. We can provide advice on Probate and Letters of Administration from the High Court, estate administration, and distribution of assets to beneficiaries, executor's duties and jointly held assets.



Estate administration involves advising and helping executors to understand their role and responsibilities, legal liabilities, tax obligations and filing tax returns for the estate and the deceased, paying estate debts and distributing the estate either according to the Will of the deceased or via the Administration Act if the deceased passed without a Will. When any assets are jointly owned,

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Property

such as bank accounts or property, it usually becomes the property of the surviving spouse (depending on how the property title is held) and therefore is not included in the estate. We help to transmit the property to the surviving spouse. Lapses in time to effect this can complicate the process so it is essential to transmit property promptly.

Probate is obtained from the High Court and is necessary in order to have the Will of the deceased formally accepted as the last Will. Probate is required when the deceased person has a Will and had assets in their name exceeding \$15,000.00. Gina Jansen Lawyers are experienced at promptly preparing and filing for Probate in the High Court. Where the deceased has passed without a Will, the estate is administered in accordance with the Administration Act 1969 and an application must be made to the High Court for Letters of Administration. We can advise you how the estate must be distributed to beneficiaries under the Act. We also guide executors on the assets and liabilities of the estate, how to pay bills and debts on behalf of the estate, as well as advise on tax obligations and filing of tax returns. Want to know more? Contact Gina Jansen Lawyers on 09 869 5820 or email us at gina@ginajansen.co.nz.

What is in a name?

The legal professional in New Zealand is made up Barristers and Solicitors. What's the difference? A barrister will represent a client in open court and may appear at the bar. A barrister does not deal directly with clients but does so through a solicitor. Typically a barrister will specialise in a particular area or court i.e. family, civil, and criminal.

A Solicitor on the other hand is actually a Barrister & Solicitor and whilst they tend to deal with more transactional work such as the conveyance of property, raising and discharging mortgages, subdivisions, drafting wills and estate planning, negotiating disputes and settlements, a solicitor may also represent clients in court. One main difference is that a solicitor can operate a trust account for handling client monies, but a barrister cannot.

Both barristers and solicitors can also be referred to simply as 'lawyers'. 'Attorney' is the American equivalent, or 'Advocate' in Europe.

In New Zealand we are only permitted to refer to ourselves as being a lawyer, barrister or solicitor if we hold a current practising certificate with the New Zealand Law Society.

ClearStone Legal incorporating Kumeu-Huapai Law Centre are a firm of Barristers & Solicitors. Phone 09 973 5102 to make an



appointment.

Planning for financial year end

There are several things you can do to get your business organised now for the financial year end on 31st March which will help make the process easier and quicker. Depending on your inventory management system, you may need to do a physical stocktake on balance date, so schedule this in with extra hands on deck if necessary. Now is also a great time to physically dispose of any obsolete stock so this can be excluded. In order to claim a deduction for bad debts, these must be written off prior to 31st March, so write these off now in your accounting software. Take some time to look at your fixed assets register and ensure it is up-to-date with details of any purchases costing more than \$500, as well as any disposals. This is intended as a general guide. For more tips on planning for the financial year end please contact Mark Foster and the friendly UHY Haines Norton accounting team on 09 412 9853 or email kumeu@uhyhn.co.nz.

Titles and land covenants

Most land agents will tell you to get legal advice before you sign an agreement. This is good advice because it gives you and your lawyer a chance to look at a title to see if there are things that limit your future use and enjoyment of the property that are validly on your title. Failing that, we always recommend that you only sign an agreement with a due diligence clause which allows you to withdraw from the agreement if you are not satisfied about the title.

Title issues include that the land covenants are too vague for you to be sure that the vendor has complied with them. This is especially so where the style of building or materials used is something must be approved by the developer. It often cannot be known whether the developer ever approved these things or whether it can lead to expensive remedial work after you are committed to the purchase.

Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email luke@kempolicitors.co.nz.

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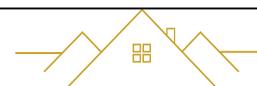
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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,250,000	1087M2	120M2	1,330,000		660,000	673M2	160M2	847,000
HOBSONVILLE	980,000	218M2	178M2	975,000		620,000	488M2	90M2	667,000
	940,000	242M2	143M2	950,000		930,000	596M2	113M2	850,000
	905,000	241M2	138M2	905,000		660,000	660M2	100M2	742,000
	1,100,000	301M2	202M2	1,030,000		750,000	675M2	150M2	908,000
	810,000	205M2	128M2	905,000		840,000	614M2	180M2	926,000
	910,000	253M2	151M2	893,000		960,000	551M2	168M2	891,000
	1,175,000	337M2	217M2	1,150,000		830,000	655M2	160M2	760,000
	1,350,000	349M2	269M2	1,356,000		980,000	605M2	190M2	730,000
	1,025,000	259M2	169M2	970,000		660,000	343M2	83M2	673,000
	1,120,000	302M2	205M2	1,085,000		830,000	531M2	180M2	816,500
	1,730,000	1082M2	479M2	1,518,000		720,000	437M2	148M2	795,000
	1,125,000	228M2	233M2	1,620,000		770,000	377M2	185M2	828,000
	965,000	132M2	102M2	705,000		750,000	451M2	154M2	740,000
	1,100,000	232M2	174M2	1,030,000		770,000	932M2	220M2	1,200,000
	740,000	146M2	106M2	805,000		680,000	597M2	360M2	750,000
	1,250,000	390M2	301M2	1,405,000	WEST HARBOUR	810,000	622m2	100M2	850,000
	1,500,000	428M2	322M2	1,418,000		990,000	373M2	213M2	942,000
	1,225,000	323M2	240M2	1,200,000		1,080,000	590M2	250M2	865,000
	1,175,000	298M2	230M2	1,176,500		940,000	640M2	190M2	950,000
	1,175,000	232M2	216M2	1,130,000		1,100,000	711M2	220M2	950,000
	1,400,000	362M2	300M2	1,330,000		980,000	834m2	186M2	880,000
MASSEY	790,000	456M2	118M2	730,000		690,000	411M2	93M2	770,000
	760,000	210M2	184M2	887,000		710,000	622M2	120M2	858,000
	965,000	509M2	141M2	795,000		1,030,000	699M2	200M2	919,000
	930,000	890M2	230M2	890,000		1,290,000	730M2	430M2	1,280,000
	580,000	1098M2	90M2	680,000	WESTGATE	840,000	451M2	146M2	820,000
	720,000	616M2	129M2	730,000		830,000	240M2	167M2	930,000
	1,025,000	548M2	210M2	930,000		1,025,000	525M2	201M2	845,000
	940,000	310M2	189M2	960,000		870,000	522M2	160M2	910,000
	670,000	525M2	154M2	680,000		640,000	270M2	127M2	599,000
	760,000	1171M2	130M2	720,000		900,000	451M2	156M2	830,000

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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FOR AN EDUCATED DISCERNING BUYER - KORAHA ESTATE



By Negotiation

2 Koraha Road, Kumeu
By Negotiation

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

www.mikepero.com/RX2249624



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SEA VIEWS, EVENING HUES, AFFORDABLE LIFESTYLE



By Negotiation

7 Kaipara Lake Road, South Head
By Negotiation

This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idellic Kaipara Harbour make this home more than a lifestyle option but a picture paradise. Kaipara harbour can be accessed from the Tupare Estate 's private boat ramp. This gentle flowing estate of 1.6 hectares (4.12 acres) is divided into four paddocks of all season pasture. There are two paddocks with animal shelters and one with a three bay shed with a concrete floor and two roller doors, all paddocks have reticulated water from the estate bore. Tupare Estate home owners share an enviable number of community facilities, a large hall, tennis court, equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp

www.mikepero.com/RX2039027



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027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE IN WAIMAUKU ON 1236 SQM OF LAND 4 2 2

By Negotiation

16 Denehurst Drive, Waimauku
By Negotiation

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

www.mikepero.com/RX2223811



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRICK AND TILE - MODERN LIVING 4 2 2

Asking Price \$759,000

36 Fordyce Road, Parakai
Asking Price \$759,000

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.

www.mikepero.com/RX2163650



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



RUSTIC CHARACTER, BARNs AND MODERN STUDIO

6 5 2

\$1,995,000

41 Coatesville-Riverhead Highway, Coatesville
Asking Price \$1,995,000

The best of old and new blend seamlessly on this quiet and private estate of 4 acres comprised of established native bush and pasture delivering a private, tranquil and sunny glade. A statement of enduring connection to what is real, what matters and what feels right. A diversity of living rooms, separate dining room, four bedrooms, an office and two bathrooms while the hub is the open plan kitchen and step down entertainment lounge with high, wooden, cathedral stud and cascades of light. Two large barns, one open style and one a half round with a loft, providing storage or workshop options. In addition, a separate, near new studio comprising five rooms (ccc not issued) with additional parking.

www.mikepero.com/RX2166107



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



3222 SQUARE METERS - BIG OPPORTUNITY IN WHENUAPAI

3 1 1

\$1,545,000

44 Puriri Road, Whenuapai

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

www.mikepero.com/RX2204835



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



VALLEY VIEWS, PASTURE IN HUE - NEAR TAUPAKI 4 3 2

By Negotiation

81 Stoney Creek Drive, Waitakere
By Negotiation

Pasture and park like surrounding ignite the most idyllic, peaceful and playful home, shedding, grazing and kids playground imaginable. A contemporary and modern four bedroom, two bathroom home, over two levels, elevated, tranquil and private with the most outstanding valley and bush views. Open plan kitchen and dining area flowing seamlessly out to a large deck, making entertaining a breeze. Separate lounge area which opens up to Westerly decking over-looking a lush garden, lawn and entertaining area leading to a grazing paddock. Internal access triple car garage makes life easier for the tools and toys, with a separate 12m x 9m shed providing workshop space and storage, includes a separate room and bathroom, delivers options for extra room for guests or independent family members.

