

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

Property market report

Power of music

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

The Coffee Club Hobson Centre

Circulation is 10,500 print copies.

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

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May 2021



## Greetings

"I don't know where we are going, but I know exactly how to get there". A quote from *The Lion Tracker's Guide to Life* by Boyd Varty (available through Auckland Libraries). In an interesting short book, this track-er and safari guide in the South African bush describes a day on safari and suggests that there are similarities between tracking lions and navigating our way through life. In a sense, we don't know where we are going, as we cannot see the future, but we have to develop strategies to prepare ourselves for what may be ahead. We need to know how to navigate, not worry about our destinations, and stay alert.

The nearest most of us are likely to follow tracks is when walking on the beach, as we no longer have to rely on our senses to find our food. We could train ourselves to be more observant about what is around us, tuning in to all our senses to read the environment and try to feel a greater awareness. Staring daily at screens, we have lost what a far horizon does to the spirit. Amidst all the information that surrounds us, learn to see what matters to you. When we learn to find and follow our inner tracks, we learn to see what is deeply important to us.

As the days get shorter and the weather gets wetter, look around at what is available in the community here. It seems like only yesterday that the Coffee Club opened at Hobsonville, but here it is celebrating its fifth anniversary. We are well catered for locally for food and drink outlets, as you can see in our Food & Beverages section. A number of indoor activities are up and running for the season, and travel is possibly becoming an option as the border restrictions begin to ease.

The local environment is being cared for with local volunteers at the Native Plant Nursery who have won an award, and a bird monitoring programme is under way with Habitat Hobsonville. Read our tips for safety if you look after a rental property, and see Graham's advice on the property market generally. We have ideas for looking after your health and see what the Baby Whisperer says about toddlers. We hope there is something for everyone in this month's issue.

Have a safe and happy month.

John, editor



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# People & Places

## The Coffee Club Hobson Centre, Hobsonville

This year, The Coffee Club Hobson Centre at 124 Hobsonville Road, Hobsonville celebrates its 5-year anniversary since it opened its doors to the public.

Franchisees of The Coffee Club Hobson Centre, Gregory and Rebecca bought the business in 2016 upon their return to New Zealand with their twin daughters, after living and working overseas for a little over a decade. Gregory worked in Marketing & Advertising, while Rebecca worked in the Healthcare sector.

Gregory and Rebecca searched for a family-oriented business that would suit their ambitions and skills. "We always wanted to run our own hospitality business; we conducted our own research, studied the market and looked at the different opportunities available." Gregory is British of Lebanese & Armenian origin, and Rebecca is Kiwi from Invercargill. "We come from cultures that have a huge tradition for hospitality and good food. We love to look after people and to make them feel welcome, that's why we wanted to work in hospitality and looked for opportunities within this industry." Gregory says.

"Based on our backgrounds and qualifications, particularly from my own experience in marketing, I knew the importance of delivering great customer service and the need to also provide a good dining experience. This would also pave the way for us to apply the tools and skills developed from my marketing expertise. As such, we felt that working in hospitality would be a natural move for us and believed we had the potential to do well with our own hospitality business." Gregory added.

As a former Marketing Executive, Gregory recognizes a strong valuable brand with a strong customer base when he sees one, and The Coffee Club ticked all the boxes. "The Hobsonville store was on top of the list - new store, great location, growing suburb (still growing) and a lovely community as we came to know it."

"We're proud to be part of this community and The Coffee Club brand - we love that Kiwis associate it with good food and great coffee. The Coffee Club also places a lot of emphasis on training, menu development and ensuring customers receive consistent value and service."



"We didn't have direct hospitality experience; however, the learning curve wasn't too steep; we understood the business and its processes in a short matter of time. Surprisingly cooking had become a new passion for Rebecca" says Gregory. In fact, Rebecca has taken up bakery in store and the Hobson Centre café has developed quite a reputation in their local area for delicious homemade baked treats, such as their famed Brownie Cheesecake and their variety of Gluten Free muffins and slices such as the White Chocolate Plum and the Raspberry Dark Chocolate Muffins, and the Ginger & Chocolate Caramel Slices which have become customer favourites at their café.



It has been an exciting ride yet quite challenging, particularly during the past year with the ensuing Covid-19 pandemic. "We work in a lovely community and the support we received during these hard times from our friends and patrons in the community is just amazing".

The Coffee Club will soon be launching an exciting and fresh new Menu; so to visitors as well as established and new residents of Hobsonville and surrounding communities, Gregory, Rebecca and the Hobson Centre team would love to meet you and offer you Good Food, Great Service and Excellent Coffee.



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# Community News

## Hobsonville Point Family Fun Day

The Hobsonville Point Family Fun Day, postponed by the Covid lockdown, will now be held on Saturday 8 May (postponement date 15 May). This will be at Headquarters Park in Cinema Road at Hobsonville Point, running from 11am to 1pm. There will be free family activities. Meet your local groups who operate from the Headquarters or Sunderland Lounge. Watch performances and enjoy games. Free sausage sizzle.



Come and find out what's on at the Sunderland Lounge and Headquarters each week and meet many of the groups and see how you can get involved. Supported by Hobsonville Community Trust, Upper Harbour Local Board and Classic® builders.

## The power of music

Libby Johns lives and breathes music. As Music Therapist for Hospice West Auckland, she brings comfort through music to people at end of life, their carers and families.



And now she is bringing her passion to the community. Her sessions 'Calling Your Voice' explore music and sound in an informal setting. "The idea of Calling Your Voice is that we just want you, and we will then make your strengths part of this experience." Libby believes strongly that everybody has a voice. "If it's a sound through an instrument or being present in a room, or just having the physical experience of being a part of the music, in my mind that's their voice."

The benefits of music therapy can range from physiological right through to spiritual experiences, she says. "It might be as simple as feeling more relaxed, or reduced anxiety by having moments to share and connect with people. It might help someone take their mind off the pain," Libby says. "I love music therapy because I am able to connect with a range of many different people and to find their sound, their voice within the different music. What makes them alive, what brings emotion to their world? And ultimately, how we connect as human beings who have never seen each other before,

but through this really incredible element of music."

To experience music therapy, you can join Libby every Friday from 10.30-11.30am at the Te Atatu Community Centre, 595 Te Atatu Road (last session on 14 May 2021). No music experience required. Feel free to turn up.

## Scott Point School - first cricket day

The newly enrolled Year 7 and 8 learners from Scott Point School were lucky to take part in the North West Schools cricket tournament on Thursday the 18th March. For the two weeks prior to going, all of the students were practising and imagining glory at the tournament.



All together there were 17 competitors from Scott Point School, 8 boys and 9 girls. This was their first tournament and they all felt privileged as they were the first students ever to represent Scott Point School in any sporting competition.

All the competing schools were from the North West cluster and had all competed in the tournament before.

The beginning of the day it rained and poured heavily but luckily the day brightened as they played each game. The Scott Point School girls team won all 4 of their games and the boys won 3 out of 4 games. Everyone was happy with the tournament as it was lots of fun. The girls made it through to the semifinals and came third out of the whole of the North West.

The next day at school they were all congratulated, given certificates and were praised for their sportsmanship and team work.

Reported by Connor Gaul- Age 12 years.

## Waitakere Grey Power Association

Waitakere Grey Power Association is holding its Annual General Meeting on Wednesday 9th June 2021 at 1.00pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. We are delighted to have Michael Barnett, Chief Executive of the



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# Community News

Auckland Business Chamber as our guest speaker. A warm welcome to members and friends to the meeting and you are all invited to attend and stay for refreshments at its conclusion. We are keen for new people to join our Committee, please don't be shy as volunteer advocacy work for Greypower is rewarding. For those of you who haven't already paid your annual subscription, it is now due: \$20 single and \$30 a couple. You can call at our Office in the Te Atatu South Community Centre 247 Edmonton Rd, Te Atatu South from Monday to Friday from 9.00 am to 12.00pm midday to pay your subscription in cash or you can pay online. Greypower is the largest non-political lobby group in the Country. There is strength in advocacy for our Seniors and your committee and volunteers in the Office are constantly working on your behalf. Written by Mate Marinovich, President Waitakere Grey Power Association Office 247 Edmonton Rd, Te Atatu South. Phone 09 838 5207.

## It's a bird's life in Hobsonville

In an exciting new initiative, a group of 20 community volunteers at Hobsonville have started a bird monitoring programme to measure the prevalence and types of native birds and then track changes over time.



There are some very encouraging signs of native birds coming back to the area partly as a result of the predator trapping over the past two years by Habitat Hobsonville. A pair of NZ banded rail have been spotted in the mangroves and recently a spotless crane was seen in a water catchment. These are cryptic species as they are secretive, hard to spot and often overlooked. They are sometimes found by playback where a recording of their call is played.

The new group will be particularly interested in tracking indicator species which are those which return when the habitat is restored. Examples are fernbird, kereru (wood pigeon), and NZ dotterel. To the delight of many birders Hobsonville has been a preferred destination for the rare and endemic NZ dotterel over the summer with the regular appearance of a flock of over 50 birds on a building site.

The group will conduct forest bird counts and wader bird counts on a regular basis. Scott Point has one of the best sites in Auckland for observing wader birds. Species such as godwits, knots, oystercatchers, and dotterel will visit our shell beaches if we avoid disrupting their feeding and nesting by treading carefully and keeping dogs on a leash.

The more people doing the bird counts the better the data

collected so if you are interested in participating then email [habitatohobsonville@gmail.com](mailto:habitatohobsonville@gmail.com) The group is grateful for the support of Auckland Council (via Habitat Hobsonville), the Hobsonville Point Residents Society and Kaipatiki Project. Image: The secretive spotless crane.

## Summerset at Monterey Park

At Summerset at Monterey Park you can enjoy retirement living with panoramic sea views. We have an open day on Sunday 9 May between 10am and 3pm. No need to let us know you are coming. We have 2 three-bedroom apartments available, new villas under construction and a variety of serviced apartments available now.



This accommodation offers the experience of luxury living in the thriving Hobsonville community.

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

Our range of indoor and outdoor facilities means you'll always have something to do, no matter what the weather.

And, if you're keen to get involved, our on-site Activities Coordinator will make sure there's always a calendar of events and activities to keep you entertained.

For our Village Café and in-house catering, White Tie offers contemporary food menus prepared on site with wholesome, seasonal, fresh, locally grown produce.

Set on the water's edge with 270 degree views over the water and only a 20 minute drive to the CBD, Summerset at Monterey Park lets you enjoy the very best this unique location has to offer.

For details about sales etc., give Wendy a call on 09 951 8922. 1 Squadron Drive, Hobsonville, Auckland 0616.

# NSS

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# In Brief Updates

## Free New Zealand and Australia travel event

Tuesday 13th May 21 from 4pm - 6.30pm.

We are holding a free travel information event at Huapai Golf Club with our favourite New Zealand and Australia travel operators and invite you to come along. The Café and Bar will be open for you to purchase meals and drinks so please let us know if you are interested in attending or if you would like more details.



Otago Rail Trail 3rd November 21

I have four spaces left on this fun 5-day tour where you won't be riding a bike, instead exploring this fabulous area by small van with a maximum 14 people. Let me know if you are interested and I can let you have more details.

Call us on 09 416 1799 or email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz) if you would like our help or information about travelling both within New Zealand or overseas.

Your helloworld Team of Lesley, Hayley and Carolyn.

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## Housie in the Hall

The Massey Birdwood Settlers Hall is home to many groups.

One group that has built up a following for over forty years is Massey Primary School Housie.

They meet every Friday (except for a public holiday, two weeks in January and lockdowns), play Housie and raise funds for Massey Primary School.

Led by Sandy Stratful, who also does much of the calling, the Friday evening attracts mainly ladies (have not seen any men) who have a real good time socially.

They have a muster of 33 tables with generally six ladies to a table to hear such terms as 66, clickety-click or double six or Man Alive, number five, Cup of Tea or One Little Flea is number 3 and Staying Alive 85.



What is Housie or Bingo? Housie (or bingo) is a game of chance where tickets or cards containing numbered squares or symbols are matched by participants to numbers or symbols that are randomly selected and called by an announcer or displayed.

The game is controlled by an act of Parliament, which is administered by the DIA (Department of Internal Affairs).

All operators of housie (also known as bingo) need to comply with the Housie Game Rules.

- Societies can run housie games. Other groups and individuals can run housie in very limited circumstances.
- You do not require a licence if total value of prizes for a session is \$5,000 or less, and turnover of the gambling is \$25,000 or less (these may be run as either Class 1 Gambling or Class 2 Gambling).
- If the total value of prizes for a session of housie games is more than \$5,000 your group must be a corporate society and it will need to obtain a licence.
- Housie prizes are cash. See the rules around what gambling proceeds can be used for.
- See also: Fact Sheet 10 - Housie

So, if you want something to do at 7pm on a Friday, and want to raise funds for Massey Primary com on up to the Massey Birdwood Settlers Hall on the corner of Don Buck and Redhills Road.

For further information about the hall email John Riddell, [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com).

## House of Travel Hobsonville open for business

Let's face it, we are all very excited to see the borders creaking open, but it's never been more complicated to leave NZ and return back. With online travel websites not offering accurate information or taking any responsibility for these requirements, booking travel on the internet or Googling the answers to border regulations is a massive risk to take, in an ever changing environment. With the security of a physical store, experienced consultants, 100% Kiwi business owner-operated, TAANZ bonded and local, who better to be your travel agent wingman?

Your ideas + our knowledge = better holidays.

We live, breathe and dream travel, so wherever's next on your must-visit list, you can bet at least one of our consultants has either been





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Please keep us in mind when planning and booking your next trip.

Buzz and the Team at House of Travel Hobsonville, 225 Hobsonville Point Road (Cnr Hobsonville Point Rd and De Havilland Rd) Hobsonville. [Hobsonville@hot.co.nz](mailto:Hobsonville@hot.co.nz) 09 416 0700.

## Try Scottish country dancing

This year Waitemata SCD Club celebrates its 45th anniversary with a special ball. We will meet up with old friends and new, and dance to a Scottish Band. Meantime we're up and dancing again.



Every Tuesday night, from now until the end of November, we meet at Kelston Community Centre. We enjoy the sociability - all welcome, all ages, no need to bring a partner, social dancing in groups. In the first class at 6.45pm we teach basic steps and formations and incorporate them into an easy dance. At 7.45pm all other members join in for dances at all levels. These dances are also taught before being danced by all. Who can resist the beautiful Scottish music, played mainly by piano accordion, fiddle, piano and drums?

