

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Community compost hub thriving

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

Locatelli Restaurant

Circulation is 10,000 print copies.

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

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

October 2021



Greetings

Serendipity was a word made up many years ago to describe a good but unexpected discovery. It's amazing the impact apparently random contacts can have on what you do. It may be a tune you hear, a book you read about online, or an interview you hear on the radio. These can lead you to do some research, to find out about a musician, get a book from the library or check someone's website. Even a dream can set off a train of thought that makes things change for you.

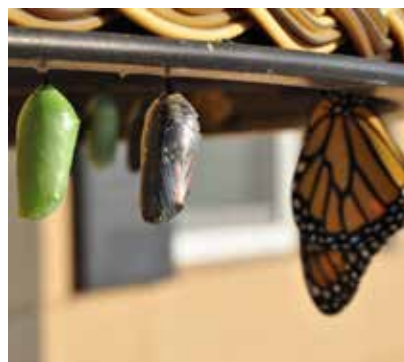
Sometimes a chance meeting with someone can alter the direction of your life, an inspiring person can set you on a path to a career you hadn't considered, or to plan a holiday in some place you have never been. You may just be in the right place at the right time to help someone and then learn a new skill. A number of inventions we now take for granted have been stimulated by unplanned events or observing something apparently trivial. This then led to the revelation of a design or application that hadn't previously been thought of.

Please enjoy the wide range of articles submitted by members of the community. If you saw last month's magazine online when we were unable to provide printed copies, you may recognise some material re-peated this month. There are always so many different activities in this area, so please look through for something you may like to be involved in, but do check beforehand to ensure that the timing of events hasn't been changed by any new restrictions. Please to read through the advice of our local Waitakere Fire Brigade's Officer about having a plan in the event of a fire - something that can affect any of us at any time.

If you are involved in any community activities, do think about getting in touch to promote them in the Westerly. Please support our advertisers and remember that many in the community are doing it tough after the Lockdown. Once again, many thanks to the production team for putting the Westerly together in the recent difficult circumstances.

All the best for October.

John, editor



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

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People & Places

Locatelli Ristorante e caffè

Locatelli Ristorante and cafe is open and reviews and diner bookings certainly reinforce its position as one of the best discerning Italian dining experiences in the area.

Here is some of the feedback:

"First time had lunch here @ Locatelli @ westgate, I can say food was awesome and the pizza was delicious . 100% recommend this place - Lisa P"

"Really delicious food, outstanding service, good atmosphere (super comfy chairs - this is important to me) and a great looking cellar list to try those lovely Italian imports.

Could well be our new local - Lani W"

"Yummm! Can say that Locatelli in Westgate was fantastic tonight. Service was quick and efficient, seating is comfortable and atmosphere is cosy and warm. The food was delicious - the Capricciosa pizza was so tasty, right to the cloud like crust, and the gnocchi was fresh and gorgeous! Recommend the tiramisu and the Nutella cheesecake for dessert.

I truly hope everyone goes out and supports this local, a great place to have just down the road - Casey W"

"Locatelli is definitely something worth raving about. I've just finished lunch here and ordered the Ravioli Piemontese and WOW it was absolutely divine. So pretty and a flavour explosion to match. I love Italian cuisine and the food transports you to Nona's Kitchen. The staff are so amazing and they also do THE BEST coffee. Will definitely be coming here with my family & friends - Aroha R"

"For some June celebrations, we had to try the newest Italian out in Westgate, Locatelli - it was packed on a Thursday night which is always a good sign. We started with the biggest burrata ever with yellow tomatoes, salty Parma ham and balsamic, all this mopped up with freshly baked rosemary and garlic pizza bread was yum, the mushroom arancini with tomato sauce was cheesy, tangy and delicious, the pork and beef meatballs (polpette alla Napoletana) was juicy perfection and awarded dish of the night. The prosciutto crudo pizza with cream, mushroom, Parma ham and rocket was super filling and faultless and last, but not least, was the classic Caesar salad, with crispy lettuce, crunchy bacon and an amazing, balanced dressing. We were way too stuffed to even think about dessert even though torta nutella was on offer. We'll just have to go back. !t's definitely worth supporting this great new venture that's only recently opened, 9/10 for the super service too - Azana"



Enjoy delicious and authentic Italian cuisine made with love, passion and honesty.

Opened in May 2021 the establishment offers a fresh and sophisticated experience which includes comfortable and private space mixed with high attention to detail and delicious, tasty Italian foods.

Open for breakfast to diner with traditional dishes and Italian favourites like anti-pasta, pizza, pastas including their house-favourites, traditional and on-site made ravioli and gnocchi. Exquisite servings like the duck pruchetto which takes months to cure and weeks to complete is an absolutely unique dining highlight for those seeking an uplifted taste experience.