www.mikepero.com/RX2109381



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



NORTHWEST ASPECT - COUNTRY COTTAGE IN HELENSVILLE 2 2 1

By Negotiation

203 Mangakura Road, Helensville
By Negotiation

Nestled in a quiet glade overlooking most of it's 1.5 hectares is this very private country cottage. Offering a feel of ambience, a touch of nostalgia and a tranquil place of relaxing contemplation. If you are seeking land and home that oozes personality and character, this is one that will feature high on your list. Motivated owner and lots of little projects to enjoy, come and feast your eyes on this great delight. The CV on this property is \$1,075,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX2066202



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



AFFORDABLE LIVING IN RIVERHEAD - ENTERTAINERS HOME

3 1

Asking Price \$879,000

1014 Coatesville-Riverhead Highway, Riverhead Asking Price \$879,000

A beautifully finished and landscaped contemporary bungalow in the heart of Riverhead's old world charm. Offering a very modern open plan living out to sunny North-West facing decking to melt away the day. Landscaped to deliver privacy and modern contemporary. An altogether picturesque country cottage entrance entices you through the door to an open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level. A hop, skip and dawdle to Riverhead School, Hall, Cafés, Restaurants, Parks, Inner Harbour and walks.

www.mikepero.com/RX1814073



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Home & Garden

The latest edition in Westgate

The founder of Exceptional Bathrooms Ltd, Garry, has had over 40 years of experience in the building industry. He's done everything from general building to specialising in kitchens and now is the expert on transforming bathrooms into functional and lovable spaces. After 7 years of operating Exceptional Bathrooms Ltd, 7 years of designing, creating and building dream bathrooms for our clients, we are pleased to announce the opening of our very own Showroom. The Showroom is a unique opportunity for the public to come in and not only see trending ranges of vanities, showers, baths and tapware but it is an exclusive showcase of our expert tradesmanship. Come meet our team at 7 Northside Drive Westgate to see what it feels like to be in a truly Exceptional bathroom.



Contact garry@exceptionalbathrooms.co.nz

Autumn is nature's planting time

The ground is still warm and the first of the rain helps new plants, trees and lawns get established.



Now is the time to get ready for the joy of bringing beautiful bulbs to life in the coming spring. Bulbs can be planted in pots, tubs, or even old boots or wheelbarrows, if you're feeling creative.

We have all of your favourites like anemones, daffodils, ranunculus, freesias, hyacinth and more in store now!

Most bulbs prefer a period of coldness (especially in warmer climates), so it's a good idea to place them in a paper bag in the fridge for about 4-6 weeks before planting.

By planting your bulbs in groups, two weeks apart for a 6-8 week period over autumn, you can be rewarded with up to 3 months of blooms, with new blooms emerging as old ones die off.

If you need advice on what to plant in your autumn garden, or want to browse our range of bulbs, pop in and see us!

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- claim tax back on your system as a depreciable asset
- be a shining example to others by "walking the talk"
- switch on your system straight away to start all of the above

If you run a business out of a commercial building? We can have a good look at your power bills, supply a detailed report and answer any solar questions you may have. Contact us on: info@solarcraft.co.nz or phone us anytime. PH: 0508 272 389 W: www.solarcraft.co.nz.



Plywood and pool/spa chemicals on sale now

Treated plywood (non-structural) 15mm 2400 x 1200 is now just \$60.00 incl gst per sheet

Our entire range of swimming pool and spa chemicals all now have 15% off

These special offers are valid at all Western ITM Stores Kumeu | Swanson | Whenuapai - until March 31st or while stocks last.

At Western ITM we welcome do-it-yourselfers, whether you are about to build a new deck, a new fence or even a whole house... It's all possible at Western ITM. As your local timber, hardware and building materials suppliers, Western ITM is here to assist. You can

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Home & Garden

call into any one of our three West Auckland stores and check out our selection of quality products and range of services. We also supply online and instore do-it-yourself guides and expert advice.

Visit westernitm.co.nz for a free online quotation or call instore and speak to one of the experienced Western ITM team today.

Western ITM Kumeu - 154 Main Road Kumeu.

Open Mon-Fri 6:30am - 5pm Saturday 8am - 4pm.

Phone 09 412 8148 | email kumeu@westernitm.co.nz | westernitm.co.nz.

Flower arranging – Easter theme

Sunday 29th March 0930am - 1130am.

After a really successful flower arranging workshop last Christmas, we've invited Bea Stumple back to present an Easter theme version. So if you would like to create your own Easter table settings or flower arrangements to celebrate the festival (and impress your friends and family) this is a not to be missed event.

Bea Stumple is an expert local florist.

She qualified as the top student in NZ when she completed her NZ Professional Floristry examinations 26 years ago and is one of only 16 people to have received the Ethel Black Award (a top accolade in the floristry world). She is also a registered examiner and accomplished tutor - so Bea knows her stuff (she's also a great presenter).

She plans to stroll around the gardens with attendees selecting appropriate plants and flowers and then show how to arrange them to best effect.

Within this interactive presentation Bea will be explaining: Appropriate plants and flowers that work well together, various arrangement techniques and concepts, how to make your creations last longer and tools and materials required.

After the workshop maybe spend more time in the Gardens which has a beautiful 1Km nature trail meandering through the idyllic Kaipara countryside.*

There is also a kid's play area as well as our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

* Trail not suitable for wheelchairs or walking frames.



The Christmas event was extremely popular so booking is definitely advised as spaces are limited. See below for contact details.

1481 Kaipara Coast Highway (SH16), 4km north of Kaukapakapa. Tickets: \$15 per person. To Book: info@kaiparacoast.co.nz or 09 420 5655.

Monthly spotlight – 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 and downpipes. Whatever your needs...we can help! Give us a call and one of our experienced roofing team will get you sorted.



We are also your local specialists in plumbing maintenance, hot water systems, repairs and installations and all aspects of drainage. We offer a state-of-the-art drain un-blocking service as well as a 24 hour plumbing service for any unforeseen plumbing emergencies - as we know these can come at any time.

No job is too big or too small for Laser Whenuapai. From basic tap washers through to full re-piping, drainage or gas systems, we can provide you with a complete solution. A large commercial project or a smaller residential fix-up, we can do it all!

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 and conveniently located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.



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Hot Property



Developers: location, location, location on 3222 sqm

Often sought but seldom found, a generous land lot of $\frac{3}{4}$ acres in the middle of Whenuapai Village.

A gently sloping fully usable property which ticks the boxes for a sensible buyer interested in adding value and creating a positive return, based on the size of the land and the two driveways. We have sought an independent development opinion from Terra Nova

planners which is available to prospective buyers.

The property has multiple improvements including a very well presented period bungalow, office, workshop, sheds and garaging. The main dwelling has a large, partially sheltered North facing deck area which takes advantage of the sunshine and warmth provided. The present owners (over a period of 30 years) have established the flower gardens and shrubberies giving privacy and shelter. This, combined with a number of mature fruit trees and grape vines means plenty of colour and a year round fruit bowl.

With a view to the inner harbour, there is a peek of the sea, while also having ready access to nearby schools, convenience shopping,

Hot Property



restaurants, motorway links, inner harbour beaches and ferry services to the city. In addition, the bus stop is at the gate.

Small development plots are rare and do offer an opportunity for families to invest in future proofing growth options that are cost effective and sensible.

Make your move today and create your mark in Whenuapai.

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).

Central's Tips

March 2020



The garden is bursting with produce. Harvest beans, tomatoes and corn. Place ripening melons and pumpkins on a bed of dry straw, to prevent them rotting. Protect ripening fruit and berries and start preparing the garden for autumn.



Get the spring bulbs!

It's time to start thinking about what bulbs you want to plant for the coming spring. Ask your local garden centre for planting tips.

In the Edible Garden

- A great harvest time in the vegetable garden with **corn, tomatoes and beans** on tap now. If heritage varieties (old-fashioned types that haven't been hybridised) have been planted, you can begin to dry and save seed for next year
- **Ripening melons and pumpkins** need a dry base to sit on, such as straw
- **Citrus trees** are known as gross feeders so lightly fork compost around them and continue fertilising now. Potted citrus will still require regular watering during a dry March



Cover fruit

Cover figs, blueberries and late summer raspberries with bird netting to save your precious fruit.

The rest of the Garden

- Choose your **tulip, hyacinth and daffodil bulbs** from garden centres or on-line stores. If you don't have much winter sun, crocuses and daffodils will grow in shady areas
- Once the rain returns after summer, you can start a **lawn with seed** from our Prolawn range, where we have blends for all types of lawns. Get a great result by adding **Prolawn Turfmaster Starter** fertiliser with your seed, and water daily for the first couple of weeks
- **Trim hedges** now for a crisp shape in the winter months. Add some **Living Earth Garden Mix** around the roots to cover exposed roots and give it a bit of a boost
- **Condition soils** after a particularly tough dry northern summer: dig plenty of **Living Earth Organic Compost** through the soil to add back nutrients and organic matter, plus it'll help aid moisture retention
- **When rain is forecast:** apply gypsum to soften hard clay areas and bring the garden back to life. In case you were wondering – cracked soil does close up again, when water penetrates it

Project for March

Plant a hedge

NZ griselinias, corokias and pittosporums make excellent hedges. Place a handful of gypsum in each hole and place the plant on top, firming Nutrasoil or Garden Mix around the plants. Water well and apply mulch.

For all the products you'll need for your project visit www.centrallandscapes.co.nz





We dig firewood.

Time to get your dry firewood stacked! Talk to our friendly team at Central Landscape Supplies Swanson, we have a range of firewood to suit your needs.