## Netsafe

You may have seen The Tender Trap on television, the true story of a Kiwi grandmother and public servant tricked into smuggling drugs as part of a romance scam. It is available on TVNZ OnDemand. It shows how romance scammers operate and gives an accurate portrayal of how these criminals



work. What are Romance Scams? A scammer pretends to be in a relationship with someone online in order to scam them out of money. They do this through email, social media, dating websites and other website and apps. Usually these scammers are pretending to be someone they're not, using photos and identities of people they've found online. Through romance scams people have lost substantial amounts of money - ranging from a few hundred dollars, through to millions of dollars. Warning signs include confessions of love or strong feelings within a short time of meeting the person online, or your new love might mention health problems, family issues, business troubles or other issues that could be solved with money (your money!). If a new romantic contact is not willing to meet up or talk via video call, or comes up with a series of excuses to avoid meeting, you should be cautious, and be careful about offering or giving the person money so that they can meet you in person. For more details, visit [netsafe.org.nz](http://netsafe.org.nz) and search for Romance Scams.

## New hospital building

The construction of Waitemata DHB's new hospital building, Tōtara Haumarū, on the North Shore Hospital campus has now started. Minister of Health Hon Andrew Little, Waitemata DHB Board Chair Prof Judy McGregor and CEO Dr Dale Bramley recently took part in an official 'turning of the sod', signaling the beginning of the official construction process. The cost is estimated to be \$267 million.



"The new surgical hospital will create significant additional elective capacity to meet the future health needs of the people of the Waitemata district," says Dr Dale Bramley. "It will also cater for growing demand for elective and endoscopy services in the wider region."

Waitemata DHB serves the largest and one of the fastest-growing populations in New Zealand. We have around 650,000 residents in our district currently and this number is expected to reach nearly 700,000 by 2025.

The new four-storey hospital building featuring patient and whānau-centred design supports modern models of care and has inbuilt features that will enhance the experience of patients and visitors.

"It's exciting to start the next phase of the project and see the vision start to come to life," says Prof Judy McGregor.

"After years of planning, the new hospital building will help ensure Waitemata DHB can provide increased access to services and provide the best care to our community."



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# In Brief Updates

The original maternity hospital on the site was opened in July 1958. Artefacts including the official plaque recognising the opening have been preserved. The plaque has been removed as the last remaining piece of the former hospital buildings, and will be rehoused in the Whenua Pupuke Garden at North Shore Hospital, in recognition of the significant part the original hospital played in the development of the North Shore region.

## New nurses

The biggest District Health Board in the country is embarking on its biggest recruitment drive ever, seeking 100 new nurses before the end of June.

Waitematā DHB is actively recruiting 100 nurses for a range of new positions throughout the DHB, from graduate to nurse specialist roles, spread across different departments from cardiology to theatre.

The DHB already employs 2281 registered nurses. Chief executive Dr Dale Bramley says the creation of 100 additional nursing jobs is aligned with the organisation's promise of 'best care for everyone' and will also support wards to have more nurses at the bedside.

"Waitematā DHB currently serves a population of almost 650,000 people, this figure is expected to grow to more than 800,000 by 2037. To continue to deliver on our promise, we need to evolve alongside our growing population."

Ashleigh Bennett, of Ngāti Ranginui and Ngāi Te Rangi descent, started work as a registered nurse at one of North Shore Hospital's medical wards in February 2021. She is one of the 100 new nurses being recruited before the end of June to join the 8,500 staff already



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employed by the DHB.

She says improving health outcomes for Māori is part of the reason she decided to become a nurse but it was the support available to staff which drove her to become a nurse with Waitematā DHB.

## Engine Bay Plant Nursery wins Environment Award

Engine Bay Native Plant Nursery has been around for 10 years and it still operates out of a shed with very limited facilities. Yet, this does not deter the regular volunteers from turning up weekly all year round in all conditions, rain or shine.

Run by an environmental organisation Kaipātiki Project, the nursery grows 10,000 native plants each year used in the restoration of the local coastal area. The enthusiastic volunteers at the nursery are committed to enhancing native biodiversity in the local area and support sustainable living practices. Their work includes potting up and propagating plants, maintaining the grounds, removing weeds and growing thousands of locally-sourced native plants. The volunteers have also established a community orchard and a food forest to grow organic vegetables, fruit and herbs.

Tucked away in Hobsonville Point by a coastal walkway, the team has been instrumental in setting up Hobsonville Community Compost Hub in 2020, to help divert a significant amount of local food waste from landfill and turn it into living compost.

In celebration of its 10th birthday, the Engine Bay Nursery opened its green doors and hosted a community Enviro Day. To make the birthday even sweeter, the amazing efforts of the dedicated volunteers have now been recognised at the Upper Harbour Volunteer Awards evening winning them the Environment Award.

To volunteer or get involved in a community compost hub, visit [kaipatiki.org.nz](http://kaipatiki.org.nz).



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# In Brief Updates

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Only individuals can claim donations as tax credits. However, if you are a business owner and your company makes donations to an approved charity then the company is able to claim a deduction for the donation, which your accountant can assist with. The amount of the company deduction is limited to the company's net taxable income (excluding the donations). Donation receipts can be uploaded online in myIR throughout the tax year.

For all of your accounting needs please contact Mark Foster and the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## The Mobile Car Specialists

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Likewise, if you've just purchased; often your vehicle could do with a professional polish, or dents removed, and NOW is the time to do it, otherwise you'll never end up getting it done until it's time to sell ;)

Our other services include: Dent removal - small to large, yellow / foggy headlight restoration, deep clear coat scratch removal, ceramic coating paint protection, signwriting removal.

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## SeniorNet West Auckland

If you need help with Internet Banking, and we know there are a lot of people having problems with doing this, please give us a ring at SeniorNet and we can arrange for someone to help you.

Our office phone is 09 837 7600, we are not in attendance full time so please leave a message and someone will get back to you. Or

come and see us on our Help Days which are on the 2nd and 4th. Tuesdays from 10am to 11am at our premises in the Henderson RSA, Railside Ave, Henderson.

We are also holding another Smartphone class "Am I smarter than my Smartphone?" on the 13th May starting 10am and lasting 2 hours for \$10.00.

This will cover topics such as checking my bank balance, Taking and Sending Photos, Catching a Bus on time and lots more. This is a light hearted way to learn an overview on how to use your smartphone more effectively. Again please ring the office and we will be able to book you in. Please remember to leave a contact phone number

SeniorNet is all about Seniors helping Seniors to understand their computers, laptops, tablets and SmartPhones, at a pace suit you. So please contact us if you need any assistance.

## Indoor bowls

The Social Indoor Bowls is now up and running at Sunderland Lounge (Te Rere) 27 Hudson Bay Road, Hobsonville, the Auckland Council-owned community facility managed by Hobsonville Community Trust. This takes place on Wednesdays from 1.30 - 3.30pm. No experience is required and this is open to all ages. The cost will be \$3 per session. Let's have some fun! Hope to see you there! [hobsonville.org.nz/community-facilities](http://hobsonville.org.nz/community-facilities).



## Gym Zone

Has your child ever thought about doing gymnastics, tumbling or parkour? 2021 is the year to give it a go. At Gym Zone at we teach all these disciplines and more. You can select from our structured term base classes or have a go at our new Free Play casual weekend sessions. See our timetable online to check out all the options.

Our helpful staff will be more than happy to discuss term options that might suit your child.

If space is available, we can offer you a trial class to have a go. From beginners to competitive gymnasts, we have a class that can suit.





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# In Brief Updates

Gym Zone is also a great place to host your next Birthday Party. We have both self-cater and fully catered options for you. [www.gymkids.co.nz/birthday-parties](http://www.gymkids.co.nz/birthday-parties). Gym Zone - Where movement begins. 4 Workspace Drive, Hobsonville. Read more at [www.gymzone.co.nz](http://www.gymzone.co.nz).

## Songs to uplift the elderly

Probably the most uplifting experiences I had working at a home for people living with dementia was seeing the people enjoy the music DVDs by singer John McSweeney.

The DVDs show John singing with backing group in concert before an appreciative audience.

The songs such as "Sweet Georgia Brown" and "Let Me Call You Sweetheart" are tunes older people will know from their youth and my people at the home reacted positively, ranging from gently tapping hand or foot, humming or singing along, to one usually subdued man getting out of his chair to have a short dance with a caregiver.

John McSweeney has a warm personality which comes through in his concert DVDs.

An excellent feature of the discs is the option to display the words on screen, which made it easy for me to join in with the sing along.

So if you have a loved one, elderly or living with dementia, do have a look at these DVDs - they just might bring some additional enjoyment and happiness to them.

For these and other helpful products see [www.mindjig.co.nz](http://www.mindjig.co.nz), or feel free to call Jonathan on 09 600 3251, call or text 022 480 3022, or email [info@mindjig.co.nz](mailto:info@mindjig.co.nz).



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## What's on at Kumeu Arts?

This May we have two contrasting exhibitions by our members. In the Main Gallery, we'll have a display of artworks in the tradition of Still Life. While in the Pod gallery we're celebrating NZ Music Month with a themed exhibition called 'Art on Record'. Artists have been asked to create LP album covers for real or imagined bands or musicians. At the opening event and party for both these exhibitions on

Friday the 7th of May there will be DJ's, visuals and a live painting demo. This month we've also teamed up with the Hallertau Riverhead to host a 'Make a Beer Stein Workshop' during which participants will create personalized beer mugs using clay whilst they enjoy a Hallertau beer for inspiration. There's always lots happening at Kumeu Arts so come and join the fun! Find us on Facebook or visit [www.kumeuarts.org](http://www.kumeuarts.org) for more info.

Painting by Yvonne Abercrombie for 'Art on Record 2019'.



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# Safer Communities



The change back to Alert Level 1 allowed us to be part of the opening of Waitakere Township's new playground on the 27 February. It was a great day for the community to come together and celebrate the park upgrade.

Unfortunately, the following day we went back into another lockdown which forced the postponement of the Waitakere Fire Station open day to the

10 April.

A huge thanks to our awesome community who braved the weather to attend!

The escape my house maze was a hit with the children who then encouraged their parents to have a go.

We hope you went home with helpful information and a better insight into how

we operate in the community.

Our volunteers certainly appreciated your support, enthusiasm, and interaction.

Remember to discuss an escape plan with your families, check out this link for further information.

<https://www.escapemyhouse.co.nz/>



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# Property

## Property market report

In March the government made changes in the ability of property investors to deduct interest expenses when calculating their tax obligations. Many commentators have suggested that this may affect the Mum and Dad investor but it will not have an impact on larger investors for a number of reasons. Most investors have stopped buying property on the basis that prices are overheated. The liquidity within their property portfolios would allow for a 40% deposit to be achieved, and any shortfall can be made up by tenants due to a reducing pool of property rental stock. About 12% of property purchases are made by investors with no mortgage. This is about one-third of investor buying. For these people the change in the bright-line test from five years to ten years might be a negative. But the removal of interest expense deductibility means nothing. They also may re-enter the market hoping to pick up some good properties from investors cashing up.

This action by the Labour Government will not stop house prices rising for an extended period. History would guarantee that you will pay more for a house in the future because the supply of building materials is reduced and the cost of building houses including compliance costs are increased.

One thing which happened last year is that as soon as the Level 4 lockdown ended, first home buyers entered into the market looking for homes. We are highly likely to see the same thing again. Property listings are running around 70% down from levels of ten years ago and for those who have yet to buy property, the prospect of some investors selling, and some no longer buying will be enough to encourage them to re-engage with buying a home.

So by-and-large we are back to the basics, limited supply and solid demand is keeping prices up.

So before you buy into FOMO and FOOP or label buyers as tyre-kickers, lets appreciate that buyers make decisions based on need and want. Most have budget considerations, and are educated and understand the way property has improved over time.

Let's look at the sale in the area:

|               |                            |
|---------------|----------------------------|
| Herald Island | \$1,500,000 to \$1,720,000 |
| Hobsonville   | \$550,000 to \$2,105,000   |
| Massey        | \$581,000 to \$3,150,000   |
| Swanson       | \$867,000 to \$2,050,000   |
| Waitakere     | \$1,045,000 to \$1,155,000 |
| West Harbour  | \$752,000 to \$3,025,000   |
| Westgate      | \$931,500 to \$1,210,000   |
| Whenuapai     | \$850,000 to \$3,000,000   |

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me today, Graham McIntyre, phone 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Safety first

"As a rental property owner or manager, you are considered a Person Conducting a Business or Undertaking (PCBU)."

Do you have property maintenance plans for your rental property? When thinking about fixes and upgrades to a rental property, it's essential that you understand your health and safety obligations as a rental property owner or manager.

Health and safety is an often-overlooked area when it comes to choosing contractors and planning maintenance work. After all, it's not a professional construction site, right? In fact, as a rental property owner or manager, you are considered a Person Conducting a Business or Undertaking (PCBU). According to WorkSafe NZ, this means you have a 'duty of care, so far as is reasonably practicable, to ensure the health and safety of everyone involved with or affected by work on or at your property.'

If this comes as a surprise to you, you're not alone. It's not uncommon for owners to pop into their rental properties and fix any maintenance issues themselves. But this classic Kiwi DIY approach can put you and your investment at serious risk if something goes awry.

What are common hazards? As a PCBU, you'll be responsible for ensuring anyone involved or affected by the work is informed of potential hazards. It's best to be as comprehensive as possible. Here are just a few things you might come across: Knowledge of or concerns about asbestos, Animals on the property, Entrances that will be blocked, Flooring that will be waxed or polished.

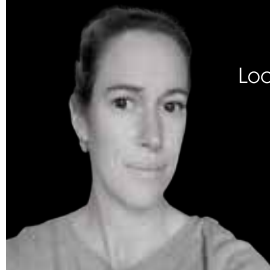
What does 'reasonable care' look like? Understanding exactly what your 'duty of care' entails can be tricky, especially when every property is different. To help you get started, I recommend following these five steps:

1. Hire professional tradespeople - In New Zealand, we love to get stuck in and do things ourselves. However tempting this might be, it's usually best to hire a qualified tradesperson. Even if your job doesn't require electrical or plumbing work, something as seemingly simple as painting a house can have a number of safety hazards which an untrained eye might not notice.
2. Check health and safety policies - Once you've engaged a qualified tradesperson, you should always ask to see their health and safety policy. This policy should be dated and aligned with the Health and Safety at Work Act 2015.
3. Communicate with everyone - By law, contractors need to be

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# Property

advised of any risks at the property prior to commencing work. You should also share information about any maintenance work with those living in the home and alert them of potential hazards well ahead of time. Keep communication lines open throughout any periods of ongoing maintenance, checking that everyone affected understands the risks and feels comfortable onsite.

4. Do your homework - The rental market has seen significant changes in legislation over the past few years. Over the last year or so we have seen both Healthy Homes and the Residential Tenancies Amendment Act changes coming into effect. It's important that you're aware of any and all laws which affect your obligations as a rental property owner or manager. It's also a good idea to become familiar with the Building Code and the Health and Safety at Work Act 2015.