From start to finish, many of the dishes and broths that support the taste experience take 40 hours plus to create and refine. On speaking with the owner Alex, you sense the pride and the passion in the creation and the execution, for him it is an experience that blends the environment, the foods, Italian wines and refined waiting staff to deliver a full bodied experience over hours not minutes.

To finish Locatelli serve fresh Altura coffee with experienced baristas with the same attention to detail and finesse.

To make a booking, please phone 09 832 0040.

info@locatelli.co.nz

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Community News

Gym Zone

Gym Zone is looking forward to reopening at Level 2 which we hope is for the School holidays 4th - 15th October. We have limited our numbers and set up all the required processes to keep your children safe and active over the holidays.



Bookings are now open for both the holiday programme and Term 4. <https://gymkids.co.nz/programmes>

If you would like to give gymnastics a go before committing to the term you can try our Free-Play options Monday, Wednesday and Friday 10.30 & 11.30, Saturday 1-5pm or Sunday 10am-5pm.

<https://gymkids.co.nz/free-play>

Gym Zone - The home of Gym Kids.

4 Workspace Drive, Hobsonville.

Hidden gem doing well for the community good

Hidden away at 396 Don Buck Road is the Massey Hospice Shop. What most people don't know is that every dollar spent at the shop helps ensure there are services available for people dying and their whanau.



The Massey op shop, one of seven Hospice shops in the west, is part of Hospice West Auckland, a charity providing end-of-life care to people with terminal illness and their whanau.

Every dollar spent goes directly into the services of Hospice West Auckland which range from medical support to physical, emotional and spiritual care, mostly provided at patients' homes.

"The income from our Hospice shops is critical to keep our services running at no cost to patients and their families," says Barbara Williams, CEO of Hospice West Auckland.

"The Massey shop is a treasure trove of pre-loved goodies. From clothes, toys, small furniture items and homewares you are sure to find something for you, your family or a friend."

If you wish to support Hospice, you can donate furniture, quality clothing, homewares and much more during the shop's opening

hours 9am to 5pm, seven days a week. For larger items, Hospice provides a free pick-up service you can call to arrange on 0508 4 HOSPICE (0508 4 467742).

Massey Amateur Swim Club

Looking for affordable swimming lessons for your children? Massey Amateur Swim Club (MASC) offers the best value swimming option around. (Ages 5-16 years) MASC has been involved in the community for over 35 years. We are a community-based swimming club that promotes water safety in the Massey,



Westgate, and Hobsonville area. We hire out the Massey High School pool and meet on Wednesday evenings 6:30pm onwards. Lessons are followed by Club night where children strive to improve their own times. One child is \$110 for the whole season - October through to April. Two children from the same immediate family are \$150, and three or more children are only \$170. For more info check out our website www.sporty.co.nz/masseyamateurswimming or find us on Facebook. Registrations open mid-September for the 2021/2022 season. All children (5+ years of age) of any ability are welcome to join.

Hobsonville Community Compost Hub is thriving

Not even a year old, a local Compost Hub tucked along a coastal walkway within the Hobsonville Point community, is thriving. The hub has already been recognised as the Finalist at Zero Waste Awards that celebrate local zero waste heroes who are raising awareness and inspiring change.



Along with regular volunteers, Judith Rosamund, Kaipātiki Project's Teaching Garden coordinator and the team have transformed the native nursery site at Hobsonville Point and launched a new Hobsonville Community Compost Hub in late 2020. First, they ran a pilot for a few months to ensure the process works well and to get



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Community News

ready to become an effective community compost hub.

"The Compost Hub is a place where the local community can drop off their Bokashi food scraps, and we turn it into nutrient-rich compost. We're enabling and encouraging people to divert their food scraps away from landfill, and instead use it to increase the fertility of local soil. We also want people to understand that our food scraps are a valuable resource that is wasted when sent to landfill," says Judith.

In addition to growing the food forest, filled with organic vegetables, herbs and fruit trees, the group acknowledged that the food cycle does not end there. They recognised the need for a community compost hub to address the lack of garden space (and therefore composting area) in a densely populated residential housing environment filled with apartment living.

"Once a week we empty the Bokashi drop off bin and put them through our hot composters to make compost, a process that takes 3-4 months. All the compost is going to the community gardens and nourishes native plants at our nursery.

Bokashi is a great system for busy people who live in small spaces - it essentially pickles the food scraps allowing them to be stored for longer without going rotten, meaning people can drop off less frequently.

Our goal is to have a fully functional community composting site, where local residents can be a part of the solution and learn about soil regenerative processes, as well as being a showcase site to inspire and educate those who want to run their own Community Composting Hub."

To volunteer or get involved in the community compost hub, email gardenhub@kaipatiki.org.nz or visit kaipatiki.org.nz.