Visit your local yard: **Central Landscape Supplies Swanson**

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
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Build New

Buying the right section with Signature Homes

If you are interested in a section after your initial inspection, there is further information you should research before buying. Grab yourself a copy of the following reports and documents



1. Certificate Of Title (you can order from Land Information New Zealand) Check for covenants, easements and consent notices placed at the time of subdivision. These might limit your use of the site
2. District Plan (order from the local council) This will tell you things like height or boundary restrictions and will provide details relating to what your neighbours are permitted to do as well as any required resource consents
3. Land Information Memorandum (LIM) (order from the local council) A LIM provides information held about a particular property or piece of land which you may not get from the district plan alone, including: Rates; Land features and environmental issues; such as erosion or flooding; Restrictions on land or building use; Resource consents issued; Potential contamination from hazardous substances; Storm water or sewage drains
4. Geotechnical/ Engineers Report (sometimes called a Soil Test)

If completed find out if: You are buying in a new subdivision, the developer will probably have an engineer's report; the services of an engineer are likely to be needed. This will be the case if there is concern about the stability or compactness of the earth; there may be limitations on the types of materials that can be used. If there is a lot of infill it may not be possible to use heavy materials, such as concrete block or brick, to build the house; If no geotech report is available, it may be something that will be required as part of your due diligence

5. Topographical Survey: This shows the amount of fall across a section or a building platform

6. Wind Zone: Find out the wind zone that the site is located in. This will affect the bracing requirements of your home. If reports haven't been undertaken on your site, there's no need to worry. Signature Homes ensures Topographical and Geotech reports are completed before a guaranteed final cost to build is supplied.

7. Valuation: This will help you decide if the price is right. A valuation may also be needed for mortgage purposes

8. Sale & Purchase Agreement (consult with your solicitor about this)

Our Consultants can assist you with all aspects of researching land and sourcing reports to ensure you make an informed decision. If you would like some advice on where to build, or a free site visit call us on 0800 020 800, call into our Signature West office; 80 Main Road Kumeu, our Show homes or email deanpritchard@signature.co.nz.

Have you considered a house and land package? These bring together a block of land and a home design that perfectly suits that section for a fixed price. It's an easy, secure way to buy a new home.

Country living at its best

House & Land Packages Available



Construction Underway
\$890,000

53 Vinistra Road, Huapai Triangle
Home: 146m² | Section: 370m²

3 | 2 | 1 | 1



Refreshing Design
\$1,185,000

Lot 18, 14 Vogwill Road, Kauri Grove
Home: 170m² | Section: 748m²

4 | 2 | 1 | 2



Four Bedroom Beauty
Price By Negotiation

Lot 4, Taupaki Estate, Taupaki
Home: 250m² | Section: 8011m²

4 | 2.5 | 2 | 2

Contact Dean Pritchard for more information

027 471 1886 | 0800 020 600
deanpritchard@signature.co.nz

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Build New

Here's what you need to know about financing a new build

Building a home can be difficult, but it doesn't have to be. If you work with the right people (Hint: Golstruct Homes) and know what you're doing it can be surprisingly stress free and extremely rewarding.

One part of the process that often confuses our clients is finance, so to make your build easier here's everything you need to know.

How much deposit do I need? In most cases you'll be able to secure a construction loan with just a 10% deposit if you've got a fixed price contract to show your lender. If you're buying a section, or have a labour contract you may need a deposit of between 25% and 35% of the loan amount.

With Golstruct Homes, the majority of our clients do a "home and land package" which only requires a 10% deposit. Plus, to make your life (and your loan) easier we offer TRUE fixed price contracts as an option on all our builds.

How do construction loans work? Most construction loans kick in when the build starts and are then used like a big credit card to make progress payments as construction progresses.



Your lender will usually make these progress repayments direct to the builder at certain stages of the build. Your builder will need to provide a detailed break down of costs at each stage to have the funds released to them.

Payments generally come at these stages: Site works, foundations and paper work. Framing of walls and rooms. Roof installation. The lockup stage when walls, windows and doors are installed. Fit out when all the internal fittings and fixtures are added. Final payment made when Code of Compliance is issued.

Often a representative of the bank will head out to the construction site and verify that the works have been completed at each stage.

Construction loans work a little differently to regular home loans.

What are the benefits of construction loans? Construction loans are pretty nifty - they're built specifically to make the construction process as easy and affordable as possible.

For one, they're often interest-only for the first year to help keep your costs down while construction is ongoing. In most cases they'll also come with a year long conditional approval, giving you plenty of time to find the perfect site and a builder that you trust. After the first year the loan will usually revert to a standard principal and interest setup.

Building a home and managing a construction loan can be easy, and the end result can be phenomenal. Just make sure you surround yourself with good people that you can trust, from your lender and your lawyer to your builder. If you need help with the building part get in touch with the team at Golstruct Homes to get started. Phone 0800 465 787 or visit our show home at 175 Matua Road, Huapai.



VISIT OUR EXCITING SHOWHOME

If you're thinking of building and looking for ideas and inspiration then make this your first step.

Visit our showhome

4 Urumaraki Avenue, Parkview, Helensville
Open Wednesday – Sunday 12pm – 4pm
and by appointment

09 412 5371 / gjgardner.co.nz



G.J. Gardner. **HOMES**

Pets

Kanika Park Cat Retreat

Why does my cat stare at me? It's like they watch our every move.

Our cats are hunters and their eyes have developed to assist them. They blink very little compared to us. Generally speaking, cats don't stare - they're just looking the way they naturally look at things.

That said, there are times cats actually do stare. Cats will stare at each other in an act of rivalry. This is often seen when two unfamiliar cats come across the same territory. Staring is the beginning of the social dominance battle and often ends there as one cat out-stares the other.

However, cats typically don't stare at humans in an aggressive manner. Most people agree it's a sign of love and affection. They might be trying to tell us they're hungry, thirsty or bored. Some think cats watch their owners out of curiosity.

When our cats stare into our eyes, often with a slow blink, they're telling us they're safe and comfortable. A soft gaze is a sign that your cat is relaxed.

Phone 027 550 1406 or info@kanikapark.nz.



Stories from a pet photographer

One of the best parts of my job as a pet photographer is how unpredictable it can be. One day I could be doing a family photo session at the beach, the next I might be doing dog portraits at a park...and then along comes a pig!

I was so thrilled when Melissa got in touch to do photos of Pebbles the pig and her dog-bro Whiz the staffy. I've always followed these guys on Instagram (@lifeofwhiz_pebblesthepig) and had photographed Whiz previously...but Pebbles was on my photography wish list.

These guys are lucky enough to live on an orchard in Riverhead which made for a beautiful setting. Photographing a pig was similar



to a dog. Pebbles is very food driven as you would expect, and she even had a go at nibbling on my shoe laces. Her mum has trained her to sit, but Pebbles will only listen if she is in the mood, which was pretty entertaining to watch. She is a real sweetheart with bounds of personality and is happy to just follow you wherever you go, much the way a loyal dog would. The photo opportunities she gave me were stunning, especially with her beautiful flower wreath (until she found out it was tasty) And don't get me started on Whiz. This dude is born to be a model...just look at that gorgeous staffy face, it is entirely irresistible!

If you are interested in booking a photoshoot for your own pet (dog or otherwise) then I would love to hear from you! Visit my website for bookings and more information - www.dogandco.nz.

Poisons

Grapes, Raisins, Currants and Sultanas

These are amongst the most dangerous fruits for canines (anecdotally there have been reports of cats and ferrets being affected too) and just a small amount can result in severe, acute kidney failure.

This can develop days later. Toxicity is not dose dependent and symptoms can occur with even small amounts.

All products containing grapes or raisins including grape juice, scroggin, fruit cake, bagels etc should be avoided. If you have visitors, especially children, keep an eye on them and make sure they know not to feed any food to your pets.

Symptoms Include: Diarrhoea, vomiting, dehydration, lack of appetite, lethargy, weakness, little to no urination, abnormal drinking and bad breath.

Strangely no one knows why grapes are so dangerous for dogs, not even the experts. Keep in mind that grapes don't affect every dog BUT you don't want to find out if your dog does react the hard way; it can be deadly.

The best thing to do is ensure your dog doesn't have the opportunity to consume any grapes, raisins or sultanas. Make sure they can't help themselves to the fruit bowl or if you have a vine growing make sure the dog has no access to it or some dropped by children.

Treatment: Keep the animal calm, Treat for shock and reduce noise. If you suspect that your pet has ingested any poisonous substance contact your vet immediately and get the animal



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Pets

Hunting for the very best in pet nutrition?

Our nutritional philosophy is simple: A species-appropriate diet promotes optimal health.

Dogs and cats are carnivores. Their digestive systems (starting with the teeth) have adapted to thousands of years of eating raw prey diets. Only in very recent evolutionary history have our pets made the dramatic shift to highly processed, carbohydrate-loaded diets. Raw meat, bones, organs, and tripe - from high quality prey sources - is a species-appropriate diet for dogs and cats.

How does feeding a raw diet work?

It is simple, and rewarding. Keep your freezer stocked up with a mix of meat, bone, organs, and tripe from a variety of prey sources (we suggest three or more sources over a week, to ensure a wide range of nutrients). These products will be in minced cubes, or in pieces of bone with plenty of soft tissue attached. We will help you choose the best products, and most appropriate meaty bones for your pet.

Defrost some product each day (never in the microwave or oven), following standard good meat hygiene rules - and enjoy watching your pet relish their real-food diet.

There are a few guidelines to follow in order to feed safely and

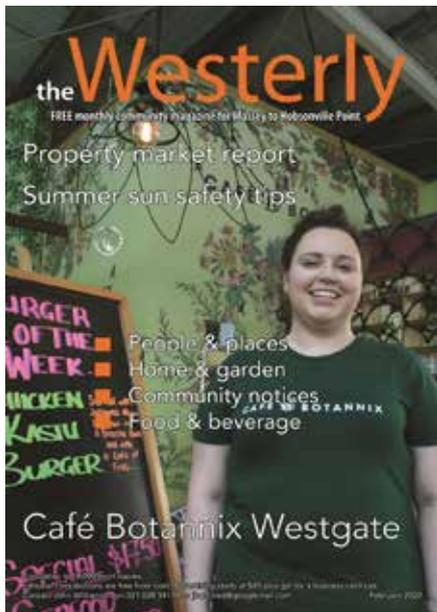


effectively, so we offer ongoing support and advice to all our clients. Our friendly staff are on hand to answer all your raw-feeding questions - please don't hesitate to ask! Visit www.rawessentials.co.nz for lots of great articles and information.