5. Talk to a professional - If you don't have a solid understanding of relevant legislation or your obligations as a rental property owner, talk to a professional. Property managers are experts in this area and will be able to advise you of any risks that you need to be aware of. They can show you the best way to tackle your property maintenance plans. Even if it means putting off projects for another week, you'll likely get a better and safer outcome in the long run.

Quinovic - Phone 021 836 087 or 09 390 4420, email [bdm@quinovic-mteden.co.nz](mailto:bdm@quinovic-mteden.co.nz).

## Selling a property when splitting up

The end of a relationship is tough emotionally, it's often tough physically, and when it comes to the financials, well it's a whole new level of complexity. After sixteen years of working with couples moving through the process of splitting assets, often the biggest hurdle faced is the decision around the family home. This is in part because it forms a historical and physical bond around so many experiences and so many feelings. Therefore it's natural to feel a burden of emotion around the decision. It is also natural for one party to entertain buying the other party out, or to consider retaining the property as a rental asset. In my experience couples that can understand the value in the property as early as possible can make better decisions. A registered valuation is highly recommended, but also get two independent property appraisals completed from reputable and AREINZ qualified real estate people. This delivers a complete picture of the property's value range, and a market overview considering the time and the costs to cash-up the property. Having all the facts early helps establish a position for both parties, it allows conversation around one stakeholder buying the other out, or to go to market. You will need representation from

your own solicitors, however if you can discuss amicably the best way forward in broad terms the solicitors can mop-up the finer detail. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) and for more information within this series on selling a property when you're splitting up, go to [www.graham-mcintyre.mikepero.com/blog/](http://www.graham-mcintyre.mikepero.com/blog/). Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

## Buying a property to rent out

For those looking to purchase a property or to use an existing property as an investment to rent out, it is important to understand your legal obligations as a landlord. The government introduced the new "Healthy Homes Standards" which set minimum standards that landlords have to meet from 1 July 2021. These provide that a rental property will have to have:

- insulation in the ceiling and under the floor;
- an approved form of heating in the living room capable of heating the room to at least 18 degrees;
- proper ventilation throughout the home;
- efficient drainage for removal of water under and outside the property;
- a ground moisture barrier, unless it is not practicable to install one;
- no gaps or holes in the walls, ceilings, windows, skylights, floors and doors which would create a draught.

From 1 December 2020 landlords are required to include a statement of their current level of compliance with these standards in any new, renegotiated or renewed tenancy. For any assistance or advice on property rentals or purchases, feel free to contact Kemp Barristers & Solicitors at [info@kempsolicitors.co.nz](mailto:info@kempsolicitors.co.nz) or 09 412 6000.

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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 | 1,200,000 | 847M2     | 230M2      | 1,500,000     | MASSEY    | 840,000 | 200M2     | 186M2      | 1,100,000     |
|               | 1,950,000 | 809M2     | 260M2      | 1,720,000     |           | 820,000 | 478M2     | 157M2      | 1,080,000     |
| HOBSONVILLE   | 740,000   | 152M2     | 122M2      | 1,150,000     | 870,000   | 809M2   | 190M2     | 1,302,500  |               |
|               | 1,680,000 | 1000M2    | 368M2      | 1,900,000     | 920,000   | 685M2   | 214M2     | 1,065,000  |               |
|               | 980,000   | 225M2     | 187M2      | 1,215,000     | 710,000   | 640M2   | 100M2     | 931,000    |               |
|               | 1,130,000 | 809M2     | 140M2      | 1,705,000     | 660,000   | 686M2   | 110M2     | 940,000    |               |
|               | 1,150,000 | 301M2     | 221M2      | 1,452,000     | 770,000   | 1004M2  | 190m2     | 1,550,000  |               |
|               | 525,000   | 300M2     | 235M2      | 1,420,000     | 980,000   | 1050M2  | 220M2     | 1,380,000  |               |
|               | 1,180,000 | 552M2     | 210M2      | 1,295,000     | 620,000   | 895M2   | 110M2     | 901,888    |               |
|               | 1,025,000 | 225M2     | 186M2      | 1,256,000     | 750,000   | 809M2   | 100M2     | 1,005,000  |               |
|               | 775,000   | 273M2     | 118M2      | 980,000       | 495,000   | 804M2   | 100M2     | 800,000    |               |
|               | 900,000   | 143M2     | 143M2      | 1,021,000     | 865,000   | 410M2   | 110M2     | 900,000    |               |
|               | 1,050,000 | 244M2     | 180M2      | 1,325,000     | 710,000   | 776M2   | 130M2     | 1,010,000  |               |
|               | 990,000   | 188M2     | 185M2      | 1,189,000     | 660,000   | 527M2   | 100M2     | 875,000    |               |
|               | 540,000   | 63M2      | 66M2       | 717,000       | 760,000   | 784M2   | 150M2     | 1,018,000  |               |
|               | 1,560,000 | 470M2     | 302M2      | 2,105,000     | 600,000   | 615M2   | 90M2      | 1,114,000  |               |
|               | 1,375,000 | 300M2     | 301M2      | 1,670,000     | 740,000   | 601M2   | 140M2     | 860,000    |               |
|               | 880,000   | 162M2     | 153M2      | 1,076,000     | 620,000   | 417M2   | 80M2      | 875,000    |               |
|               | 1,150,000 | 340M2     | 205M2      | 1,325,000     | 730,000   | 607M2   | 110M2     | 920,000    |               |
|               | 920,000   | 180M2     | 184M2      | 1,107,000     | 760,000   | 185M2   | 163M2     | 995,000    |               |
|               | 750,000   | 133M2     | 104M2      | 880,000       | 660,000   | 984M2   | 170M2     | 1,094,000  |               |
|               | 960,000   | 168M2     | 181M2      | 1,168,500     | 520,000   | 955M2   | 80M2      | 581,000    |               |
|               | 950,000   | 181M2     | 185M2      | 1,153,500     | 1,100,000 | 986M2   | 270M2     | 1,400,000  |               |
|               | 980,000   | 200M2     | 210M2      | 1,250,000     | 760,000   | 1239M2  | 160M2     | 955,000    |               |
|               | 1,375,000 | 301M2     | 301M2      | 1,670,500     | 960,000   | 857M2   | 250M2     | 1,562,000  |               |
|               | 1,225,000 | 336M2     | 243M2      | 1,515,000     | 730000    | 688M2   | 90M2      | 1,120,000  |               |
|               | 1,050,000 | 237M2     | 173M2      | 1,195,000     | 740,000   | 414M2   | 140M2     | 925,000    |               |
|               | 1,400,000 | 367M2     | 285M2      | 1,610,000     | 780,000   | 202M2   | 181M2     | 1,040,000  |               |
|               | 1,400,000 | 377M2     | 318M2      | 1,750,000     | 660,000   | 1022M2  | 130M2     | 1,055,000  |               |
|               | 990,000   | 205M2     | 161M2      | 1,170,000     | 540,000   | 584M2   | 100M2     | 826,300    |               |
|               | 980,000   | 136M2     | 172M2      | 1,060,000     | 870,000   | 615m2   | 300M2     | 1,121,000  |               |
|               | 1,050,000 | 245M2     | 183M2      | 1,190,000     | 780,000   | 657M2   | 190M2     | 988,000    |               |
|               | 990,000   | 204M2     | 162M2      | 1,168,000     | 720,000   | 689M2   | 90M2      | 1,100,000  |               |
|               | 980,000   | 200M2     | 210M2      | 1,220,000     | 680,000   | 688M2   | 90M2      | 1,250,000  |               |
|               | 1,375,000 | 386M2     | 275M2      | 1,540,000     | 815,000   | 1012M2  | 80M2      | 1,050,000  |               |

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

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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Graham McIntyre  
Brand & Territory Owner  
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# Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

## **Business Card Advertising:**

A low cost roll over brand and contact image that is truly cost effective and long term. Keeps you front and centre with your market, and allows you to link your message and your brand together in print and online. The cost is minimised to \$85 plus GST per month.



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## **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](mailto:editorial@thewesterly.co.nz)  
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**129A Colwill Road, Massey**  
By Negotiation

This home is vacant and ready to move in, in a tranquil, and sun-filled glade offering privacy and quiet living. Set on over 2000 sqm (1/2 an acre) of flat to sloping land that meets the inner harbour and overlooking Taipari Strand Reserve. The home is simple and easy living. An environment enjoying significant sunshine and alfresco onto north facing decking. High stud open plan living that has integrated kitchen, dining and lounge. Three bedrooms, bathroom and separate w/c allows for the family while the aspect from the home is a mix of lawn, established orchard and regenerating coastal native bush. Options to add value, or enjoy just as it is, this property offers options to create your future and plan for tomorrow. A short drive to convenience shopping, schools, parks and transport links.



**Graham McIntyre**  
027 632 0421

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[www.mikepero.com/RX2768266](http://www.mikepero.com/RX2768266)

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## ROYAL HEIGHTS, SEA VIEWS, 1.4 HECTARES

10 3 4

By Negotiation

**129A, 131, 133, 135 Colwill Road, Massey**  
By Negotiation

Yes that's 14311 Square meters of land available for development. offering a big land lot, consisting of 129A, 131, 131A, 133, 135 and 137 Colwill Road, Royal Heights. Included in the offer are three homes offering 437sqm of improvements. The land therefore can provide income while development is underway. An independent development review from Terra Nova Planners is available for review. Significant potential here for the right buyer that wants to make the most of the native esplanade, the beautiful views and the easy accessed flat land. If 2021 is your year of creating opportunity, this is a serious proposition with an absolutely realistic Vendor. Close to schools, parks, shopping, motorway access, northwest mall, transport options and much more.



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Graham is an outstanding agent and I can't recommend him highly enough. My property was not the usual sale and Graham took it in his stride, going above and beyond his obligations on numerous occasions, which was appreciated immensely. Graham is fantastic to deal with and kept me up to date at all times with thorough communication and updates throughout the whole process. Graham made me feel relaxed and comfortable at all times, which is quite an achievement at such a stressful time! He is an absolute professional and I am astonished at the result he was able to achieve, as the property was considerably run down. If I sell another property, I will be definitely calling Graham again. He did an absolutely amazing job and I will be sure to recommend Graham to my all of my friends and family!

Vikki

**Graham McIntyre**

027 632 0421 | 0800 900 700  
graham.mcintyre@mikepero.com





## HOUSE AND MINOR DWELLING - THE GOOD LIFE

5 2 3

By Negotiation

### 147 Mangakura Road, Helensville By Negotiation

Set on 1.25 hectares (approx. 3 acres) this beautiful property has been sculptured to satisfy a diversity of options and interests with a modern family, extended family or home with an income. The Main Home is four bedroom, two bathrooms and offers options for multiple lounges and dining areas to make the most of the conservatory and the extensive valley views. The split is three bedrooms and a bathroom upstairs with one bedroom, bathroom, lounge, kitchen, laundry and conservatory downstairs. A separate double garage with extensive loft provides options for an office, teenage retreat or chill out zone. The fully consented minor is a short walk from the main house and delivers privacy and intimacy with a modern near new one bedroom with kitchen, lounge, bathroom and laundry.

[www.mikepero.com/RX2721189](http://www.mikepero.com/RX2721189)



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## VEIWS AND ROLLING HILL-COUNTRY - WAIMAUKU

3 1

By Negotiation

### 419 Kiwitahi Road, Helensville By Negotiation

Situated on the North Western aspect of Kiwitahi Road this established old school bungalow delivers space and ambience in spades. Set on 1.95 hectares (more or less) of sun-drenched rolling hill country overlooking the Woodhill, Parakai and Helensville Valleys and out to the Tasman sea and Kaipara Harbour, this is an opportunity to put your roots down and add some remarkable value to your living environment and lifestyle. The home is an old style farmhouse with closed woodburner in an open plan kitchen-lounge-dining and through a hallway to three bedrooms and bathroom. Separate laundry with double carport and storage room/ office or playroom. Close to Helensville and Waimauku shopping areas, Helensville Primary and Kaipara College.

[www.mikepero.com/RX2734723](http://www.mikepero.com/RX2734723)



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



HILLTOP WAIMAUKU - PRECAST AND WEATHERBOARD

6 6 3

By Negotiation

**911 Old North Road, Waimauku**  
By Negotiation

Set on one of the highest points in Waimauku with commanding views to the North and the South East / West. A near new, quality, commercial-style two-story, build with high-end features, well insulated and double glazing; it is designed and built to perform and look great in all four seasons. Downstairs offers a sunny open plan lounge, spacious modern kitchen and dining flowing out onto a large covered patio (with a set-in BBQ) and lawn area. It has the master bedroom (with en-suite and walk-in wardrobe), which opens out onto another courtyard area with a fire pit and concrete dining table, two further bedrooms, separate bathroom, two toilets and the laundry. The lower floor also offers internal access to the extensive oversized triple-door six-car carpeted garage.

[www.mikepero.com/RX2769416](http://www.mikepero.com/RX2769416)



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# You work with Me...



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Call **Graham McIntyre** today on  
**0800 900 700**  
[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



# Pets

## Kanika Park Cat Retreat

We are a boutique country retreat for cats. Run by a family of passionate animal lovers and nestled in the heart of our 10 acre Waimauku property.

Kanika Park Cat Retreat is a cattery like no other, where you can treat your cat to a relaxing holiday in one of our spacious private suites.

We have 13 standard suites and two extra-large suites available. Each suite contains lots of toys, cat trees, cushions, plush blankets and beds. Your pussy cat will be served wet food for breakfast and dinner with biscuits and water available all day. We are fully internal, polished concrete floors, air conditioning, lighting and music

It is our mission is to provide each guest with a personalised, warm and fun place to enjoy, and to allow owners to be comfortable in the knowledge that their fur babies are safe in a loving and caring environment.

Phone 027 550 1406, email [info@kanikapark.nz](mailto:info@kanikapark.nz), visit [www.kanikapark.nz](http://www.kanikapark.nz) or [www.facebook.com/kanikapark](http://www.facebook.com/kanikapark).



## Dog&Co.

With winter just around the corner, an outdoor pet photography session may not exactly sound appealing (although winter sunsets are stunning!). With this in mind, it is the perfect time to consider studio photographs. I have recently set up an indoor photo studio specialising in the photographing of dogs both by themselves and with their families (if you want to hop in front of my camera too). Sometimes it is the simplest of images which can be the most striking and that is why I love studio shoots. It allows the personality of the subject to shine through as they take centre stage against a plain black or coloured background. No distracting props, no fancy editing. Just your dog being your dog - what more could you want from a photo?

So if you have been thinking that it would be nice to have a photo



of your beloved dog on your wall then I highly recommend booking in a studio shoot. I have everything we need to get those special photos...endless treats, squeakers, toys, and a repertoire of silly noises to encourage those irresistible head tilt moments.

Get in touch anytime via my website or email to book, as I would love to hear from you. Website: [www.dogandco.nz](http://www.dogandco.nz) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz).