English group

Our talking group for locals whose first language is not English is going very well. We have had over 20 people come along to practise their English and make friends in a relaxed setting. It has been a really special time and loads of fun. Together we can learn English in a friendly and welcoming place, and it's free. We meet in the Headquarters Building at Hobsonville Point (214 Buckley Avenue, Hobsonville 0616) from 10am - 11am on Thursdays. If you are interested, email english@hobsonville.org.nz or phone 022 541 1476.



Hobsonville Point Secondary School

Hobsonville Point Secondary School is currently enrolling its 2022 Year 9 students. To qualify for enrolment students must live within our enrolment zone which can be viewed on our website (www.hpss.school.nz). The enrolment process is also explained on the website and involves the family meeting with the principal.

The HPSS model of learning has deep challenge and inquiry at its

Are you looking for a top agent who can get the job done? Read this review...

When it came to choosing an agent I approached it as I would any other project - get the right people on the team and you end up with excellent results!

I interviewed many agents over a period of time who wanted me to list with them, but Graham was the only one who stood out. Graham put in consistent effort and communication upfront without applying any undue pressure. This was one of the key reasons that made my decision to choose him easier, as it was a very good indication of how he would work with potential buyers. On top of that, he has a wealth of real estate sales & marketing knowledge & experience, and in my opinion, he provides a lot more than the average agent.

Working together we came up with a shared vision, a solid plan, and a strong marketing drive. I was impressed with Grahams skills but most importantly I appreciated how he listened to my opinions and we made decisions as a team, this gave me confidence and built my trust, which reinforced I'd made the right choice.

Once we were ready to proceed Graham swung into action and it was all go. Graham was always alongside me, communication was regular, easy, and we had many laughs along the way. Graham has lots of energy and enthusiasm which is infectious and he is way too humble to admit that under his lightheartedness is a very savvy & smart agent.

Overall it was a great shared journey and we got an outstanding result, far more than any other agent had been willing to commit to which is a testament to Graham's ability to deliver.

I have no hesitation in recommending Graham as the agent you should choose.

I am so grateful to him for what he did for my mother and I as it has set us up for the next phase of our lives - thank you Graham! **Deborah**



Graham McIntyre

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Community News

centre and truly engages learners by drawing on their interests at a time when our country and world need people who are engaged learners, able to work in teams of diverse people, solve complex problems and who enhance their own wellbeing by contributing strongly to the betterment of their communities.

We bring this model to life by developing modules of learning that make connections between subjects, by immersing students in project learning and by supporting their dispositional as well as academic growth through our innovative Learning Hub structure. We believe such a model prepares 'Generation Next' to be able to thrive in a swiftly changing world.

Piano

Have you ever wanted to sit down at a piano and play freely? Did you take traditional lessons as a child but feel you never truly unlocked your creativity? Do you want to give your children the gift of musical self-expression?

Well, you can - the keys to joy are at your fingertips.

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Bottled water

Drinking bottled water is 1,400 times worse for the environment than tap water

What is the best water consumption option, taking into account both environmental and health impacts? Researchers in Spain assessed tap (unfiltered and filtered) versus bottled. Needless to say, bottled water has more of an environmental impact than filling up a glass from the tap. The researchers concluded that bottled water has about a 1,400 times greater impact in ecosystems and 3,500 times higher resource



extraction cost than the scenario where everyone drinks tap water only.

The higher environmental impact of bottled water was attributed to the high input of materials (i.e., packaging) and energy needed for bottled water production as compared to tap water. Tap water is subject to far stricter regulations from governments, so the consensus is that it and bottled water are evenly safe to drink. There was a marginal benefit from domestic filtration of tap water.

The results showed that considering both the environmental and the health effects, tap water is a better option than bottled water because bottled water generates a wider range of impacts. It's essential to be aware of the environmental consequences of buying and drinking bottled water - not just in the bottle's disposal but also in the production of the plastic, and in some cases, how the company gets the water. www.tiredearth.com/news/1719.

Photo Credit: Henryk Niestrój from Pixabay.

Tips for safety online

Engage with family and friends about the technologies we use and to share the tips and tricks you use to eliminate challenges and risks. Having regular, non-judgmental conversations minimises the harm if things go wrong.

A lot of internet activity happens on public platforms. So, it's important to think twice before you engage online as it can be hard to delete or remove content you want to take back. Speech becomes hate speech when it is used to attack a person or group of people based on attributes including race, religion, ethnicity, gender, disability, or sexual orientation. It can also be a breach of the law.

Don't share fake news. A lot of what we see or read online is true, but sometimes it's put there on purpose to spread false information. Netsafe's research reveals a third of people have accidentally shared fake news online. You can help others by not sharing fake news and reporting it when you see it.