Kumeu Kennels where dogs have FUN!

A 'Day-Care' service for dogs which enables your dog to play, interact, and gain confidence with other dogs in a safe and monitored environment.

Socialising is done selectively by experienced staff, dogs are put into groups of between six and eight taking into account age, nature, size, breed, energy levels and personality type i.e. submissive, dominant or neutral, this ensures maximum safety yet still allows your dog the right to mix with other K9's just as they would have interacted with their litter mates. If you do not wish your dog/s to socialise with others we have a separate exercise area for them to run and or play ball in with a handler, and for the more people-orientated dogs a handler can be made available to take them on a 'walk and talk' stroll around the property, enquiries phone 09 412 7665 or go to www.kumeukennels.co.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

Allely Estate a slice of history

We've had a busy summer season and, along with "What gorgeous gardens" and "You'd never know all of this was hidden back here" we've also heard a lot of, "I remember Allely Estate from years ago when it was Allely House..." and then they share



their memory. For many, it was a wedding or engagement party or milestone celebration they attended. Others remember dining here when it was a local restaurant. Quite a few fondly recall working here during their school or university holidays, as wait staff or in the kitchen. We're so proud of the name and reputation Allely Estate has in our local community - it's a slice of history. Once upon a time, the land at Allely Estate was used to produce Selaks Wines. Then, 35 years ago, the beautiful 1900s heart-kauri villa was relocated from Henderson - with its roaring fire and view of the gardens, it's now where we hold our intimate and/or winter weddings, and couples often use the front rooms to get ready and take pre-wedding photos (and a few bubbles to calm the nerves). We also find businesses like to use the villa to hunker down and do corporate strategy or training days. Thank you for supporting our local business and sharing your memories with us - we love to hear them. www.allelyestate.co.nz.

Westbrook Winery

Westbrook Winery is celebrating 85 years of wine-making in NZ this year and 20 years of producing award-winning wines in Waimauku. It all began in Croatia in the 1880s (check out the photo of the first stone 'winery'). Many people don't realise that this region is Auckland's original



wine-country or that Westbrook is located just a short and pretty drive from the city, in the picturesque Ararimu Valley. While Chardonnay and Riesling are their flagship wines, Westbrook also produces a stunning Sauvignon Blanc, a perfectly balanced Pinot Gris, three beautiful reds and a delicious Port. Learn a little of Westbrook's history and wines with a guided wine-tasting experience. Stay on and enjoy a glass of your favourite drop along with a wine-matched platter on the patio, outdoor deck or down by the pond. The Cellar Door is open daily between 11am - 5pm. Bookings must be made for groups of six or more and are highly recommended for all visits.

For more information visit the website www.westbrook.co.nz or give the friendly team a call on 09 411 9924.

Hibiscus and Rose Cookies

Ingredients: $\frac{3}{4}$ cup butter, softened but not melted; 3 T coconut sugar; 1 cup ground almonds (skins can be left on); 1 cup flour; 1 t baking powder; 1 egg; 1 t vanilla; $\frac{1}{4}$ t sea salt; 2 T Dried Hibiscus flowers (Hibiscus sabdariffa) powdered (use a mortar and pestle or blender); 2 T Dried Rose petals powdered; Extras: Caster sugar to roll cookies in; Raspberry jam to stick the cookies together



Method: Preheat oven to 170C and line a baking tray with parchment. Add all of the ingredients together in a bowl and mix until well combined. Roll into balls, then roll in caster sugar. Place on to the tray and flatten to about 1cm in thickness. Bake for approximately 12-15 minutes. Remove from the oven and using a fish slice remove each cookie off the tray and place onto a baking rack. Place the rack on the oven tray and back into the turned off oven for a further 5 minutes to help crispify the cookies. When cool, spoon some raspberry jam onto one cookie, then sandwich together with another cookie. Enjoy with a lovely hot cup, or cold glass, of Hibiscus tea.

Dried Hibiscus Flowers and Roses, along with a selection of other organic herbal teas are available from www.NewZealandHerbalBrew.co.nz.

BERBA harvest celebration

March and April are busy months for us at Soljans Estate Winery. We will be hand picking our Pinot Gris and Chardonnay soon and this can only mean one thing... BERBA is coming!



This is a traditional celebration we have every year over Easter Weekend to celebrate harvesting our grapes. Winery tours, wine tastings, new releases and of course, grape stomping. (For those who love to feel grapes being crushed between their toes!)

Keep an eye out on our Facebook page and website for more information.

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Food & Beverages

BERBA Harvest Celebration will be held Saturday the 11th, Sunday the 12th and Monday the 13th of April. Perfectly timed over Easter weekend to make the most of your time off.

Closed Friday the 10th of April. Find us at 366 State Highway 16, Kumeu. Café bookings essential, call us on 09 412 2680 or book online today.

Peko Peko

Do you need to grab a quick lunch but still want to have healthy and yummy food? We have started sushi as well as bao buns and special mini rice bowls in the display cabinet for lunchtime only. We are located at the new block on Hobsonville Rd, next to Hobsonville Primary school (6/102c Hobsonville Rd, Hobsonville). Please check our Facebook and Instagram pages, find us @pekopekonz.

Phone 09 416 1197 or email pekopekonz@gmail.com.



Café Botannix

Join Café Botannix Westgate for High Tea Friday 20 – Sunday 22 March to support Garden to Table.

Money raised from the 2020 Garden to Table garden parties will help Garden to Table train and support primary schools throughout Aotearoa to begin, and deliver, their Garden to Table programme.

With your help, we can make sure the next generation understands where their food comes from, how to grow it, prepare it, and love eating it, learning the skills they need to sustain and nourish them for a lifetime.

Tickets are \$40 per person and include a delicious high tea and drink, with \$10 per ticket being donated to Garden to Table.

The menu includes wild berry mousse profiteroles, raspberry and white chocolate muffins, salmon cucumber pinwheels, margarita mini bagels and more.



Spots are limited. Head in to Café Botannix Westgate to purchase your tickets.

Plus be in to win a place for you and a friend at Al Brown's table when you purchase a ticket to Café Botannix Westgate's Garden Party.

Open 7 days from 8.30am.

Phone 09 810 8385 | emma@cafe-botannix.co.nz | www.palmers.co.nz/cafe-botannix.

A new take on eggs

Here's something new to try for breakfast; poached egg, tomato, bacon and mushroom on a bed of baby spinach leaves, with NoShortcuts Beetroot Relish on the side.

What a nice gentle start to the day, providing 1+ of your 8 daily veggie servings - and what's more, studies have shown that beetroot helps lower blood pressure, boost energy and fight inflammation.

NoShortcuts' range is low in salt, sugar and fat, made from locally grown fresh produce with no added nasties and comes in a recyclable glass jar. It can be used as a garnish, topping or side dressing and also blended into cooking.

NoShortcuts chutneys, relishes, pickles and jam can be found at Countdown Hobsonville, Organics Out West, Farro Fresh Mairangi Bay, New World Albany, Milford and other stockists. Check for details at www.noshortcuts.co.nz, or visit Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



Hallertau

The Hallertau Emergency Thirst Extinguisher will be making an appearance at the 98th annual Kumeu Show. Timber chopping, archery, Highland dancing, shearing and an array of animal competitions for your entertainment. Hallertau's ingeniously customised Fire Truck will be dispensing the good stuff in the Kumeu Show bar area and beer garden. Sat 14 & Sun 15th March.





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Health & Beauty

Does your child need braces?

If you suspect your child may need braces it can be difficult to know what your options are and when to take action. Beginning orthodontic correction early can have significant benefits for your child.

Some orthodontists routinely recommend extracting teeth to gain space in the mouth where overcrowded teeth are an issue. However, research and experience show that this can lead to narrow smiles and a "dished-in" facial profile later in life. In contrast, Full Face Orthodontics can be used to achieve a fuller, broader smile with a better-shaped facial profile, and has less need for extractions to gain space.

At Fraser Dental we assess breathing patterns in children as young as 5 years' old. Mouth breathers can develop significant issues as their jaw and teeth grow, with lasting effects. We often see children at 7 or 8 years' old for their first orthodontic assessment, as early treatment can save major orthodontic procedures in later years.

Contact the friendly Fraser Dental team on 09 416 5050 to discuss your child's orthodontic needs.



Having difficulty sleeping?

I have written about insomnia in the past but thought I would write again about this distressing ailment which is incredibly common. Having always been a reasonably good sleeper myself, I was rather horrified to suffer from this during my pregnancy in 2017, so have more insight as to how frustrating it is and how it can impact upon one's life, especially when one has a job and is trying to grow a baby at the same time. For many people it seems to rear its ugly head during the summer months, when it is hot.

I often recommend a book to my patients "Why We Sleep" by Matthew Walker. He is a scientist, doctor and a sleep expert. This book talks about his research into sleep; and how to get a good night's sleep.

As a GP I spend a lot of time talking to my patients about how to get a good night's sleep. There are a number of factors which can affect a good night's sleep. These include what we put in our mouth. Caffeine is a biggie here. Caffeine can stay in our system for many hours. I recommend avoiding caffeinated beverages after lunch. Caffeine also acts as a diuretic and makes us pass more urine at night. Not helpful in aiding restful sleep. This is also the case with

alcohol. Eating late can cause reflux of food and indigestion. This too can affect sleeping. I recommend a good bedtime routine. This may include a warm bath, as a reduction in core body temperature aids restful sleep. Matthew Walker talks about this in detail in his book. Try to avoid television before bed. Bright lights may make the brain think it is daytime. This brings me to my next tip: no phones in the bedroom. Knowing your phone is next to you on your bedside table can tempt you into picking it up, checking social media sites, messages, emails and the news (yes, I am guilty of this one!). Try to make use of blackout curtains, or wear a mask if this is not possible. Again, that streetlight outside the window may be telling your brain that the sun is coming up.