## SPCA's Doggy Daycare

Are you and your pup in on Hobsonville's best kept secret, SPCA's Doggy Daycare?

Tucked away overlooking the park in Rawiri Place, the daycare is overseen by Team Leader Rosie Goodman, who joined SPCA earlier this year.

"I've absolutely loved meeting all the gorgeous pups who come to our daycare from right across the North West," says Rosie. "Our team love coming to work each day and making sure the dogs are safe and happily tucked out at pick up time."

The dog daycare industry is thriving, but SPCA understands the nervousness owners can feel in handing their beloved furry friends over to strangers. Their mission is to provide locals with a trusted option that ensures high standards and meaningful experiences.

SPCA Doggy Daycare is not just a place where dogs can be babysat while owners are at work, it guarantees engaging enrichment activities, socialisation and exercise throughout the day.

"Our daily routine includes both high and low energy activities, so we can make sure all dogs have a great day, whether they like snoozing or love doing zoomies all day," says Rosie.

Alongside the modern facility, passionate staff are thoroughly trained in robust and safe processes for the dogs in their care and overseen by SPCA's expert science and animal behaviour team. The generous staff-to-pup ratio means dogs get the one-on-one attention they crave.

The Hobsonville community is growing quickly and SPCA is very excited to be part of it, building strong relationships with local dog owners, and their precious pups.

All proceeds from the SPCA Doggy Daycare directly support the amazing work SPCA are doing in the community to help vulnerable animals.



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# Pets

Enquire at [www.sPCA.nz/daycare](http://www.sPCA.nz/daycare), check us out on Facebook or Instagram or give the team a call on 09 869 6700.

6 Rawiri Place, Hobsonville, opposite Hilton Brown swim school.

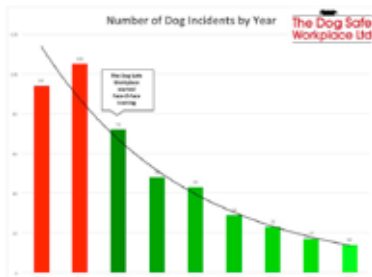
## Local Business Making a Difference

Over the past few years you will possibly have read about The Dog Safe Workplace and seen the Ute around Kumeu.

"We are proud to say that we are making a difference" says Jo Clough the Director.

"One of our clients sent us some statistics on the reduction of dog incidents that they have encountered since instigating our training. We developed the course for their workers and for the first two years delivered Face-2-Face training to staff around New Zealand. In 2016 we put the training online and for this particular company we have given them a reduction of 86% in the incidents that were occurring."

If you work in an industry where you have to enter a property where



dogs may be present give us a call WE CAN help keep you safe.

[jo@dogsafeworkplace.com](mailto:jo@dogsafeworkplace.com) or 0508 DOG SAFE.

## Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). Phone 09 412 2636 or 021 929 999 for further information.



## \$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 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz).

# You work with Me...



...not my team, colleagues, friends, minions or associates.

Call **Graham McIntyre** today on  
**0800 900 700**  
[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



# Central's Tips

## May 2021



It's cooling down, time to deal to the growing snail population in the vegetable bed, plant a bay hedge, fork compost around and plant edible calendulas for winter colour.

### Celebrate Autumn colours

Trees and shrubs of matching hues look great at this time of year, plant some winter flowering annuals and clean up perennial plants ready for dividing over winter



### In the Edible Garden

- **Slugs and snails** are still active in late autumn, so lay yeast traps or ground eggshells/ coffee around small vegetable seedlings
- **Bay leaves for winter cooking** – the bay tree is extraordinarily hardy, so it can be pruned as a topiary feature in the vegetable potager or used as a hedge to shelter softer crops from high winds
- **Cut down lupin crops** once they're knee high and trim them into lengths of 15cm. Leave on top or cover with soil to break down and add nitrogen
- **After harvesting the autumn fruits** – feijoas, passionfruit and tamarillos – fork some compost around the roots of the plants to pep up the soil
- **Prepare beds for traditional mid-winter crops** such as garlic, asparagus and strawberries. Compost, blood and bone is ideal – if your soil is on the clay side add gypsum
- For winter flower power **plant calendulas** in the winter vegetable garden – they're both colourful and edible
- **Winter veggies that can be planted now include:** beetroot, bok choy, broccoli, cabbage, cauliflower, celery, kale, radish, rhubarb, rocket, silverbeet and spinach

### The rest of the Garden

- **Autumn colour** – great month to choose exotic trees with leaves of gold or orange/red tones – the leaves liquidambar, maples and gleditsias are all turning now
- **Remove spent foliage of perennials** and layer compost around them and other plants in the garden. If you're planning to lift and divide them, place markers or sticks by the clumps, so you'll find them once they're dormant
- **Plant out winter flowering annuals** such as cyclamen, polyanthus, stock and primulas. Polyanthus love a dressing of dried blood once or twice over winter
- **Clean up fallen leaves off lawns and pathways;** lawns invariably die off under wet tree litter, paths become slippery to walk on
- **Many NZ shrubs begin to display deeper foliage colours as the season cools** – Muhlenbeckia astonii drops its leaves to become a red twiggy mass, various coprosmas range from pink through to chocolate brown and the shrub Pseudowintera 'Red Leopard' deepens to dark red.

## Project for May

### Get your firewood stacked for winter

Create a firewood stack while it's dry. ECO Hot Mix is an exclusive Central Landscapes blend of 2/3 softwood (fast-burning) and 1/3 hardwood (slow-burning) which will give you cosy winter fires!

For all your firewood needs visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)





# Firewood – Get it while it's hot.

Choose our blended Hot Mix which is fast-burning pine and slow-burning hardwood combined.

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# Hot Property



## House and minor dwelling – the good life

Set on 1.25 hectares (approx. 3 acres) this beautiful property has been sculptured to satisfy a diversity of options and interests with a modern family, extended family or home with an income. Delivering the "good life" with two vegetable gardens, an orchard, herb garden, and chicken run for self-sufficiency and option for grazing animals. The gardens are beautiful, easy care, low maintenance and accentuate private walking pathways and a gentle drive through to Minor home and the Main Home. Kids will love to explore / spend hours of fun

in the gardens. A large flat area has been set aside for an arena, extensive shedding, football pitch or grazing. The choice to graze animals or have as an extensive lawn is your choice. Only a 5 minute drive to Helensville shops and Helensville School and around 41 minutes off peak to Auckland CBD, described as the best of town and country. Enjoying strong craftsmanship, cathedral ceiling features in the main home and an extensive recently completed full renovation, the property offers the best of the old with the convenience of brand new fittings, appliances, and refurbishment. The main home is four bedroom, two bathrooms and offers options for multiple lounges and dining areas to make the most of the conservatory and the extensive valley views. The split is three bedrooms and a bathroom upstairs with one bedroom, bathroom, lounge, kitchen, laundry and conservatory



# Hot Property



downstairs. Alternatively you can use the entire downstairs for living and entertaining with options for multiple lounge areas. A separate double garage with extensive loft provides options for an office, teenage retreat or chill out zone. Multiple accessory building and woodshed makes things easy, secure and orderly. The fully consented minor is a short walk from the main house and delivers privacy and intimacy with a modern near new one bedroom with kitchen, lounge, bathroom and laundry. A fantastic area with extensive wrap around decking, set away from the main home and purpose built to take in the breath-taking scenic views through the valley. For viewing and more information, contact Graham now on 027 632 0421 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).



# Home & Garden

## Why do roofs leak?

As winter draws near, it's an ideal time to get your roof checked for any issues. A small leak can do a large amount of damage to a building. Roof sheets that lift off your roof can compromise it very quickly. This lets water into the roof, which will cause leaking and potentially major repairs.



Rusting roof sheets are also a common cause of leaks. Roofing screws are used in all types of metal roofing and are a critical component to the roof's integrity. Checking the roof screws regularly is imperative to prevent leaks. Holes in roof sheets will naturally cause leaks. Lastly, blocked gutters and spouting will always cause leaks. But these can be prevented! We recommend yearly roof inspections to ensure there are no issues that will cause any surprise leaks.

If you would like your roof checked, get in touch with us today and one of our roofing team will help you out.

We are also specialists in all things plumbing and drainage. Do you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes? Or do you want new installations, refurbishments or gas installation? Whatever your needs, we are here to help.

Laser Whenuapai also offers a state-of-the-art-drain unblocking service as well as an on call plumber - available 24 hours, 7 days a week for any plumbing emergencies - as unfortunately, these can come at any time.

Contact Laser Plumbing & Roofing Whenuapai for all your service needs. From plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110 or [whenuapai@laserplumbing.co.nz](http://whenuapai@laserplumbing.co.nz)

We are open five days a week from 7:30am - 4:30pm and are

conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website [www.whenuapai.laserplumbing.co.nz](http://www.whenuapai.laserplumbing.co.nz).

## Tile Wright

We are now carrying out free no-obligation quotes for your tiling needs; kitchens, splash backs, bathrooms and laundries. We specialise in all things tiling; we provide high quality services including Auckland Council approved water proofing, bathrooms, kitchens and splash backs.



With over 5 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all.

Call us today on 027 260 8225 for a free no-obligation quote.

## Ferns for your garden

Autumn is here and so are our ferns at Awa Nursery. Often ferns are overlooked when designing a native garden, but the lush green fronds can add texture and interest to



your garden - not to mention the iconic nature of the silver fern. Most gardeners will associate ferns with shade, and certainly, if you have a spot in your garden which is shady or semi shaded, ferns are an excellent choice. The biggest consideration when planting a fern, is adequate moisture and a sheltered spot with little to no wind. Your fern will not tolerate waterlogged soil, so make sure your soil is free draining and compost enriched. Put mulch around the roots to keep the soil cool and help retain moisture. In summer and during any dry period, water roots and trunk at least 3 times per week, other times twice per week in the absence of good rainfall, and remember a good deep water is required rather than a light sprinkle. Do not drench your ferns from the top, just a light top watering is recommended to avoid crown rot. Fertilise your ferns once a year with a slow-release fertiliser. If fronds on your tree ferns brown off suddenly it can be due to wind burn, so it will require for more protection from the wind and adequate moisture. Awa Nursery currently has tree ferns and ground ferns, and autumn is the

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# Home & Garden

ideal time to plant. Pop along and pick up your iconic fern and give your garden design a distinctive New Zealand feel.

Phone Awa Nursery: 09 411 8712, email [info@awanursery.co.nz](mailto:info@awanursery.co.nz) or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

## Looking for added value?

Changes in our economic climate and job market call for some thoughts outside the box. Signature homes West Auckland are solutions driven and can assist you in capitalising on existing assets to create additional homes for extended family, adult children saving to build, seeking additional income streams and/or creating a more desirable home office/studio. We offer a complimentary design workshop to discover if a minor dwelling could be achieved on your existing property.



Let us work with you to achieve your personal goals, be they quality of life, financial or family.

Call to for an appointment to discuss your options; obligation free 0800 020 600 [www.signature.co.nz/page/westdesignbuild](http://www.signature.co.nz/page/westdesignbuild).

## HydroVac takes out the Cricket Bowl trophy

As a local business, HydroVac is proud to be a part of this community. The majority of our team live locally and keenly participate in the best of the west, from local sporting clubs and community events to enjoying the beautiful places our area has to offer, like the beaches, forests, walks and more.

For nine years, our HydroVac cricket team has been a part of the Kumeu Cricket Club competition. We are ecstatic to have won our division in the Kumeu Cricket Club Twilight 20/20 competition, making us the Bowl Winners for 2021.



A huge thanks to our supportive directors at HydroVac for sponsoring our team and to Steve Nobile, Chairman of the Kumeu Cricket Club, and his volunteers who make it a great competition every year.

If you'd like a friendly, truly local team to help with your wastewater, septic tank empties, stormwater, CCTV, drain maintenance, grease trap empties or more, please get in touch or see our website: [www.hydrovac.co.nz](http://www.hydrovac.co.nz)

And who knows - maybe the HydroVac team member who helps

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# Home & Garden

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You may want to reduce your carbon footprint and join other businesses in sustainable energy management...

We have a new (and very thorough) reporting system that will answer these questions for you in one 20-page report.

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Contact us any time on [info@solarcraft.co.nz](mailto:info@solarcraft.co.nz) with COMMERCIAL SOLAR REPORT in the subject line or PH: 0508 272389 W: [www.solarcraft.co.nz](http://www.solarcraft.co.nz).

This image shows the average daily energy, fossil and grid interaction



## Tile and grout cleaning and recolouring

Are you tired of looking at your lovely tiled floor and walls only to be disappointed by the dirty stained grout lines? Traditional cleaning methods actually leave your grout dirtier and bacteria laden than before you started?



Grout is porous, and dirt, grime and bacteria soak into the surface leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and recolour your grout to look like new again.

Colourseal is a highly durable coloured coating that adheres to the surface of the grout creating a water and stain proof barrier that will keep the grout looking like new.

We can replace the porous cement grout with an epoxy grout which too is stain resistant and waterproof. We offer shower glass restoration and apply a durable protective coating afterwards.

We can also apply relative sealing to your tiles, both interior and exterior.

Another service we offer is a high-quality Belgian garage carpet (suitable for office spaces and rumpuses, etc.)

I've been a franchisee of The Pro Group for 5+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email [mark.b@theprogroup.co.nz](mailto:mark.b@theprogroup.co.nz).

## Pond

The warm autumn days that we see at the end of summer will see our ponds and streams running low, and getting hotter as they sit in the sun. This is when aquatic weeds tend to take off, and take over. Removing aquatic weeds requires specialists that can remove plant material carefully, and use specialist agrichemicals to kill plants and prevent their spread. NZ Biosecurity Services Limited has specialist crews, equipment, and agrichemicals that are safe for use over water, and can control floating weeds or submergent weeds that reduce your pond appearance or holding capacity. If you need



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# Home & Garden

some advice on what to do with your pond talk to our friendly team now on 09 447 1998.

## Western ITM – big birthday sale

This year marks ITM's 30th Birthday Sale and to celebrate Western ITM Kumeu and Whenuapai will each be hosting a Birthday Sale Day. Join the team at Western ITM Kumeu on Tuesday 18th May OR Western ITM Whenuapai on Wednesday 19th May from 7am and score some great deals on a huge selection of products, bonus buys, prizes and enjoy a cooked breakfast and coffee on us.

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Whenuapai | Kumeu | Swanson

Phone 09 416 8164

[www.westernitm.co.nz](http://www.westernitm.co.nz)

## Getting your property ready for winter

Ahh, Autumn is here. Those long warm days stayed with us until mid-April - and were very enjoyable. It's a favourite time of year to be out on the lawns or in the gardens. The sun is shining, the birds are singing and it's pleasantly warm but not super-hot.

Now is a great time to get your lawns & gardens ready for winter. The growth is has been very strong over the last wee while, so while the warm good weather holds it's a good time to tidy up things like overgrown lawns, weeds in the gardens or hedges that need trimming. By doing it now they should stay looking good for a nice long time.

Being Autumn it's also a good time for a pre-winter fertilise to boost

the lawn before temperatures drop. This will help it stay healthy and looking good well into winter and help keep the weeds out too. It's a good time too for a weed spray to tidy up the pavers and paths. Also remember how slippery your back path or wooden deck got last winter? Now is a great time to prepare your paths or wooden decks for the winter ahead - get rid of that dangerous slippery dark mould now before it becomes like ice to walk on - there are several products you can use or even a waterblast will do the trick.

The changing season also sees the leaves changing colour and falling. They look spectacular but can be a nuisance, so collecting leaves and clearing the gutters before the winter rains come are important tasks too. Maybe you want to install some gutter protection to keep the leaves out. There are a range of products out there - some not so good that actually make the problem worse and others that are terrific - easy to install, let water continue to flow and most leaves just blow away.

Gary Turton, Franchisor - Jim's Mowing.

## Waimauku Garden Club

Daylight saving has finished, welcome autumn and colourful leaves.

On March 18, we were pleased to arrive at Woodlands Estate, Gordonton on a beautiful sunny Waikato Day after being sent on our way with a cloud burst.

After a welcome coffee, tea, scone and muffin eaten at the Pavilion on the edge of the Cricket Oval, we were free to explore the magnificent grounds and view the inside of the beautiful homestead once the two weddings were finished.

Well worth the visit all round.

Just down the road at Willow Glen lunch awaited us, followed by a short ramble in the garden there.

We couldn't leave Gordonton without a visit to the well-stocked garden centre and a quick stroll around the well maintained garden before heading home.

April 25, 'Good from Scratch Cookery School'

Michael and Belinda Van de Elzen provided us with morning tea, a tour of the garden with Adrienne, the head gardener and Belinda

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# Home & Garden

where we saw the seed to table growing.

Lunch was served in the Cookery School where we caught up with each other and took in the beautiful valley outlook.

Coming up:

May 20: Tip Top and Eden Gardens

June 17: Mid - Winter Christmas at the Riverhead Tavern July 15: Bridgeway Cinema and Northcote Tavern.

Contacts: Ann 021 035 7406, Diana 027 478 8928, Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152.

## West Haven tide chart

| Date       | High  | Low   | High  | Low   | High  |
|------------|-------|-------|-------|-------|-------|
| Sat 01 May | -     | 04:15 | 10:38 | 16:38 | 23:09 |
| Sun 02 May | -     | 05:10 | 11:32 | 17:31 | -     |
| Mon 03 May | 00:04 | 06:08 | 12:27 | 18:27 | -     |
| Tue 04 May | 01:02 | 07:08 | 13:24 | 19:27 | -     |
| Wed 05 May | 02:02 | 08:09 | 14:24 | 20:32 | -     |
| Thu 06 May | 03:01 | 09:09 | 15:25 | 21:36 | -     |
| Fri 07 May | 03:58 | 10:05 | 16:25 | 22:34 | -     |
| Sat 08 May | 04:51 | 10:57 | 17:21 | 23:25 | -     |
| Sun 09 May | 05:41 | 11:45 | 18:11 | -     | -     |
| Mon 10 May | -     | 00:11 | 06:26 | 12:29 | 18:56 |

|            |       |       |       |       |       |
|------------|-------|-------|-------|-------|-------|
| Tue 11 May | -     | 00:52 | 07:10 | 13:11 | 19:37 |
| Wed 12 May | -     | 01:31 | 07:51 | 13:50 | 20:15 |
| Thu 13 May | -     | 02:08 | 08:30 | 14:27 | 20:52 |
| Fri 14 May | -     | 02:46 | 09:09 | 15:04 | 21:28 |
| Sat 15 May | -     | 03:24 | 09:47 | 15:41 | 22:05 |
| Sun 16 May | -     | 04:04 | 10:26 | 16:20 | 22:45 |
| Mon 17 May | -     | 04:46 | 11:07 | 17:00 | 23:27 |
| Tue 18 May | -     | 05:32 | 11:51 | 17:44 | -     |
| Wed 19 May | 00:14 | 06:21 | 12:38 | 18:34 | -     |
| Thu 20 May | 01:05 | 07:14 | 13:30 | 19:30 | -     |
| Fri 21 May | 01:59 | 08:10 | 14:27 | 20:32 | -     |
| Sat 22 May | 02:56 | 09:07 | 15:29 | 21:34 | -     |
| Sun 23 May | 03:53 | 10:05 | 16:31 | 22:33 | -     |
| Mon 24 May | 04:50 | 11:02 | 17:31 | 23:30 | -     |
| Tue 25 May | 05:46 | 11:57 | 18:27 | -     | -     |
| Wed 26 May | -     | 00:24 | 06:42 | 12:51 | 19:21 |
| Thu 27 May | -     | 01:17 | 07:37 | 13:44 | 20:14 |
| Fri 28 May | -     | 02:10 | 08:32 | 14:36 | 21:06 |
| Sat 29 May | -     | 03:03 | 09:26 | 15:27 | 21:58 |
| Sun 30 May | -     | 03:58 | 10:20 | 16:19 | 22:51 |
| Mon 31 May | -     | 04:53 | 11:13 | 17:11 | 23:44 |

Source: LINZ. Daylight Saving: Please note that tide times have been corrected for daylight saving time.

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# Food & Beverages

## Peko Peko

The summer has gone so quick and we are already in autumn and winter season. We had our ups and downs with Covid19 alert levels this summer but we are grateful to have lots of support from our local community and regular customers. The food is always nice and fresh with some alcohol choices on the menu, as well as we always have takeaway options for customers who would like to have meals at home comfortably. You can call us to place your order and pick up. Please follow our Facebook and Instagram page for our delicious food photos and any updates. Peko Peko Japanese Restaurant 102c Hobsonville Rd, Hobsonville. Phone 09 416 1197.



## Chocolate Ashwaganda Energy Balls

These delicious Chocolate Ashwaganda Energy Balls are filled with warming Chai spices, dark chocolate chips and yummy nut butter which make for a tasty energy snack or after dinner treat.

Ashwaganda (*Withania somnifera*) has traditionally been used as an adaptogenic restorative tonic herb. It has a pleasant, mild and earthy taste and blends well with spices to make a caffeine-free chai tea.

Ingredients: 4 tablespoons nut butter (I used Everything Butter by Fix & Fogg), 3 tablespoons honey (I used our own raw, unpasteurised honey), 50g dark chocolate, chopped (I used Whittakers 72%), 1 tablespoon Ashwaganda made into a powder in the blender, 2 tablespoons dark cocoa or cacao powder, 2 tablespoons hemp seeds, 1 teaspoon cinnamon, 3/4 teaspoon ginger powder, 3/4 teaspoon cardamom powder, 1/2 teaspoon nutmeg, 1 teaspoon vanilla essence, 1/4 teaspoon salt and toppings of your choice - I used dried cornflowers, slivered almonds, coconut, cocoa powder and freeze-dried black currant powder

Method: 1. Mix all ingredients together in a bowl until well



combined. 2. Take spoonfuls and roll into balls. 3. Roll in toppings of your choice.

Store these amazing Chocolate Ashwaganda Energy Balls in the refrigerator for up to one week. Makes approximately 9 large balls.

Ashwaganda and raw honey are available on our website along with a selection of certified organic single herb teas. Visit us at [www.NewZealandHerbalBrew.co.nz](http://www.NewZealandHerbalBrew.co.nz).

## Keep the Keeper

The Keeper is the new 1L re-usable bottle from Hallertau. The bottle comes filled with beer and has a crown seal. After you have used it simply rinse it out and refill it with beer at Hallertau or somewhere else or with something else. Just don't recycle. Drink, Keep, Re-use, Repeat we say. Pick one up from any Hallertau venue or from New World supermarkets and good liquor stores.



## Jenna-Maree Cakery

It's all about MUM at Jenna-Maree Cakery this month! Instore you will find our specially decorated Mothers Day cookies, cakes, cupcakes and lots of other treats, plus we will be opening the store on Sunday 9th May from 9am-11am for pre orders only.

Order from our Mothers Day range here: [www.jennamareecakes.co.nz/shop/mothers-day](http://www.jennamareecakes.co.nz/shop/mothers-day)

Or order Mum one of her favourites here: [www.jennamareecakes.co.nz/shop](http://www.jennamareecakes.co.nz/shop)

We will also have a small selection available instore on the day.

All of our usual delicious treats are available instore or to order, Cabinet cakes, cupcakes, macarons, slices, cookies, donuts and scones along with a variety of Gluten Free / Dairy Free & Vegan options.

We love designing and creating custom celebration cakes but we also have a wide range of single and tiered cakes that are available to purchase directly from our online shop. Visit now to view the new



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# Food & Beverages

range which has just been added. Everything in the online shop is available with just 24hrs notice.

Weddings are still keeping us busy most weekends, and we have seen some truly stunning cakes leave our kitchen so if you are wondering if it's too early to book for 2022.....it's not!! You will find Jenna in the front of the shop most Saturdays with back to back wedding consultations so if you would like to book a consultation and tasting send us an email or book online via our website.

Order online or pop instore anytime to discuss options, we look forward to seeing you! 102c Hobsonville Road, Hobsonville. Phone: 021 088 53559 [www.jennamareecakes.co.nz](http://www.jennamareecakes.co.nz).

## Thai night

Join us for our May themed dinner - Thai. Our chefs have put together a traditionally inspired Thai menu, and we'd love to have you join us to share it. Hosted by Tony Soljan, join us for a night filled with delicious food, even better wine, and great company.



Contact Soljans Estate Winery, 366 State Highway 16, phone 09 412 5858 or email [marketing@soljans.co.nz](mailto:marketing@soljans.co.nz) for more information.

## The Good From Scratch Cookery School

One of New Zealand's most loved chefs, Michael Van de Elzen, together with his wife Belinda, who is also a qualified chef, run the farm-to-fork experience, The Good From Scratch Cookery School, on their lifestyle property near Muriwai. The school is an embodiment of the Van de Elzen's combined philosophy; food is best when it's prepared from scratch.

Classes are a hands-on experience that take you on a culinary journey that involves picking and gathering ingredients for the day's menu while learning about why they're important nutritionally, how to



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master the cooking process, and the best ways to grow and pick seasonal food at home.

Visit [goodfromscratch.co.nz](http://goodfromscratch.co.nz) to purchase vouchers for the ultimate foodie gift, look at what classes are on offer and to book yourself in for a fantastic day learning new skills and creating delicious fare, all while supporting local.

## Jesters Westgate

Creating happiness from the first bite.

Are you looking for the perfect Winter warmer?

Come down to Jesters Westgate and try our amazing pies. Gluten free, dairy free, vegetarian & vegan options are available and cooked fresh in store every day!

Not sure what to cook tonight for dinner?

We have frozen pies for heating at home, a 2 pack just \$10 or 3 pack for \$25. If the flavour you want is currently unavailable we will have it ready for pick up in 24 hours.

Winter weather keeping you in doors?

Have our great pies delivered right to your door using the Uber Eats app & enjoy our hot pies from your couch.

We offer catering, fundraising and event services too! Our Pie Vans bring pies to the people every day in the west Auckland community.

Contact us on 09 832 6060 or ring Tony on 021 510 138.



## Salty River Farm

You might have met Daryn, Louise and their boys at Catalina Bay Farmers Market. They are Salty River Farm - small scale market gardeners one hour north of Auckland near the Kaipara Harbour.

They grow lettuces, herbs, zucchini, scallopini, pumpkin, rocket, spinach, coloured silverbeet, kale, beetroot, baby carrots, tomatoes, pak choi ...



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# Food & Beverages

the list goes on.

"We grow from seed and love watching the journey through to harvest. We enjoy being immersed in the seasons and take pride in selling our farm fresh, naturally grown produce."

Some crops are grown in the no-dig method and others are grown in the fertile soil of their paddocks on the river side. They grow lettuces and herbs hydroponically, plants receive nutrients via water-based, mineral-rich solutions through an elevated bed.

During lockdown, they set up an online shop and delivery service. Daryn delivers the orders himself, driving the produce straight from the farm to their customers. "It has been a hard year, but our online shop enabled us to survive the lockdowns. It helped us keep in touch with our Hobsonville customers and is now an important part of our little business." Shop: [salty-river-farm-shop-myshopify.com](http://salty-river-farm-shop-myshopify.com). Salty River Farm at Catalina Bay Farmers Market Sat & Sun 8.30am-2pm.

## School ball venue - Allely Estate

If you're looking to book a venue for your school ball that's different, glamorous, easy to decorate and has a dancefloor that can handle some serious moves, we've got it!

Here's why our beautiful venue in Kumeu is the IDEAL venue for a school ball.



- We're used to holding functions for 100+ people
- Our talented chefs will create a meal fitting of a celebration to end your school year with cost-effective meal and drinks packages
- Our oversized marquee can fit up to 300 people and you can have it with sides or without for an indoor/outdoor flow
- Our venue makes it easy to make an entrance, through the historic villa and down the stairs, or along the garden path and through an arch
- The surrounding gardens provide lots of nooks for quiet chats and plenty of perfect backdrops for group photos and selfies.
- Hang out under our fairy-lit courtyard or bring the noise into our marquee. We have a dancefloor and room for a DJ or full band - and no neighbours to complain about the decibel level.
- There's plenty of room for parking and we can arrange buses or other transport to and from the venue.

- The best bit is how easy it is to theme our venue - a neutral backdrop means you can style it up where it counts. Drape the ceilings, have amazing centrepieces on each table, literally roll out the red carpet, have your school year up in the lights, hang greenery from the ceiling - so many options.

- Our events planner will be with you every step of the way, helping you arrange everything you need to make it a night to remember. Our list of suppliers include those with photo booths, epic sound systems, neon lights, flowers, balloon garlands, twinkling lights and more - we know how to party.

- On the less exciting, but just as important side, we can help with security and have Covid-19 regulations in place.

School ball themes we love: Secret garden (half of the theming is done for you already, with our stunning gardens. Hollywood glamour, Under the sea, Black and white, Summer nights, Enchanted forest, Glow up, Everything's golden, Masquerade, All that glitters, Another world, Carnival fun, Back in time, Ancient Greece, Disney dream, James Bond, Arabian Nights, Disco fever.

Whatever your school ball vision is, we can help you bring it to life with a stunning venue, caring staff and suppliers who know their stuff!

If you're interested in checking out Allely Estate for your school ball, please contact us with questions or to organise a tour. But get in quick as our ball season is booking out fast. [www.allelyestate.co.nz](http://www.allelyestate.co.nz).