I want to reiterate the importance of avoiding sleeping pills. These are highly addictive, and although they are occasionally prescribed, they are not to be relied upon. Most also have side effects which include drowsiness the next day and a nasty taste in the mouth.

As I say in all my articles, please seek medical advice if things are not improving. Occasionally insomnia can be linked to other conditions such as depression or thyroid disease. Your GP will be able to give more advice if necessary. Dr Isabelle Duck is a GP at Silverdale Medical.

Pilates

"Pilates" was created by a man for men. So discover the incredible benefits that Pilates offers to men whether they be elite athletes or those wanting fitness or just men needing relief from job or stress-induced discomfort and pain

Many professional athletes use Pilates, because Pilates works. Athletes need to have their bodies in top shape to maintain stamina and flexibility, change direction quickly and be mentally alert. They need to have superb control over every part of their body. The strength and stability needed to achieve these are derived from core strength.

When men realise how much physicality and mental effort are required within the Pilates method and that it doesn't result in more damage, they really connect with it. Some years ago, a NZ champion kite-surfer sought out Phillipa to begin his Pilates journey.

Since then word has got out and athletes from other sports have followed and persevered. Why? Because they achieved the realisation of how Pilates enables them to work harder, improve performance, execute with more control and flexibility and recover quicker. Older athletes have added Pilates to their regimen in order to keep up with younger, fitter players, thus extending their careers.



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Please see my profile at

<https://www.talkingworks.co.nz/dir/Robin+Sutcliffe.html>

Health & Beauty

Phillipa Hamblin-Wong is an Advanced Classical Pilates Instructor, trained in the original Joseph Hubertus Pilates method. She has been teaching Pilates for 20 years. She works across a broad range of fitness, needs and ages (10-87 years) with her main foci being rehabilitation and restoration. 09 413 8238

(Greenhithe) info@nzpilates.co.nz.

Rapid Transformational Therapy

Lorraine Maguire has used Rapid Transformational Therapy to shed over 20kg, let go of anxiety and panic attacks, stopped all medication, increased her self-esteem and confidence, gone from a couch potato eating 3 to 4 ice-creams per day to an ocean swimmer and found love after being single for around 11 years. All her life she has battled with addictions - food, smoking & alcohol. She is almost 19 years sober, 12 years smoke free and now 3 years free from food addictions too. She says that most of her issues stemmed from the belief that she wasn't good enough. She now knows that she is enough exactly as she is and that everyone else is also enough. She has transformed her own life with Rapid Transformational Therapy and now she empowers others to overcome their past beliefs and transform their lives. She helps others to find the freedom they deserve.



Be smarter than a virus

A strong immune system is the very best protection against viruses. Viruses are very clever at changing to outsmart medicines. The good news is that your immune system is even faster and nimbler than viruses. If you have a good immune system you should come out on top of any virus infection. This is true for our regular winter colds and flu viruses as well as scarier viruses like the Coronavirus.

How Do You Get a Strong Immune System?

The core of the immune system lives in the gut. Achieving a healthy gut can be tricky. Confounding factors include stress, environmental toxins, and poor food choices. But it is worthwhile putting in the time and effort to get a healthy gut. We have designed "The Total Gut Restoration Programme" to help.

There are important vitamins and minerals that are vital to a healthy immune system. The most important are vitamins A, C, D, E, zinc and magnesium.

HOBSONVILLE Call 09 390 4184
PODIATRY or 022 044 1741

hobsonvillepodiatry.co.nz



Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

Vitamin Secrets

When you get a virus, there is a significant drop in the levels of the nutrients that your immune system needs. It makes sense then to boost the immune nutrients when you start getting sick. An interesting fact is that if you give children with measles vitamin A supplements, the number of kids who die will halve. Powerful stuff.

Immune Tonic

There are herbs that can give your immune system a boost in the fight against viruses. These herbs have been shown to boost your immune system and weaken viruses. This puts the balance of power in your favour. We have had many people over the years rave about how effective our Immune-Boosting Herbal Tonic has been. To be fair, I have not had many compliments on the taste though.

My Humble Suggestions:

Eat well, breath stress away, and take immune boosting nutrients and herbs during periods of high risk of viral infection. Plus, work to fix any gut problems. It has worked for me - I have had no viruses for over 10 years now.

Martin Harris, Nutrition Medicine Pharmacist - Massey Unichem Pharmacy, 396 Don Buck Road, Massey. Phone 09 833 7239 or email martin@masseyunichem.co.nz.

How to get stronger by thinking about it

Did you know that you can actually get stronger just by thinking about it? In a study, there were two groups; one that actually did a resistance exercise; and one that simply thought about doing the exercise. At the end of the study, the group that thought about doing an exercise got 22% stronger without even 'doing' the exercise. The group that actually did the exercise got 30% stronger.

I am not saying that we should all just give up doing exercises. I

Fraser Dental Orthodontics Parent Information Evening

Join us for a free, no-obligation seminar to learn everything you need to know about orthodontics and braces

Wednesday 11th March 2020

6:00pm - 7:00pm

Fraser Dental
1 Wiseley Road,
Hobsonville

Attendees receive a **complimentary orthodontic consultation and x-ray** (valued at \$199!)

Limited spaces. Register now.

REGISTER AT: www.fraserdental.co.nz/bracesnight or phone (09) 416 5050



Health & Beauty

think a combination of both is the way to go. How about when you are exercising really focus on what you are doing, what muscles you are working etc. That way you should get the best of both worlds. It's worth a shot.

To watch a video I made on this, head along to the blog section on our website, www.elevatechiropractic.co.nz.

Aging and physical function... it's a 'balancing' act

The stats certainly highlight this, with falls being the number one cause of injury in those aged 65 and over (and resulting in approximately 10% of hospital admissions for those over 85 years!)

Practise balance specific exercises for 10 minutes daily to reduce your risk of a fall. You can challenge your balance by:

- Reducing the size of your base of support, i.e. standing on one foot, standing in a tandem stance (feet aligned heel to toe),
- Balancing on soft / squishy surfaces (such as a pillow)
- Closing one or both eyes (stand by a wall!)

KinetEx runs balance and stability exercise classes at Waterford Retirement Village in Hobsonville Point (Wednesday at 1.30pm, \$8 per class). Contact Yolanda: yolanda@kinetex.co.nz, or check out the website: www.kinetex.co.nz for more information on how you can join us!



Cycling: The benefits to taking up cycling this summer

It's that time of year again, with summer in full swing, and an extended Christmas break possibly happened or on the horizon, you may have or be thinking of jumping back on your bike to explore in the sunshine. If you are thinking of taking up cycling, or continuing to cycle or encouraging your patients to participate in physical activity there are numerous benefits for our health:

1. Cycling improves mental health

Research has shown that incorporating cycling into your daily routine is not only healthy for your body, but also your brain. Cycling also improves our subjective mood, reduces anxiety, and allows us

to handle stress more effectively. It increases the levels of serotonin and dopamine production in our brains.

2. Cycling improves knee health

Almost any sort of knee problem can benefit from cycling. Focal articular cartilage defects in the knee joint are highly prevalent and are a common cause of functional restrictions and pain during daily life and sport activities.

3. Cycling promotes weight loss

Weight loss is a simple equation, calories in and calories out. Assuming you enjoy cycling, you'll be burning calories. And if you eat well, you should lose weight.

Massey Physiotherapy invites you to come in for a consult. We can assist you in having a better experience with cycling with the use of "hands on treatment" and/or self-management. This is your opportunity to have individualised treatment which will set you on your way to a better more active lifestyle, and if you mention seeing us in the Westerly, we will include a free tube of Natures Nurse recovery rub at your initial assessment.

Massey Physiotherapy - phone 09 832 3619 or email physio@masseyphysio.co.nz 173 Royal Road, Massey.

Custom-fit mouthguards and why they are superior

Custom-fit mouthguards are based on a detailed mould taken of your mouth and teeth.

Unlike over-the-counter mouthguards, (the boil and bite method), no two custom mouthguards are the same, and for that reason they provide the most complete protection for your mouth. Because custom

mouthguards are so precisely made, they provide you with optimal safety and comfort. They provide the best protection available. This is something that over-the-counter mouthguards can never achieve. Many professional athletes have custom fit mouthguards.

The level of protection a custom-fit mouthguard provides is unrivalled by any other mouthguard. Their durability is enhanced by the snug shape, which hugs each tooth closely, eliminating unwanted movement. Custom-fit mouthguards are very durable and do not lose their shape like store bought mouthguards tend to.

There are a variety of options when it comes to custom mouthguards. We can fabricate different thicknesses and colours. We can add logos, names, pictures and embellishments to the mouthguard.



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Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Every-thing from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.
www.shoetalk.co.nz

Health & Beauty

For a free consultation to talk about your custom-fit mouthguard call the team at DT Denture Clinic 09 416 5072.

Why we wax lyrical at Shoe Talk about the Propét brand

This brand is designed to be functional and comfortable and support the foot as you go about your daily life.

Some of the styles are downright funky and there are styles to suit all ages.

There are specialist styles available to suit people with diabetes.

Lots of styles have soft uppers which are lovely and comfortable for people with hammer toes, bunions, corns and other feet issues.

Propét is well known for its Travel Walker collection, I call these shoes my slippers and they come in a range of colours and are very versatile and funky.

Propét has different widths available.

Many Propét styles come with removable footbeds which means they are Orthotic Friendly.

Men's and Women's styles available.

Shoe Talk - 401A Great North Road, Henderson Phone 09 835 9936.



Cool kids' frames

Nanovista is a fantastic range of very style children's frames (up to 14 years).