## Westbrook Winery

From the team at Westbrook, lots of love to all the Mums this Mother's Day! May is also an exciting month in the wine space - we celebrate two of the mightiest grape varieties, Sauvignon Blanc and Chardonnay. Westbrook Winery's multi-award-winning Sauv Blanc Marlborough 2018 (4.5 Stars - Wine Orbit, Silver Medal - NZ International Wine Show), Chardonnay Waimauku 2016 (2 Gold Medals - NZ Intl Wine Show, Royal Easter Show, Top 10 NZ Chardonnays - Cuisine Magazine) and Barrique-Fermented Chardonnay Marlborough (5 Stars - Wine Orbit, Silver Medal - NZ Intl Wine Show) are definitely worth celebrating! Come and visit us for a glass of star-studded vino and a wine-matched platter at our beautiful winery and vineyard (bring your Mum). Book a table on our covered patio here [www.westbrookwinery.co.nz](http://www.westbrookwinery.co.nz).



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# Food & Beverages

westbrook.co.nz/bookings. Buy wine to take home with you, at special Cellar Door prices, or shop online [www.westbrook.co.nz/wine](http://www.westbrook.co.nz/wine). Cheers to May!

## Slate Billiards and Gastropub

Slate's got it covered when it comes to good vibes, entertainment and a social atmosphere like no other.



Located outside the Northwest Shopping Centre, Slate brings a new and unique offering to west Auckland with six high end tournament pool tables, and when we say "high end" we mean it, as these beauties are the real deal which featured in the World Cup of Pool and World Pool Masters!

Hungry? no worries, with delicious and generous food servings, including all the favourites with mouth watering burgers, hand stretched pizzas, pulled pork tacos or the ever popular bourbon BBQ ribs just to name a few.

A fully licensed bar means you won't go thirsty enjoying a wide range of tasty cocktails, wines and cold beers as well as plenty of non-alcoholic options.

The day begins with families and friends coming in for lunch and dinner. While they wait for meals, a game of pool is usually played where all levels of experience can enjoy. As the night creeps in and dinner fades out, couples and groups come out for that social game of pool over a few cold ones and some laughs.

Fancy your pool skills? How about testing yourself in one of the upcoming social weekly pool tournaments.

Or if you're trying to keep things low key and just after a few pointers to impress the ladies (or gentlemen), or think it might be a bit of fun embarrassing that mate we all have that rates their skills on the table.. just have a quiet word to one of the team behind the bar, as the owner of this fine establishment just so happens to be New Zealand's #1 pool player Matt Edwards..

There's no surprise why this hot spot is already building a reputation for being fun, friendly and of course having some of the best entertainment, food and drinks in town!

Owner Matt Edwards is incredibly passionate about billiards, and as 15 times New Zealand Pool Champion, it's not hard to see why.

As an introverted, shy kid, from North Canterbury, Matt's neighbour and pool hall owner Mike Bowen took Matt under his wing at age

12, introducing him to the sport. Not into your regular sports, Matt soon discovered a love for pool, and Mike eventually became his mentor. "I started competing in regular Wednesday afternoon junior events held at the local pool hall where the prize was \$50 cash, which is huge for kids at that age, so about 50 or 60 kids would compete," says Matt.

"I knew I had to start somewhere and stuck with it. About six months later I found I was winning."

At age 13 Matt entered national events, playing against adults and at age 16 was the first junior player to ever make it into the final of Men's National Finals, of which he came second place. Matt kept competing and quickly became one of the top players in the country. At age 21 Matt was number 1 ranked in the country.

Pool took Matt overseas to represent New Zealand in World Pool Association ranking events. At age 23 he was the first New Zealander to qualify. Fast forward ten years and Matt is a world champion with a current ranking of 33.

"Pool is a game that doesn't matter how old or young you are, says Matt, "it can be enjoyed by anyone and any age."

As a billiard professional, Matt is heavily involved in the industry, selling and servicing pool tables across the country. He saw a gap in the market where he knew food and entertainment ought to be combined.

Following the opening of his venue 'Pools and Blues' on the North Shore, Matt is excited to be bringing Slate to the West Auckland community. "It's a neat alternative for locals. A game and bite to eat amongst couples, families, mates or colleagues. Quality entertainment and gastro dining for all ages".

Slate Billiards & Gastropub - Kohuhu Lane, Te Pumanawa Square, NorthWest Shopping Centre, Westgate. Open 11am-12am Sunday-Thursday and 11am-1am Friday & Saturday.



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# Health & Beauty

## Renate joins Hobsonville Optometrists

Introducing Renate Botha, our new full-time Optometrist.

Renate has worked with us for the past 4 years part-time and is now an Honours graduate in Optometry.

We are proud and delighted to have this professional and charming young lady on board.

To book an eye exam with Renate, Please ring 09 416 3937.



Hobsonville Optometrists, 413A Hobsonville Road, Hobsonville.

## What is foot mobilisation therapy (FMT)?

FMT combines the use of manual therapy and the podiatric theory to treat injuries of the foot and ankle. Previous injuries and poor foot alignment leads to the foot and ankle tightness and stiffness, over time this can lead to pain and discomfort. FMT is a hands-on manual therapy which aids in reducing restrictions, enhancing flexibility therefore restoring function.



FMT works off 3 basic principles:

- 1) Release soft tissue restrictions to loosen up stiff joints.
- 2) Stimulate synovial fluid production which produces lubrication for your joints.
- 3) Desensitize joint pain receptors and decrease muscle guarding.

What happens during an FMT session?

During the FMT treatment the joints of the feet are gently guided through their passive range of motion in order to gently release connective tissue tightness and restriction. Releasing these

restrictions restores joint function, improves range of motion and quality of movement through the joints. These techniques are utilised to aid the body in creating physiological changes to the alignment and function of your foot. FMT also stimulates proprioceptors (nerve endings) which affect how muscles in your feet 'fire'. In essence, muscles get 'retrained' to improve stability and balance. Our podiatrists will prescribe exercises which work alongside our FMT treatments.

What injuries benefit from FMT? Ankle sprains, stiff ankles, heel pain, Achilles tendinopathy, sore arches, forefoot pain, foot cramps, big toe pain, poor balance.

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

## Meet Ashleigh

Ashleigh is an AUT graduated Physiotherapist who has experience working in private practice clinics, and with a variety of athletes in various settings. She is proficient in using hands-on techniques; trained in dry needling and myofascial release tools, combined with exercise prescription to optimize recovery and prevent ongoing injuries. She has a holistic approach, with a passion for working with sports groups and youth populations to achieve optimal long-term outcomes.




Ashleigh has recently returned from living abroad in Canada, and in her spare time she enjoys everything and anything outdoors. In particular; mountain biking, snowboarding, various water sports, and adventuring hidden gems throughout our beautiful country.

Hobsonville Physiotherapy phone 09 416 4455, email physio@hobsonvillephysio.co.nz.

## Improve sensitive teeth

Many people suffer from sensitive teeth, which range from being mildly annoying through to painfully debilitating. If you have sensitive teeth the first thing you should do is see your dentist, as they will diagnose any underlying oral health issues that may be contributing to your sensitivity like tooth decay, worn fillings, cavities or broken teeth. Your dentist can also advise you on the type of toothbrush, paste and even special products like tooth mousse that you can use.



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[hobsonvillepodiatry.co.nz](http://hobsonvillepodiatry.co.nz)



Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

# Health & Beauty

Brushing too hard, too often or with a hard-bristled toothbrush can exacerbate tooth sensitivity, so it's important that your daily brushing routine isn't making the problem worse. Acidic and sugary foods naturally erode the outer layer of our tooth enamel and therefore are major contributors to tooth sensitivity. We recommend avoiding these as much as possible, or at least rinsing your mouth out with plain water afterwards to the acid and sugar doesn't linger on your teeth and gums.

For family, general and cosmetic dentistry, orthodontics, dental implants, tooth extractions, oral surgery and more, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050.

## Revolutionary spectacle lens for preventing short-sightedness

Myopia (short-sightedness) has been an increasingly prevalent issue in kiwi kids and up until now, the most effective myopia control methods are centered around various forms of contact lenses. Here at Westgate Optometrists, we are now offering a world-leading spectacle lens that has been proven to control the progression of myopia by up to 59%!



The Hoya MiyoSmart lens is now available in New Zealand, and offers potentially sight-saving technology. The ideology behind the majority of the myopia control lenses is based around producing blur in the peripherals of the vision in order the "trick" the eye into thinking that it has done enough growing.

Want to know whether Hoya MiyoSmart might be suitable for your child? We are providing a free consultation where we can assess and discuss myopia control methods, as well as answer any questions you may have. Phone our friendly team on 09 831 0202 to arrange a time that suits. Website: [www.westopt.nz](http://www.westopt.nz).

## Improve sensitive teeth

Many people suffer from sensitive teeth, which range from being mildly annoying through to painfully debilitating. If you have sensitive teeth the first thing you should do is see your dentist, as they will diagnose any underlying oral health issues that may be contributing to your sensitivity like tooth decay, worn fillings, cavities or broken teeth. Your dentist can also advise you on the type of toothbrush, paste and even special products like tooth mousse that you can use.

Brushing too hard, too often or with a hard-bristled toothbrush can exacerbate tooth sensitivity, so it's important that your daily brushing routine isn't making the problem worse. Acidic and sugary foods naturally erode the outer layer of our tooth enamel and therefore are major contributors to tooth sensitivity. We recommend avoiding these as much as possible, or at least rinsing your mouth out with plain water afterwards to the acid and sugar doesn't linger on your teeth and gums.

For family, general and cosmetic dentistry, orthodontics, dental implants, tooth extractions, oral surgery and more, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050.

## Temporomandibular joint dysfunction

Temporomandibular joint dysfunction, commonly known as TMJ syndrome, can be incredibly painful.

If you've ever experienced jaw pain you'll know how frustrating it is. It can have a big impact on your life. TMJ is one of the common causes of jaw pain. It can cause a lot of unnecessary stress, because it affects you every time you eat and talk.

Rochelle\* booked in with our team for ongoing jaw pain. The best place that her GP knew of was to refer to a dentist. The dentist provided what they knew could help and in this situation further referred to an orthodontist specialist. But Rochelle was still experiencing a lot of pain.

TMJ can often be caused by dental issues including poor jaw or tooth alignment, injury or dislocation, arthritis and stress-related problems such as teeth clenching. TMJ can sometimes be treated with pain relief medication, relaxation techniques or by performing jaw exercises.

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# Health & Beauty

In Rochelle's case, after an assessment. We discovered there was over tightness in the muscles that open and close the jaw, and they were causing the jaw to be pulled over to one side. We provided hands on treatment in and around the joint, and surrounding muscles. Rochelle's jaw pain reduced and she no longer had any headaches. We then commenced with some very specific exercises. The final time Rochelle came, she continued to have no pain, no headaches and was able to enjoy eating, talking again. Let your GP or dentist know we can help alongside their treatment of TMJ and help you feel better, move better and live better. You can also book in with one of our top notch TMJ experts today by calling 09 212 8753. Top Notch Bodyworks. [www.topnotchbodyworks.co.nz](http://www.topnotchbodyworks.co.nz).

\*Rochelle is a fictional name.

## Skin - messenger of health and mindset

Our skin is one of our largest organs. It holds us together, enables us to express our emotions, it manufactures vitamins D, protects us from the outside world and forms the first line of defence for our immunity, it regulates our temperature and has a role in detoxification.

It represents our health, our feelings and our worth (wrongly or rightly). We spend a fortune on skin and beauty products. According to Forbes the global beauty and skincare market was worth \$532 billion US. We need to listen to what it says to us as it mirrors our inner wellbeing.



Here are some simple tips for great skin:

1. Keep mineral oil based products away from your scalp and hairline - use on tips only as they can clog pores and cause hairline acne.
2. Keep pillows clean - change every 3 - 7 days and clean phones or use Bluetooth to prevent cheek acne
3. Reduce refined saturated fats and carbs (white bread, biscuits, cakes, chippies - you know the stuff I mean, processed foods, takeaways, sugary foods and drinks and alcohol. Glucose and insulin will drive acne and inflammation.
4. Drink water - hydration is key
5. Look after your liver - eat broccoli, cabbage, Brussel sprouts, try liver loving herbs such as Milk Thistle
6. Stop smoking - it damages and ages the skin (amongst other things).
7. Get a good night's sleep
8. Manage stress - cortisol will cause imbalance hormones which drives skin conditions such as acne and psoriasis.
9. A healthy diet is a must - foods rich in vitamin A, zinc, vitamin C and protein are fundamental to skin health. Collagen needs vitamin C to be produced.
10. Be sun smart - sun damage will destroy collagen and can damage the skin's cells that can lead to cancer.

Sarah Brenchley - Naturopath, Nutritionist, Life Coach. 'How to Have Healthy Skin' - short course. Go to [www.sarahbrenchleynaturopathy.com](http://www.sarahbrenchleynaturopathy.com) for more info.

## New dentures or denture problems?

We understand that it can be a daunting process deciding to get new dentures. We have two experienced clinical technicians at DT Denture Clinic who will put you at ease right away. Sian and Tom come highly recommended if you are seeking advice on any denture needs. It is a personalised experience right from the start where either Sian or Tom will seek your input throughout the whole process. You will never be rushed into a decision; you can even take new dentures home to show friends and family and get their advice before we go to the finished product. All dentures are made in-house with quality materials. As everything is made onsite, we can offer same day relines, repairs and tooth additions so you are not overnight or even days without your denture.

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# Health & Beauty

on existing dentures.

Call us at DT Denture Clinic on 09 416 5072 to book a free no obligation consultation.

## The Doctors Massey Medical - Dr Trinh Wright

Trinh is of Chinese and Vietnamese heritage. Trinh's family emigrated to NZ when she was 2 years old. Firmly settled in West Auckland, Trinh attended Avondale's Primary, Intermediate and Secondary Schools, followed by her medical studies at the University of Auckland before graduating in 2010. Trinh worked throughout the hospitals in Auckland before undertaking specialist training in General Practice and recently obtained Fellowship of the GP College in 2019. She has also completed a Diploma of Paediatrics and Certificate in Women's Health.



Trinh is married with a 4 year old daughter, and enjoys drawing, painting, reading and yoga in her spare time.

The Doctors Massey Medical is accepting new patients, ring reception now on 09 831 0170 to enrol with us, or download enrolment forms online. We are located at 394 Don Buck Road Massey Auckland.

## Are you connected?

Connections we make with our family, friends or loved ones bring meaning to our life. Maintaining these connections takes time, effort and energy but by doing so it makes these connections stronger and deeper.

Deepening your connection with others is important BUT... ensuring you are fully connected to yourself is just as, or even more-so important.

What do you mean by that? Well our brain, spine & nerve system are connected to each other to form an information highway where all parts of our body and its functions are controlled.

Our brain tells the different parts of our body to move and fulfil their function. If this connection between our brain and body isn't optimal, then some of our bodily functions, voluntary and involuntary may not be either.

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As chiropractors we focus on improving the relationship between the brain, spine, nerve system and body, by adjusting areas in the spine that may be disrupting this information highway.

Creating these changes does take time, effort and energy but by doing so we are ensuring that YOU are more deeply and optimally connected to YOU.

## Freedom from anxiety

Anxiety is one of many emotions we may experience. It is not appropriate to feel anxiety continuously. We need anxiety to function safely and healthily, but we want it to be a friend not an enemy.

If you feel anxious, breathe deeply right down into the belly. I like to breathe in for a count of 3 and out for 6. Or you can square breathe - in, hold, out, hold for a count of 4 each side. Do your preferred breathing 10 times to calm the nervous system.



Then ground yourself in the present by naming 5 things you see, 4 things you touch, 3 things you hear, 2 things you smell or like the smell of and 1 emotion you feel.

Then acknowledge the anxiety and pay attention to it. I like to say "hello anxiety, what are trying to tell me, why do you think I am not safe?" And then see what comes back from the mind and body. If you are safe, breathe deeply and repeat "I am ok, I am safe" over & over until you feel calm.

The more you practice this process the less anxious you will feel. Give it a go.

Lorraine Maguire - Rapid Transformational Therapist [www.lorrainemaguire.com](http://www.lorrainemaguire.com)

Lorraine Maguire - Rapid Transformational Therapist [www.lorrainemaguire.com](http://www.lorrainemaguire.com)

## Diet and Depression: The SMILES Trial

We have come a long way in the treatment of depression. 70 years ago, treatments included psychoanalysis, electro-convulsive therapy, and surgery on the brain in the form of lobotomies. These people were often locked away in institutions as depicted in the movie One Flew Over the Cuckoo's Nest. The evolution of modern medicines to

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# Health & Beauty

treat depression started in the 1950s. By chance, they noticed that patients being treated with an antibiotic for TB were "inappropriately happy". That antibiotic had a side effect of blocking the breakdown of neurotransmitters like serotonin and noradrenaline. This led to the development of modern antidepressant drugs like the SSRIs fluoxetine, paroxetine and sertraline.

These medicines were a great advance. However, not a lot of progress has been made in the last 50 years. Which is a problem because as good as these medicines are, they are only effective in about half of the people. More recent research has focussed on nourishing the brain with good food.

In 2017, the SMILES trial was published which showed that getting people to eat better resulted in improvement in depression in 32% of patients compared to 8% of the group who received social support. And this was not some complex special diet designed and prepared by top Chefs. The diet group were simply encouraged to eat better. Pretty amazing results eh?

Many people don't appreciate just how powerful the diet is for mental well-being. We have neurotransmitters in our brain that provide all our communication, thoughts, and emotions. These neurotransmitters are made from amino acids that we get from protein in our diet. These amino acids are then converted to neurotransmitters by enzymes that require co-factors to make them work better. These co-factors are vitamins and minerals that we get from eating a variety of great wholefoods.

Our brains are made of fat. Having good fats in the diet means we have good fats in our brain. Our brain also gets a lot of its instructions from the gut. The health of the gut depends a lot on the amount of fibre that we eat. The best fibre is from non-starchy vegetables. So, you can start to see the importance of a well-balanced diet to the health of our brains, and therefore our mood.

When we are feeling a bit "down" it is sometimes harder to look after ourselves and cook nourishing food. But it is certainly worth the effort. Think of the pleasure of your medicine being a healthy vegetable omelette for breakfast, a nourishing salad for lunch sprinkled with tasty nuts and seeds, veges stir-fried in spices

accompanied by a fresh fillet of fish lightly dusted with chick-pea flour and kelp salt, finished with some seasonal fruits and berries. Certainly beats a frontal lobotomy!

If you need support getting your mojo back, then chat to the health coaches at Massey Unichem Pharmacy. Martin Harris. 396 Don Buck Road, Massey. 09 833 7235.

## Weight Loss & Insulin

The below article is NOT intended for people who have diabetes. If you suffer from diabetes or have a blood sugar-related condition, always consult with your healthcare professional before making dietary or lifestyle changes.

Insulin is the main driver for signalling our body to store and retain fat. If your insulin levels have been elevated over a long period of time, then your body will not utilise stored fat reserves as a fuel source and it will cause your body to deposit more fat.

What causes insulin levels to become elevated and stay that way? The short answer is insulin is affected by two main factors: 1) by what you consume by way of food and beverages, 2) the amount of stress you experience.

Insulin is produced in response to foods and beverages we consume and that is a normal biological response. When insulin becomes elevated long term it causes a disrupted hormonal cascade in the body.

Foods and beverages that contain processed or 'concentrated' ingredients like flour, (often sprayed with glyphosate to ripen it, commonly bleached, stripped of nutrients and the bulk of its natural fibre and then fortified with synthetic nutrients) and sugar (highly refined using a chemical process, bleached and stripped of all nutrients) have the greatest effect on insulin levels.

Consuming less of these types of foods and beverages or eliminating them altogether (which could be difficult to achieve) will certainly help to lessen our insulin response over time. However, when we go to reduce these types of foods we will often notice our hunger will increase and blood sugar will become less stable as our body is used to having these types of foods regularly.

A good place to start is by reducing processed and 'concentrated' types of foods and beverages.

What do we replace things like bread and toast or sandwiches, scones, cereals, bagels, pizzas, burgers and filled rolls, or pastry items such as pies or sausage rolls or pasta dishes with instead? Even if we reduce them from everyday consumption a couple of



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# Health & Beauty

times a week, there is a big gap in most people's breakfast plates and lunch boxes.

We have to re-think the way our meals are constructed and look for healthier options, in particular looking to good quality protein (fish, salmon, meat, poultry, vegetarian sources of protein) and fat (avocados, olive oil, nuts and seeds, a little dairy), along with unprocessed carbohydrates (lots of vegetables and some fruit) that will provide the satiety (feeling of fullness) we want from a meal, plus actually give us some nutrients and plenty of energy.

Some of the latest science talks about how abstaining from eating for periods of time can be highly beneficial for us. Otherwise known as fasting, fasting is a word that generally conjures up being deprived of food or starving which can be frightening for some people.

It is easier to talk about EATING WINDOWS versus NON-EATING WINDOWS when it comes to thinking about when to eat.

Essentially, evidence shows, that a non-eating window of 16-18 hours per day provides our body with all of the time it requires to properly digest our meals, leave our stomach empty and allow for our insulin levels to normalise (if you are insulin resistant or have had elevated insulin for a long period of time, then this will take time to occur).

Not eating for this length of time each day also 'switches on' autophagy which is when your body's cells have time to do their housework and essentially 'take the garbage out'. In short, autophagy optimises cellular function, can increase your telomeres and actually make you look younger as you aren't carrying all that gunge around in your tissues.

A good place to start with changing your eating windows is to work towards moving your meals towards an 8 hour eating window over a period of a few weeks. Aim for breakfast being later than normal at say 10am, lunch at 1pm and dinner at 6pm. Stick to three meals a day and eliminate snacking. Drink plenty of water in between meals.

When it comes to how stress affects insulin levels, when we are stressed we produce cortisol which is a normal biological response. However, when we are stressed long term, our cortisol levels remain elevated and this in turn causes insulin to become elevated and stay elevated.

When we want to lose weight, it is important we assess and identify any areas of our life that are causing us stress and that we take steps to reduce or at the very least, to manage our stress.

A good place to start is by assessing our stress levels. We can do this by looking at our overall day and by giving it a stress rating out of 10, with 0 being no stress of any kind and 10 being the maximum stress you could possibly imagine. You may find it more useful to give yourself a stress rating for certain parts of the day e.g. at work, commuting, at home, grocery shopping or when you are around a particular person that 'triggers' you etc. This can help you to identify where your key stress areas are that need your attention.

If weight loss is your objective and you have found losing weight

difficult in the past, then perhaps making some dietary changes, and by moving your meals closer together towards an 8 hour eating window and reducing your stress may help you to lose weight and feel a whole lot better.

See if our Lose Weight For Good Weight Loss Program is right for you. Visit our website: <https://www.WeightLossProgram.co.nz>

By Rebecca Stenbeck, Naturopath & Founder of Lose Weight For Good Weight Loss Program.

## Be One

Introducing day-time "Be One" yoga classes on Wednesday and Friday mornings at Hobsonville and Whenuapai halls. Be One yoga aims to make yoga accessible for anyone seeking a total physical, mental and emotional journey.



Be One yoga will connect you with your inner self, to help you enhance your life force and liberate your creative energy. Our practices centre on breath (pranayama), movement and postures (asana), and meditation. The routines provide a blend of techniques, harmonised to deliver traditional yoga with a modern-day twist.

When you practise effective and balanced yoga you will counter the stresses of life, and each day is enhanced by feeling invigorated and energised yet deeply grounded and centred within.

We hope you join with us to share a range of yoga which allows you to find your balance and Be One. For details visit [www.beone.nz](http://www.beone.nz) or contact Kathy Jensen at [kathyjensen@yahoo.co.nz](mailto:kathyjensen@yahoo.co.nz) or 021 335 422.

Kathy is a well-respected Yoga teacher in Auckland, with over 25 years' experience in practice of all forms of Yoga. Also, Kathy is a mother of 2 small children, so she knows what it means to live in the real world and deal with daily pressures we all experience.

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# Area Columnists

## Ready to clear your fears and phobias?

We all have things that we are afraid of or just don't like.

A fear is an emotional response to a real or perceived threat, whereas, a phobia is something similar to a fear but it has one main difference, it is the anxiety levels that the person experiences is very strong to the point where it interferes with their quality of life and/or the person's ability to function normally, it causes great distress. The word phobia comes from the Greek word phobos, which means fear or horror. Most phobias, have the word phobia within it. Example: fear of water is hydrophobia.



Fear can be healthy to us. For example, we may be on a high mountain and we know that if we go too close to the edge, we may fall down and could kill ourselves, that fear of falling is healthy. On the other hand, a phobia of heights may prevent us climbing that mountain and enjoying the view because of the built-up anxiety we have created within ourselves.

People suffer with many different types of fears and phobias, they may sound strange or silly to us, but to the person it is a huge issue, it may affect their lives.

Examples of fears: abandonment, change, death, pain, people, failure, sexuality, success, disease, the unknown, truth

Examples of phobias: acrophobia = fear of heights, claustrophobia = fear of confined spaces, hemophobia = fear of blood, arachnophobia = fear of spiders, ophiophobia = fear of snakes, aerophobia = fear of flying, noctiphobia = fear of the dark

Astramana™ Healing Services has many different tools to help you overcome your fears and phobias. Some tools we offer are:

Hypnosis - this is a proven tool to help people overcome their fears and phobias. Using various techniques, hypnosis is a simple and cost-effective way to overcome fears and phobias.

Past Life Regression - A journey back in time will allow you to take a soul journey to a past life where that fear or phobia may have started. A Past Life Regression session may help heal past issues and provide answers as to why you have the fear or phobia.

Astramana™ Healing Services founder Jason Mackenzie is an internationally certified hypnotist and energy teacher who can help

you overcome your fears and phobias, so you can move forward and enjoy life to the fullest. Contact us at [astramana@gmail.com](mailto:astramana@gmail.com) or visit our website [www.astramana.com](http://www.astramana.com) or check out our Facebook page Astramana Healing Services.

## A major accident/incident at your workplace?

We hope it never happens to you or your team, but if a Notifiable Event (Accident/Incident) happens at your workplace, do you know how to notify Worksafe NZ?



You need to act promptly.

First, how do you know if your accident / incident qualifies as "notifiable"? Worksafe NZ explains what events need to be notified.

Seven steps to notify Worksafe NZ when a Notifiable Accident or Incident occurs

1. Go to [worksafe.govt.nz/notify-worksafe/](http://worksafe.govt.nz/notify-worksafe/)
2. From the 4 categories listed, determine which one suits your situation best: Death, Injury, Illness or Incident.
3. Click on the applicable category, e.g. Injury
4. A short series of questions which help you determine if your accident/incident is notifiable
5. Is your accident notifiable?
  - o No: If your accident is NOT notifiable - exit Worksafe NZ site and file report in your organisations accident register
  - o Yes: If your accident IS notifiable, continue through the process
6. Continue through Worksafe's 6 step process which asks for details on your accident / incident such as the person/people involved, the medical treatment received, and how the accident occurred
7. The final step in the process is to "Review and Submit", where you check the details, you've provided and submit your form to Worksafe

Need Further Help with Determining Your Health & Safety Obligations?

If you require any assistance determining your workplace Health & Safety obligations, please contact John Riddell, [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or through their website <https://www.securo.co.nz>

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# Area Columnists

If you've found this article of value, why not send on a copy to someone who might also find it interesting?

## The Baby Whisperer – advice on toddlers: part one

New Shoots works closely with Dorothy, hosting workshops throughout the year where our parents can learn about her holistic approach to raising young children.



Dorothy Waide - aka The Baby Whisperer - is New Zealand's leading baby sleep consultant. She is a Karitane Mothercraft nurse with over 30 years' experience. She's worked with some of Hollywood's elite, is OHbaby!'s expert on sleep, and the author of two popular parenting books.

She now runs BabyHelp, a consultancy service setting up new mums with the essential parenting skills they need.

New Shoots works closely with Dorothy, hosting workshops throughout the year where our parents can learn about her holistic approach to raising young children. Here, Dorothy explains all things toddlers to help you understand what your child is facing during this period of constant change.

Everything you need to know about toddlers during the day - The definition of toddler is derived from "to toddle," which means to walk unsteadily, and is from around 12 months to three years. At this age, their social development is moving along in leaps and bounds and their cognitive development is amazing.

Twelve to 18 months is a great time. Your toddler will most likely be cruising upright, holding onto furniture and learning to walk. One moment they will be attached to you, wanting closeness, the next they will be off to play with something that caught their eye.

Around 18 months all of a sudden your great little eater may no longer be interested in their food, but do keep reintroducing different foods as their interest will return. They may also become independent in their eating habits; this is normal. Daytime naps may start to become an issue and it is probably time to either look at dropping one nap or, for some 18-month-olds, to drop naps altogether. In this case, I transition by cutting back by 15 to 30

minutes at a time and then eventually having quiet time for half an hour where they sit on their bed, snuggle with you and read books, or just chill out.

Two years is a fantastic age - I call it the "testy and territorial" age. It is often referred to as the terrible twos and we wonder, "How did we get here?" For a lot of two-year-olds this is a very frustrating time as they may not have the communication skills to voice what they want. This often results in your toddler biting, hitting and punching. It is important to remember to use positive parenting instead of negative parenting as we want to reward good behaviour not behaviour that is unacceptable.

Three years is the "threenager." Yes, you thought it was all sorted then here comes the three-year-old. They are fiercely independent and anything you can do they can do better. They may start to mimic your comments back to you, so think about how you are parenting as they are not shy about telling you how it is.