These frames are almost indestructible - and if the worst happens through an unexpected event (like the dog chewing the frame), we can offer one free replacement frame within two years of purchase.

All the frames come with two bands - a sports band and a head band and some ranges have clip-on polarised sunglasses. Very cool and cute.

Feel free to drop in and have a look at these excellent frames.



P.S. If you have a Community Services Card your child 9up to 15 years old), is eligible for Enable financial assistance.

Ask us at Hobsonville Optometrists, 413A Hobsonville Rd. Phone: 09 416 3937.

Prevention first with us

The best way to deal with sports injuries is to keep them from happening in the first place. Injuries can happen for two simple reasons - doing too much or not doing enough! When you do too much, you're really asking your body to go above and beyond what you are capable of handling - too much load, running, training and the list goes on. With not doing enough, injuries can occur when your body does not have the capacity to do it...yet - you have gone too fast, too hard, too much, too quickly. At Top Notch, we help in both aspects of injuries. We are able to provide professional advice and treatments based around what type of injury you have and to keep injuries from reoccurring. So what to do if you are injured? Come and see us directly at Massey where you can claim ACC directly with our Osteopaths. Call 09 212 8753 or book online at www.topnotchbodyworks.co.nz.

Fallen arches

The arch of the foot can change shape for a number of reasons, dropping or flattening is the most common change that we see at Hobsonville Podiatry. This can be either painless or incredibly painful. Change in arch shape and function can greatly affect how you walk and run and be a crucial part of treatment of lower limb injuries.

Symptoms: Pain in the inside or bottom of the arch, Aching in the ankles, Pain on the outside of the foot, Difficulty walking or running - particularly the propulsive phase of gait, Unable to get up on tip toes - either completely or not as high as previously, Change in



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Health & Beauty

width and length of the foot, making shoes fit tighter, Heel pain and tight feeling in the bottom of the foot.

Causes; Weakness in the tibialis posterior tendon, the muscle that is largely responsible for maintaining arch shape and correct function of the foot when walking and running. This tends to happen gradually.

Pregnancy - the hormone relaxin is released in pregnancy to help prepare the pelvis for childbirth, this hormone can affect the feet as well by relaxing the ligaments that support the foot, therefore leading to a flattening. Trauma/accident - ankle sprains commonly result in a change in foot posture. Nerve damage to the nerve that supplies the muscles of the feet. Prolonged pronation (rolling in of the feet) during gait increases the load on the tibialis posterior tendon.

Treatment - The first and most important step is ensuring you have good footwear that support your arch well. There are varying degrees of arch flattening, therefore varying levels of treatment based on individual needs.

Below is a list of the types of treatment we offer at Hobsonville Podiatry to help with dropped/fallen arches: In shoe supports to help re-align the foot - these can be simple or more comprehensive depending on the individual. Joint mobilisation to free up any restrictions that may be keeping the arch in a dropped position. Soft tissue release to free up restrictions. Strengthening exercises to help realign the foot/feet. Gait retraining - often compensations are made when the arch drops, therefore we help people train out of these compensations. Strapping - helps to hold the foot in a supported position and temporarily relieve symptoms.

Hobsonville Podiatry is located at level 1, 124 Hobsonville Road. www.hobsonvillepodiatry.co.nz.

New year, new location, same outstanding service

Westgate Optometrists have moved premises. Following some initial unforeseen delays we're now up and running and open for business in our brand new location. Don't worry we haven't gone far, just down the road in-fact. You can now find us at: 4/46 Maki Street, opposite Kiwibank and NorthWest Mall and just around the corner from Goode Brothers. The team at Westgate Optometrists would like to thank everybody for their patience and apologise to those that may have been inconvenienced during the move. We look forward seeing our lovely clientele (and perhaps some new faces!) for all of your eyecare needs in the near future.



To make an appointment you can visit our website: www.westopt.nz, phone us on: 09 831 0202 or stop by to visit our friendly team.

8 secrets to maintaining your weight-loss results

Having personally worked with thousands of Aucklanders who've had weight loss goals I'd like to share what works.

After all, there is nothing so demoralising as 'yo-yo' dieting, but those of our members who've successfully maintained their 'transformations' have told us they've managed to keep their results by first of all, continuing the combination of regular workouts and healthy eating. Other keys include; Eating breakfast regularly. Keeping a weekly check on the scales. Being aware of your food intake (without allowing it to monopolise you). Being aware of high calorie foods. Limiting eating of fast food. Avoiding high calorie 'suppers' and watching fewer than ten hours TV a week.

Club Physical, 278 Te Atatu Road, Te Atatu South, phone 09 414 3976 or www.clubphysical.co.nz.



New chiropractor at Kumeu Chiropractic

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

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

I first experienced Chiropractic as a patient in my teenage years for minor back pains. Visiting my local chiropractor helped me in more ways than I could imagine. From experiencing the effects of Chiropractic first-hand I became interested in it as a profession, and began researching and attending Chiropractic health talks. After



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Dr. Chris McMaster ♦ Dr. Nolene McMaster & Associates

412 5536
www.kumeuchiropractic.co.nz

8 Shamrock Drive, Kumeu

Health & Beauty

understanding how Chiropractic optimises the functioning of the human body and what amazing changes this can bring to people's lives, I knew this was the profession for me. I made the decision to study in Auckland at the New Zealand College of Chiropractic and never looked back.

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

I am very excited to be part of the Kumeu Chiropractic team and I am happy to help the people of the Nor-West to reach their full health potential.

Call Kumeu Chiropractic on 09 412 5536 to make an appointment.

Knee giving way?

As we get older we start feeling a bit unsteady on our legs, often it feels like one of our knees is about to give way. Or it feels a bit wobbly. Could it be arthritis creeping in? Or may be a cartilage (meniscal) injury? Or, God forbid, a sign of a stroke? Yes, it could be all that. It can also be a simple mechanical stiffness in the joint or muscle imbalance in the knee or ankle, or even in the pelvis. How one would know? It definitely needs an expert opinion to distinguish between them. In case of simple mechanical problem osteopathic manual adjustment can bring good relief and together with further exercise routine the problem should get sorted. In other cases further investigations and interventions might be necessary. At Family Osteopathic clinic we can assess your "leg giving way" problem and either offer osteopathic treatment or suggest where to go next. You can see us at 39 Hobsonville Road. Phone 09 416 0097.



New Year New You 2020 - 6 week ladies only challenge

Let's celebrate the start of 2020 by getting fit, strong and healthy.

Ladies - most of us have a predetermined mindset this time of year, we've set our New Year's resolutions but often, not long after the year has started, life sets in and we slip back into old habits.

Kumeu Gym's annual Ladies only, New Year New You Challenge is here to help you build your confidence, strength and fitness,

while building great habits, to continue long after the challenge is finished. You will be guided with your eating, your mindset as well as your strength and fitness.

If you are new to the area, this is a fantastic opportunity to meet new friends while getting fit in a fun and safe environment.

You will be given a meal plan that works within your lifestyle, you will have your body composition completed before and after and you will also receive six weeks of our SMART Group Personal Training which gives you access to Group Personal Training with our highly skilled Personal Trainers six days a week. Your membership will also include all of our Group Fitness Classes as well as 24 hour access to our facility.

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

Register now - Challenge start date is Saturday 28 March, weigh in dates are Saturday 28, Monday 30 March and Wednesday 1 and Friday 3 April. Limited spaces.

Healthy teeth for longer life

The great news is people nowadays are living longer, with the average life expectancy extending well into their nineties. Living in 2020 also means that we expect a far better lifestyle than aged people have typically enjoyed in the past, and therefore dentures are no longer the desired option.



What must be emphasised is oral health is closely related to your general health. Your mouth changes as you age. As you get older you need to take extra precautions and make your visits to the dentist more regular just like you do with the doctors.



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Regular maintenance visits will prevent and protect your teeth and help you keep your teeth for life. Luckily, dentistry has evolved and here at Kumeu Dental we can now offer durable, long-term sealants giving protection for high risk exposed roots, as well as other options like implants, bridges and crowns where the structure of the tooth has already been compromised.

Call us on 09 412 9507 and ask how we can help you maintain your beautiful smile for life.

Keep Active at North West Physio+

Are you over 50 and struggle to find an activity or exercise to keep you active and strong? At North West Physio+ our physiotherapist Laura runs a Pilates based class every Thursday for ladies who want to keep moving and stay strong in a fun and friendly environment. This class is set up in a circuit so Laura can modify all the exercises to suit your ability throughout the class. The Keep Active class incorporates balance, strength and cardio exercises along with some stretches to leave you feeling re-energised by the end of every class.

Keep Active: Thursday 4 - 5pm @ NorthWest Physio+ (4b Shamrock Drive, Kumeu). Cost \$20 per class. To book your place give the clinic a call on 09 412 2945.

Ongoing hand pain?

Have you had an injury to your wrist, finger or hand from sport?

- Hand, finger and wrist injuries are very common in sports
- Common ball sport injuries include finger, wrist sprains or fractures.
- Have you had an injury to your hand, wrist or finger that you thought that you would just "shake off and get better"? Is it taking a

longer time to recover than you thought?

Hand therapists are specially trained physiotherapists / occupational therapists that specialize in treating any injury from the elbow to the finger tips. We can complete a thorough assessment to diagnose your injury and advise you on the most effective treatment methods. We can arrange for x-rays to be completed if necessary and provide you with appropriate splints and exercises.

We can help you get back to playing the sports that you enjoy. Your hands are important!

Call us at the Hand Institute today to make an appointment. We have two convenient locations in Huapai and just off Constellation Drive on the North Shore. We are fully ACC registered.

Huapai Clinic- 321 Main Road, Huapai, phone 09 412 8558 or Rosedale Clinic - 5 Home Place, Rosedale, phone 09 478 8438.

Your amazing eyes

Are your eyes working overtime? Bring them to For Eyes in the Kumeu Village, where optometrists Matthew and Molly Whittington will give them the best possible care - and explain why your hard-working eyes deserve it.



1. Eyes are the second most complex organ after the brain.
 2. Our eyes are made up of over 2 million working parts.
 3. The eye muscles are the most active muscles in the human body (and they're 100 times stronger than they need to be to perform their function!)
 4. About half of the human brain is dedicated to vision and seeing.
 5. Eyes are able to process 36,000 pieces of information in a single hour.
 6. In an average life, your eyes will see 24 million different images.
- Phone 09 412 8172 for an appointment at For Eyes. Website: www.foreyes.net.nz.

\$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

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Phone: 09 412 8172
email: foreyes@foreyes.nz
website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu

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

Area Columnists

Choosing a childcare centre for your child

Written by Tanya Valentin - Early Childhood Education Advisor and Professional Development Provider



There are so many things to consider when on the hunt for a quality childcare centre and this will vary from person to person. What is important for you will be dependent on your personality, the personality of your child and the priorities of your family.

Do your homework - Ask other parents whose opinions you trust, though experiences vary from person to person. Look at the centre's Education Review Office report.

Trust your intuition - How do you feel when you walk through the doors? What is the vibe for you and your family? Observe your child in the environment, do they appear to be happy, calm and at home? Remember some children might be reserved or shy in the new surroundings.

What are the people doing? How warm and welcoming are the people in the centre? Do they take an interest in you and your child? Do they remember your names? Do they talk to and treat the children with respect? Are the children happy? Are they free to play and explore? Are there hugs, smiles and laughter? Of course it is absolutely natural to see some tears even at a happy centre.

Do they treat children as individuals? How do they cater for children's individual dispositions and interests? Ask how you can be part of your child's learning at the centre.

Is there a key teacher or a primary caregiver? Will a key teacher or

primary caregiver be the "go-to" person who knows you and your child really well? Your child will benefit from having one person who is attuned to their cues and needs. This is especially important when considering care for infants and toddlers, who respond to the world through their relationship with an attuned adult.

Find out about the transition process - Starting in a new centre can be daunting. How many settling visits are required, what will happen during these visits and is there flexibility to have more visits if needed?

Find out about the philosophy and the policies - "What matters" at the centre? What are the centre's values and beliefs or approaches towards children's learning? This should align with your family's values and beliefs, especially around food and nutrition, health and safety, accidents, positive guidance and illness.

Adult:Child ratios and group sizes - The minimum teacher:child ratio for children under the age of two is 1:5 and over the age of two is 1:10. Large, noisy, overcrowded group settings can have a detrimental effect on the development of young children. Look for group sizes of under 12 in infant areas. Are there quiet spaces children can retreat to if they need to relax or unwind?

What are the routines and rituals of the centre? Find out about the centre's care routines for young children such as eating, nappy changing or toileting, changing clothing and sleeping. If possible, observe them. Are they at a slow child's pace and flexible and affirming for the individual child?

What to do next? If you have a shortlist of centres, but haven't made up your mind, visit again at a different time of the day or call the centres with any questions.

At New Shoots there is an open door policy and you are free to visit as many times as you like, New Shoots Westgate - 1 Kawakawa Place, Westgate 09 869 3977. New Shoots Whenuapai - 1-9 Maramara Rd, Whenuapai 09 869 6050. New Shoots Hobsonville - 102 Hobsonville Road, Hobsonville 09 869 3997. New Shoots Greenhithe - Opening mid-2020. www.newshoots.co.nz.



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Clark Cottage Summer Soiree

Summerset Monterey Park are holding another amazing afternoon in conjunction with our Open Day on Sunday March 8th from 1-3pm.

If you are considering moving into our beautiful Village, why not join us at Clark Cottage and mix and mingle with the



Grant Castle



P (09) 412 8239

M 027 299 7054

106 Main Road, Kumeu

E castlepanelbeating@orcon.net.nz

Area Columnists

residents while listening to the dulcet tones of our Jazz trio. Imagine a mellow Sunday afternoon - sipping champers, nibbling on canapes and tapping your toes while looking out over the glistening waters of the Upper Harbour.

Please make sure to RSVP to Diana on 09 951 8920 or email Diana.Mey@summerset.co.nz before Thursday 5th March.

Promoting gardening and healthy eating

Workshops: 10am-12noon - Wednesdays & Saturdays.

Just come along! Gardening is one of the most pleasurable activities one can have. What other activity provides hours of joy, exercise and puts food on the table. Many of us can remember our parents' or grandparents' wonderful gardens and the produce. The tastiest tomatoes, peas, strawberries, huge cabbages, carrots and parsnips and the taste of sun ripened strawberries straight from the vine, simply delicious.

The Triangle Park Community Teaching Garden started as a simple



shared community garden and now flourishes as somewhere people come to connect, share knowledge, and to grow and harvest food. We grow fruits, vegetables, herbs and flowers using organic principles. You can help at the garden whatever your skills are - we share the produce between the participants after a session. Maybe your children want to be involved, they sure love all the bugs and bees around. Come along, grow food and have fun.

We are a teaching garden, apart from the everyday learning, we also offer regular hands-on workshops. Our upcoming workshops and events are:

Winter Gardening with Judy Keats - Saturday 21st March 2020, 10am. Learn how to achieve 'the best you can get' from your garden by building healthy soil and growing plants to enhance nutrition levels. Soil fertility, crop rotation and edible seeds selection for winter will be covered. Plus, ways to protect your seedlings for improving conditions to achieve optimal growth. \$25pp register judy@greensister.nz 021 635 607.

Massey Garden Ramble - Saturday 28th March 2020, 10am - 2pm. Free Event - A wonderful opportunity to visit 3 established Massey Community Gardens. Come meet the people behind the greenery with garden tours, and special activities in each location.

Where: Multiple locations; Triangle Park Community Teaching Garden - 385 Don Buck Road, Massey, Woodside Community Garden - 28 Woodside Road, Massey and Jadewyn Community Garden - 25 Jadewyn Drive, Massey.

Want to know more? Keep up to date with all events on Facebook-Triangle Park Teaching Garden, email us triangleparkgarden@gmail.com or just pop along to one of our weekly practical gardening

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workshops on Wednesday & Saturday 10am - 12pm.

Why volunteer?

A belated welcome to 2020 - a new year is a great time to think about doing new things.

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers help to people in need, and to the community but even greater can be the benefits for you the volunteer.

All sorts of people volunteer for many different reasons. Whether you're at university or retired, working or job hunting, there's a rewarding role for you at a Citizens Advice

Ten great reasons to volunteer

1. Make a difference

It can be incredibly rewarding to contribute something non-financial to a cause you care about.

2. Boost your confidence

Trying something new and getting out of your comfort zone every now and then can do wonders for your confidence levels.

3. Do something interesting

Don't let your spare time trickle away - fill it doing something interesting and challenging.

4. Meet new people

Tired of doing the same things with the same group of friends? Widen your circle and horizons by meeting people you might not normally.

5. Improve your prospects

Having volunteering on your CV demonstrates that you're someone with initiative and a rounded life.

6. Get to know your community

Whether you've lived in a town for 20 years or have just moved there, you'll develop a great feel for the people and the place at a Citizens Advice.

7. Put your talents to use

Use it or lose it! Got the gift of languages? Volunteer as an interpreter.

8. Enjoy free training

CAB trainee advisers can gain through their training.

9. Gain office-based work experience

Get ahead of the competition for jobs and university places with some real life experience. Law students, for example, can use the CAB as a Community Placement.

10. We need you!

Ninety per cent of the people who work in the Citizens Advice service are volunteers, and we simply wouldn't be here for our clients without them.

The Citizens Advice Service at Massey/Westgate needs volunteers, if you think this rewarding voluntary work could be for you contact Barbara 09 833 5775 or massey@cab.org.nz.

Forklift safety

A recent article in the Safeguard Update publication (No 614) records a Queensland: Manslaughter Charge.

This is about a forklift/hoist accident where the charges alleged 'that the company caused the worker's death by failing to effectively separate pedestrians from mobile plant, and failing to effectively supervise workers including operators of mobile plant'.

The two directors charged face potential substantial fines and jail sentences.

The article reminds all New Zealand based businesses where forklifts are in use, of the need to ensure that there are effective rules around people and the use of forklifts, trucks and other mobile plant operations.

3 Rules for Forklift Safety

1. Remove pedestrians from forklift areas; Securo advocate that a "pedestrians beware" approach is taken, i.e. people should only be in areas where forklifts and/or trucks are operating if it is a requirement of their job. These areas should not be used as a route from one area to another.

2. Make eye contact with the forklift operator; People must ensure that they make eye contact with a forklift operator BEFORE walking behind a forklift that is loading or taking stock from a rack or truck. The forklift driver will indicate if it is safe for you to proceed or not.

3. Check for forklifts when entering / leaving a building; check for forklifts when entering or leaving a building, especially if there are blind corners and/or if there are crossways in a warehouse. This applies even if there are marked walkway within or outside the building. It is incumbent on the pedestrians to ensure that they do not put themselves in harm's way.

This is a busy time of year when business are trying to get product delivered and people tend to take short cuts and rush, which can lead to people not taking sufficient care.

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There have been the occasional death in NZ with forklifts operating around trucks, and no doubt WorkSafe and Court Judges are looking at what is happening in Australia.

For further information on health and safety contact John Riddell email securo4@securo.co.nz or check out the website www.securo.co.nz.

WasteMINZ

New Zealand households dispose of 1.76 billion plastic containers in their kerbside recycling and rubbish bins each year. This is just one of the many statistics revealed in a world-first research project conducted by the Waste Management Institute of New Zealand (WasteMINZ) supported by funding from the Ministry for the Environment (MfE).

The number of plastic containers in kerbside rubbish and recycling bins surpasses the combined annual number of containers made from metal (767 million per annum) and glass (854 million per annum).