Their verbal skills may enable them to string three to four words together and you will be able to understand about 80 percent of what they are telling you. Three-year-olds love to do things themselves, such as washing their hands or dressing themselves. And, yes, the colour co-ordination and choices will not match what you think is right but remember that this is only short lived.

Safety is vitally important - I try to keep "no" and "stop" for safety issues. Overuse of the word "no" may cause behaviour issues as it is constantly used by adults and hardly ever carried through. In my eyes, it is better to ignore some of the behavioural issues that encourage us to use these words and to distract or change the subject instead.

Daytime routines - A well-balanced routine will have a far better effect on the night-time routine than one that does not exist at all. In my experience, when working with toddlers regarding sleep patterns, I always start with their daytime routine and work forwards. A lot of sleep issues are about how we parent during the day, so until you carefully assess your toddler's daytime routine, I would encourage parents not to embark on any night-time changes.

Consequences - It is essential you carry out your actions and follow through with the consequences. For example, when you say to your toddler, "if you do not do this, then we will not do that," you can expect that nine out of 10 times the child will go ahead and do it anyway. It is at this point that the majority of parents fail to follow through, when in fact it is important to enforce the consequences associated with the child's action. Otherwise, how else can you expect your child to understand the boundaries set by you, the parent?

Diet - A good daytime routine will ideally ensure that your child has the opportunity to eat healthy foods at regular intervals, no matter where you are or what you are doing. Diet plays an important role in establishing good sleep habits and it is essential to remember that



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# Area Columnists

toddlers need food before milk. If your toddler wakes during the night and their first meal of the day is milk, I suggest you remove the milk feed and replace it with breakfast. Yes, in the beginning breakfast may be a little early but over time you will be able to push this out to a more reasonable time.

**Exercise** - Exercise is important, so plan that into your day as well. How often do you hear a parent say, "They will sleep well tonight" after an afternoon spent running around in the park? Toddlers in particular can spend a significant part of the day in buggies and car seats. It is a good idea to be conscious of the exercise they get during the day and build in some active time. Activities for the whole family is a great way to get yourself and your toddler moving.

**Nap routines** - It is important to remember that no two toddlers are identical so naps will vary considerably, both in age and time frames. Toddlers between 15 and 18 months are often ready to go from two naps to one. From 18 months, some toddlers are ready to drop naps altogether and they may have been on one nap for some time. In my experience some can do this a little earlier - remember, they are all different.

How do you know when your toddler is ready to transition? Some of the things I look for are a change in how they go down for naps: they tend to take longer and protest more, or they may take longer to fall asleep at night or start to wake earlier in the mornings. Yet others are content to stay on two naps and sleep all night.

**Manipulation** - Toddlers can manipulate you and will if they see manipulation being role modelled by adults. They like to push those boundaries and you should give them the room to do this but at the same time you pull in the boundaries when necessary. You are the parent, just like a teacher or CEO of a company - remember, someone needs to be at the head of the family unit.

Want more help from the nation's most renowned childhood experts?

Head over to Dorothy Waide's website for helpful videos, tutorials and books all designed to support parents of babies and toddlers.

Or visit her Instagram and Facebook pages for positive parenting tips.

New Shoots and Dorothy regularly team up to host informative events for free with our community of parents and whanau. If you want to head along to our next event, let us know.

## Changes to entitlements and rates of pay

You will all be aware of the variety of leave that is available to

employees. These include the obvious:

Annual leave, Sick leave, Stress leave, Bereavement leave, Parental leave, Armed Forces Leave, Domestic Violence Leave, Election Voting Leave and Jury Service.

In terms of sick leave that will increase from 5 days to 10 days, the accumulation of sick leave will remain at a total of 20 days.

Changes to the way parental leave is calculated mean that employers and employees will no longer have to calculate or verify earnings to determine eligibility and or payments. This whole process has been simplified and can be processed via your MyIR account.

In terms of Bereavement leave the criteria has been extended to include the unfortunate occurrence of miscarriage or still birth. With these law changes proof of still birth or miscarriage is not required to be provided.

Such tragedies and domestic violence leave applications are very personal and private affairs. Extreme care and compassion will be needed when managing such requests.

**Other future changes** - The minimum wage will increase to \$20.00 gross per hour from 01 April this year. Preparation with your payroll people should already be in place so you can hit the road running.

There are several other scheduled changes to come in relation to the Holidays Act 2003. I haven't listed them as the focus of the changes is to make the calculation of the various leave entitlements a little simpler. They have over time become complicated and difficult to navigate, questions around alternate holidays, 'mondayisation', transfer of a public holiday etc, have all contributed to the time and cost of managing this process.

It needs to be remembered though that it is the employer's legal duty to make sure that any holiday and leave entitlements as set out in the Act and the payment for these entitlements are correct. Employers cannot contract out of their responsibilities under the Act, even if employees agree.

Employers are free to choose the work arrangements that best suit their business needs, but they must be consistent with law, they need to recognise the complicated nature of pay resulting from variable or unpredictable work arrangements. The time and cost of complying with the Act are likely to increase.

To ensure compliance with minimum standards and other legal obligations requires the employer to engage with their employees and their payroll staff or provider on a regular basis. There's no 'one size fits all' to this communication.

Depending on the changes you may have to make to the types of employment contracts you have, IEA or Collective. You may be required to negotiate variations to your contract with either individuals or union reps in the case of collectives.

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# Area Columnists

This information is not a substitute for legal advice, we recommend that if you identify problems in the areas listed you consult with someone before acting on material you have read.

Ronald Jones JP, AFIML - MAXRON Associates, Management, Employment Law Consultant & Advocate (Legal Aid Provider). Phone 027 582 3077, email ronald.jones@xtra.co.nz.

## Restoring fish for all kiwis

My love of fishing started when I was a kid. I clearly remember my first night fishing mission off the beach when I was 13. A friend and I lugged all our gear around the rocks, threw out some lines and hoped for the best. Not even the lack of comfort or freezing temperature dissuaded me.



I was hooked. It was this love that kick started my own marine business, GT Marine, many years later.

We'd almost always catch our limit back then, but twenty years on and it's definitely not like it was. Now it seems like every time I visit a 'spot x' from my childhood it's pretty barren. I worry that when my kids grow up fish numbers will be almost non-existent and the ecosystem will be damaged beyond repair.

The recreational fishers I know are as passionate about fish stock as I am and we all follow the fishing rules set out by MPI. But we're increasingly frustrated with how fish stock has been mismanaged by authorities and how destructive commercial fishing practices, like bottom trawling and dredging, have been allowed to continue. Commercial operations are also getting away with dumping a huge amount of by-catch and the destruction of threatened marine mammals like dolphins, without prosecution.

The QMS (Quota Management System) was established back in 1986 as a means to stop overfishing in the commercial sector, by setting catch limits for every fish species. While the intention might have been good, it's fair to say it's not really working as it should. The fish stock is not effectively protected, with a number of species

declining at an alarming rate.

We're passionate about ensuring our children and future grandchildren can fish like we once did. That's why GT Marine is supporting LegaSea and the fantastic work they do in raising the profile of issues affecting fish stock. Their mission is to restore New Zealand's coastal fisheries, which is a cause we're keen to get behind.

LegaSea are proposing a new framework to replace the QMS which aims to replenish fish numbers for all kiwis. You can find out more about this proposal at [www.rescuefish.co.nz](http://www.rescuefish.co.nz) or find out more about GT Marine at [www.gtmarine.co.nz](http://www.gtmarine.co.nz).

## Mobit tech support

In this modern information age, everyone has a phone in their pocket many times more powerful than the average computer was just a few decades ago. It is a wonder there is still a market for expensive IT support.

Surely now, everyone must have someone they know, or know themselves, who can solve their technical woes? Probably. Unfortunately, the grandson is too busy with school, and the eldest daughter is always occupied with work. There's just no time for mum and dad.



Despite computers being more accessible than ever, many hidden complexities remain, and security and privacy concerns continue to mount. It seems navigating the world of internet-connected devices is more confusing than ever.

Dave founded Mobit with the goal of being the household name in affordable and yet still professional computer support. Why shouldn't help be available to everybody, at prices reasonable enough that it no longer makes sense to hold out for those savvy friends and family to finally have the time? Wait no longer! Help is available now.

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# Area Columnists

Mobit comes to you anywhere in Auckland - whether you're at home, or at work - for a small call-out fee and one reasonable hourly rate. For readers of The Westerly, your first visit or remote support session will be 50% off for the first hour, and your first non-urgent visit will be call-out fee free. We do PCs, Macs, Phones, TVs, and more.

For more information and our pricing you can visit our website at [mobit.nz](http://mobit.nz), email us via [help@mobit.nz](mailto:help@mobit.nz), or call us on 09 952 4568. We look forward to hearing from you.

## Being more than a technician in business

Many businesses start the same way. A technician gets several years of experience (eg a plumber, carpet layer, welder, physiotherapist), and decides to go out on their own. Or perhaps they get the chance to purchase the business that they have been working in.



As a technician, you are likely to have had no training on how to run a successful business. All of a sudden you need to learn how to manage people and follow a proper disciplinary process. You need to know a bit about finances and accounting. And you are thrown into the deep end when it comes to marketing the business and making sales.

Michael Gerber's philosophy (The E-Myth) is that there needs to be at least three roles in a business - an entrepreneur, a manager, and a technician. As the entrepreneur you are coming up with the new ideas for products or services, or ways to improve the business. As the manager you are making sure that they business plan gets put into action and that systems and processes are followed. As the technician you are getting the work done.

A new business owner often starts out covering all three roles. But when the going gets tough, and there are not enough hours in the day, the default is to fall into the technician role, and the other two roles get forgotten.

Stepping back into the entrepreneur and manager roles on a regular basis keeps a business moving forward, but this discipline can be hard to maintain on your own. This is where a trusted business advisor comes in. A fresh pair of eyes, and someone to hold you accountable, along with the knowledge of the building blocks of a successful business that you may not have yet learnt.

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

## 'Capable guardians' recognised

Waitemata Police honoured their "capable guardians" such as community patrols, Neighbourhood Support members and more at a special event in the Kumeu Showgrounds.

"It's the first time we've done this," says Sergeant Greg Wilson of the Waitemata Police, who hopes to see it become an annual event.

He says the aim is provide some training and engagement - a chance for everyone to get together - but especially as an opportunity for police to say thank-you to the community volunteers for their "phenomenal" work.



Among the 148 attending were representatives of the police district's community patrols.

A member of the Nor-west Community Patrol for 14 years, Brian Bracey is also a life member of the Kumeu Volunteer Fire Brigade which turned up at the event led by fire chief Bex Baddeley to help provide advice on attending vehicle crashes.

Bex says the showgrounds event had been "a great day which everyone got a lot out of".

The brigade has served the area for more than 50 years, Brian being involved "from the get go" and was a firefighter for more than 34 years before hanging up his jacket and boots but still maintains contact.

While the brigade has gone from strength to strength, it's the local community patrol which is now on the lookout for more members and sponsorship.

Meanwhile, those at the showgrounds were treated to a flypast from the Police Eagle helicopter and a visit from police dog Anzac which sat in on a question-and-answer session about police dogs, and a lunch.

Greg says community patrols are the "eyes and ears" for police and he hopes to be able to see such events for "capable guardians" develop further.

Maori and Pacific wardens were also due to attend the Kumeu



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# Area Columnists

Showgrounds gathering but had been called to other Auckland events, Greg adding he hopes to see them included in another similar occasion.

The COVID-19 pandemic and associated restrictions in Auckland had led to many social and other events being postponed until recently.

The same evening as the showgrounds gathering, Helensville firefighters honoured some of their long-serving members such as fire chief Ian Osborne (50 years medal), station officer Mike Mander (25 years Gold Star), and Phil Cox (21 years) at a huge event at Markovina Estate in Kumeu.

Anyone who would like to join the Nor-west Community Patrol or contribute in some way can email [nor-west@cpnz.org.nz](mailto:nor-west@cpnz.org.nz), contact Russell Brown on 0274 985 761 or contact Community Constable Dmitry Pantileev at the Kumeu Police.

## Scout Group

This month we spot light Motutara Waimauku Scout Group. Thanks to Vanessa Belton for the following article.

Motutara Waimauku Scout Group have made major progress the month with their "new home" project. On 25th of March our building was finally moved up onto our new site in Waimauku. We now have a large undertaking to fully renovate our new Scout Den and construct our carpark and driveway access. We are hoping to be open for action early next year. We are currently based in Glasgow Park Hall in Waimauku, with around 90 youth and Leaders in our active group.



The project was started in 2015, with our group being given a building that was in Henderson. This building has an amazing history of Scouting, having been home for another Scout group. It was no longer being used. After an absolute mountain of paperwork, we obtained a Community lease for our new site in Waimauku. Then we obtained Resource Consent and Building consent.

We wish to acknowledge the strong overall community support and the incredible generosity of many businesses to get us this far. Craig Walker Building Removals, Burnetts Transport and Earthmoving, Atlas Concrete, Brotherwood Ltd, Sullivan Hall Chartered Engineers, Envirolgy Ltd, Babbage Consulting, Geoconsult, Western ITM, Pinelea Builders, Tree Consultancy and many more. We will be reaching out for more help this coming year, we would love to hear

from you if you can give us a hand.

We really appreciate the support of the Rodney and Henderson local boards. And a big thank you to Karen Walby and the Leasing and Land team at Auckland Council for their ongoing encouragement.

We are excited for our community as there will be opportunities for community groups to use our Scout Den. We are keen to grow our group to introduce more youth into the wonderful world of Scouting.

If you wish to know more about Waimauku Scout group or any of the other Scout groups in the Waitoru Zone (North/West Auckland), then please visits [www.scouts.nz](http://www.scouts.nz), or email me: [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz) Craig Paltridge. Waitoru Zone Leader.

## Huapai Hillbillies Hoedown

Tickets sold within minutes for the Huapai Hillbillies Hoedown on May 1.

The annual fundraiser for the Kumeu Volunteer Fire Brigade is extremely popular, with limited tickets selling in two batches - both gone quickly.

Fiddler Marian Burns and honky-tonk/country rocker Brendon Ham and the Brendon Ham Band perform at the hoedown which runs from 7pm till midnight at the Kumeu Showgrounds.

Both entertainers are well known and attend events throughout New Zealand, and the Huapai Hillbillies Hoedown is renowned for being a foot-stomping, yee-hah session among the haybales.

Many also dress country for the occasion.

The Kumeu Volunteer Fire Brigade says the event is its biggest fundraiser of the year and it's very excited to have another sold-out hoedown.

It also thanks the local community for all its support.

The brigade was recently represented at the Waitemata Police "capable guardians" event and the April Kumeu Markets, both at the showgrounds.

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