Announcing the results of the research, Parul Sood chair of WasteMINZ TAO Forum says, "This in-depth study is the first of its kind in Aotearoa New Zealand. The report indicates clearly that we need to re-consider our plastic recycling from all angles, from how we sort our recycling at home to how we collect it and perhaps most especially how manufacturers design their packaging."

It also shows where there's a lot of room for improvement in our recycling practices, from both a consumer and a business perspective. "Improved labelling, the choice of plastic used when designing packaging, and standardising nationally the plastic packaging accepted for kerbside recycling to make it easier for Kiwis to know what can and can't be recycled - all of these actions can improve our recycling rates,"

WasteMINZ is the authoritative voice on waste, resource recovery and contaminated land in New Zealand. See wasteminz.org.nz.

Taupaki Karate and self defence

Karate won't stop you from being assaulted but it can certainly help change the expected outcome. Confidence in your ability to fight back largely determines if you'll survive an attack and this is not something that can be gained from a few self defence classes. Techniques must be practised repeatedly until a response becomes automatic; If you have to think about how to fight back, it's usually too late! Karate increases self-confidence exponentially, teaches you to stay calm and, critically, to remain confident during an attack.



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Being physically weaker than an attacker should not be a disadvantage and at Taupaki Goju Ryu Karate we teach effective ways to defend yourself from an aggressor who is likely to be larger and more powerful than you and/or armed. Most attackers will rely on their physical presence to overpower their victim(s), however precision, timing and accuracy to land a single blow can stop them in their tracks. So while an attacker may try to hit you as hard as they can, we teach you to hit "just right".

Taupaki Karate teaches how skill can overcome force. Any physical training can be tough but we will show you to train properly within your ability and physical fitness; how to move, strike, kick, fall and avoid an opponent.

The heart of Karate is learning how not to get hurt.

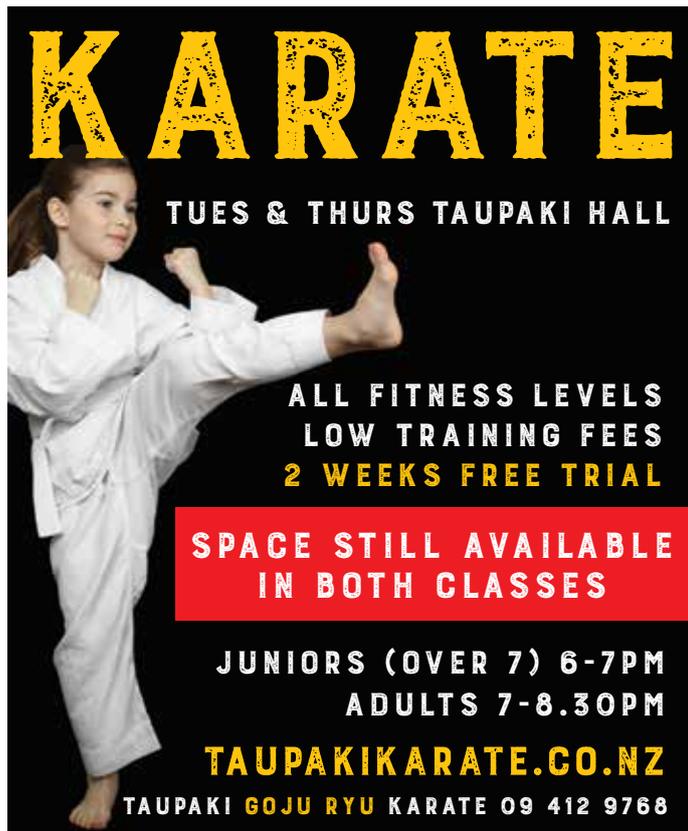
By joining our Dojo you will learn self-preservation in a friendly, safe environment while also bettering your health and general level of fitness. People of all ages can practice karate, in fact Shaolin nuns were practicing martial arts over a thousand years ago.

Why not come and see what we do? Taupaki Goju Ryu Karate - Taupaki Hall. We would love to see you any Tuesday or Thursday night. Junior training (7+) - 6-7pm. Senior training (ages 13+) - 7-8.30pm. www.taupakikarate.co.nz.

Understanding your customer

If you didn't have customers, your business would not exist. How well do you understand who your customer is, what they value when buying from you, and which customers should you be targeting?

First of all, what problems are you solving for your customer? Are you doing a job that they would otherwise have to do themselves? Are you eliminating a problem, such as a not enough time, money, resources? Are you helping them to achieve some gain, such as greater brand awareness, or better knowledge to make important decisions?



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Next, who are your best customers? Typically they are the ones that we make the most money on, give us repeat business and referrals, and are nice to work with. Do you have a strategy to find more of those customers?

Conversely who shouldn't you be working with. Those that make you groan when you have to work with them, make the least money (or are costing you money), complain about price and typically pay late. Do you have a strategy in place to avoid these customers?

Once you understand your best customers a bit more, you can create a customer avatar so that your company is clear on who you are going to target, and this enables you to be precise in your marketing.

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

Plenty at 98th Kumeu Show

A strongman contest, shearing championships, international woodchopping and more return for the 98th Kumeu Show on March 14 and 15.

A variety of entertainment features at the show this year, helping attract an expected 25,000 visitors during the two days.



Prime Minister Jacinda Ardern may be among them as she enjoyed last year's show and was frequently included in 'selfies'.

A massive stage presence is planned this time, with The Tinsel Town Paupers and the Pop Rock 'n Soul Music Variety Show on the Saturday and Steel n Beats on Sunday, joined by dance groups both days. Highland dancing and line dancing are again featured.

New this year is a focus on 'clean' and sustainable actions at the show such as managing waste through recycling and composting, show manager Lizelle Westman says.

A tractor parade from vintage to modern machinery led by a Highland pipe band will wend its way through the showground's rounds rather than circling the main arena as in the past.

The ever popular Mahons Amusements again hosts a wide variety of rides and events, an early bird 'happy hour' special applying from 10am until 11am with two for one rides offered under the carnival coupon system.

The Stihl International Woodchopping Championships covered by Sky TV is hosted by the Auckland Axemen's Club both days, world champion chopper Jason Wynyard expected to attend. Jason has won more than 100 titles during his career and was appointed a



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Area Columnists

Member of the New Zealand Order of Merit in 2017 for services to the sport.

Another big attraction will be the ANZ Northland Shearing Championships grand final on the Saturday at the shearing shed, along with the Kumeu Show shearing competition as well.

Not forgetting the many animals on display at the show too. The much-loved alpacas are back, along with goats, a special Farm Zone where children can get up close to the animals, and a Kumeu Small Landowners display.

Sadly, cattle are unable to be displayed again this year because of continuing concerns about the mycoplasma bovis disease.

However, the Auckland Poultry and Pigeon Association will be back with another huge indoor display of our feathered friends, including turkeys.

Equestrian events feature on the Saturday, including show jumping and the Waitemata Hunt running several such as the pleasure horse and pony ring for horses and riders not included in other show categories.

At least 300 trade displays are expected across the showgrounds, covering almost everything you need for the farm or lifestyle block.

The nearby Kumeu Film Studios will also have a stand and may perhaps include some of Amazon Studios' television project based on The Lord of the Rings.

A feast of home baking and preserves, arts and crafts, a photography exhibition and more are included in hall displays at the nearby Kumeu Community Centre.

Show patron and Helensville MP Chris Penk will have his own stand, while Rodney councillor Greg Sayers usually has a presence there too.

Broadcaster Howard Dobson will be master of ceremonies for the show, Delectable Cuisine run by Rachel and Regan Tatlock of Waimauku do the official show catering, and Hallertau Brew Bar will run the show bar.

"There's plenty at the show for everyone," Lizelle says.

The full show programme will be available on the Kumeu Show's Facebook page, or contact Lizelle on 09 412 9322, email info@kumeushow.co.nz or visit www.kumeushowgrounds.com for more information.

New Year's bash

We are back clashing sticks and whooping and hollering and generally having a great, joyous, sweaty time....dancing.

Fresh from our week-long tour of the Art Deco capital of New Zealand, where we made a welcome nuisance of ourselves, we are gathering again to hone our skills and are getting ready to cause more mayhem on the unsuspecting citizens of the City of Sails.

We are learning great new dances. Each one brings a smile that lingers long after the music has faded. Every time we stuff it up gives us more cause for laughter.

These dances have been refined over many generations. They have always been an escape from the humdrum of everyday existence. They allow us to tap into a time of being in harmony with the seasons. And they feel bloody good too.

Hey, I've got an idea! Why don't you join us? Get off the couch, get yourself a cardio exercise that doesn't make you grimace, and get a positive vibe from performing these time-honoured dances.

Or not. The choice is yours. The first step will require the most effort.....picking up the phone. Good luck with that.

My name is Errol 021 184 1653.

Don't let your outboard ruin your day

When you're at the boat ramp all geared up for an epic day's fishing, the last thing you want is your outboard motor to let you down. We've received our fair share of calls from disappointed boaties in this position. Thankfully most issues can be resolved over the phone but here are some tips to avoid this situation.

Firstly, it's always a good idea to run the motor up at home on idle for 10 minutes before you go. If you're planning an early morning mission then do this the night before. If there are any issues, it's likely you'll uncover them at home. At the same time, also confirm that your electronics are operational and bungs are in.

However, if you do get stuck, there are a few key steps to take depending on what your outboard is doing.

1. Has your motor fired, coughed or spluttered?

If so, open throttle lever wide open or lift up the cold start lever and turn over engine with no choke until it fires.

2. Has the motor turned over but there's no cough or splutter?

This usually means there's no spark or no fuel, or the fuel may be stale. Check the kill switch is in and confirm choke is operating by pushing key in and hearing a click or use a manual choke on the outboard. If the fuel has been sitting around for more than 6 months, replace it.

Also check the fuel connections on the boat and make sure they've not perished. If they have, you risk the engine sucking air and not fuel. It's a good idea to keep spare fuel connections on board just in case.

For more tips on enjoying trouble-free boating, go to gtmarine.co.nz or call 09 412 8348.

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