Discuss sensitive topics. Sharing nudes is part of everyday conversation for many people, and there's also a strong misconception amongst young people that everybody's doing it. This myth places extra pressure and can result in many people being put in uncomfortable situations - and it can impact on people's ability to seek help.

Know your rights. The Harmful Digital Communications Act helps people dealing with serious or repeated harmful digital communications (like texts, emails or social media content). The law sets out 10 Communication Principles which define what is good and bad behaviour. For further advice and support visit netsafe.org.nz. Netsafe has the responsibility to assist under the law and our expert incident team are available seven days a week.

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Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

A strong brand, display message that dominates the space and has immediate impact based on the key messaging that you wish to convey to market. A select range of adverts are run in the magazine allowing maximum impact in print and online exposure. The cost of a half page is \$395 plus GST per month.



Front Cover and Inside Page:

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

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



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

In Brief Updates

The Mobile Car Specialists

We are 4 weeks into lockdown at time of writing... business has come to a grinding halt. We, like every other business who has been taken out at the knees, are chomping to get back to work in order to keep our businesses alive and the NZ economy going. For if that fails... we ALL lose.



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Countdown's experience during lockdown

During lockdown, Countdown had over 2100 of their team members isolating across New Zealand. There were several reasons for this, including not having childcare available or being vulnerable to Covid-19. In Auckland and Wellington, teams were isolating due to their stores being a location of interest or if a household member had been impacted by a location of interest.



Nineteen stores had been visited by someone who had tested positive for Covid-19, and eight stores were temporarily closed due to low team numbers and spreading team members across as many other stores as possible. After lockdown started 270 new permanent

and nearly 450 temporary team members were employed to help relieve the pressure on the stores and online network.

As a precaution, deep cleans were undertaken in all stores that had become locations of interest in addition to the thorough cleaning undertaken each day, which was been further increased following the recent alert level change. Any team members who were working during the time of the visits by Covid-positive individuals had to self-isolate and be tested. Stores out West were some of the hardest hit.

All stores held a fundraiser for the Cancer Society in September.

Kiri Hannifin, Countdown's General Manager Corporate Affairs, Safety and Sustainability.

Community kai: a nourishing food future

Community access to fresh, affordable kai and identifying pathways to building a sustainable, nourishing food future was the focus for close to 70 people who came together from across West Auckland recently.



Held at Te Manawa Community Hub, the Future of Food event provided the opportunity for community and organisations to share experiences and ideas around strengthening food resilience in West Auckland.

"Ensuring we have a sufficient supply of nourishing kai that is accessible for all is an increasing priority for West Auckland's foodscape and this forum has helped identify some significant opportunities for innovation in this space, moving forward," explains Healthy Families Waitākere System Innovator, Michele Eickstaedt.

"The active engagement from the stakeholders present together with community residents wanting to have their say around ensuring community access to fresh and affordable kai is testament to the importance of growing a sustainable food future in West Auckland," adds Michele.

The day included a presentation from Healthy Families Waitākere Systems Innovator, Debbie Raroa on behalf of the Kai Sovereignty Roopu (group) where she shared their journey in gathering valuable insights from local organisations and whānau to create a kai sovereignty plan - Mana Motuhake o te Kai.

A number of priorities were discussed, with a key focus being on the need to keep a strong local emphasis on neighbourhoods and suburbs, returning to a 'village concept' where food is a connector.

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In Brief Updates

"To really deliver a difference, easy access to affordable and healthy kai needs to be happening within a small geographic locality, as close as a few neighbouring streets. This is necessary not only for practical and logistical reasons, but also for growing connections and bringing neighbours together," explains Miriam Gabriel, Community Developer from Community Waitākere.

Other priorities identified included building a greater narrative around what the aspirational goal of a secure food future would like in West Auckland.

"This is about bringing our heritage alive; gathering kaimoana in our plentiful coastline, hunting in the ranges and harvesting locally planted crops," adds Miriam.

The priorities echo the vision of the Mana Motuhake o te Kai plan and the focuses around the taiao (environment), tikanga (cultural practices) and tangata (people).

The event was led by Kai West with support from an array of partners including Community Waitākere, Healthy Families Waitākere, EcoMatters, Fair Food, Flat Fish Projects, Henderson-Massey Local Board, Massey Matters, MPHS Community Trust, Waitākere Ranges Local Board and Whau Local Board.

Whau, Henderson Massey and Waitākere Ranges Local Boards provided funding to make this forum a possibility, and have also committed seed funding to develop the ideas and innovations identified at the forum.

Looking ahead, a further round of engagement is expected where participants from the Future of Food event will design and expand ideas with the support of the seed funding and Kai West members.

Going West Writers Festival

Going West Writers Festival presents Fabricated Reality at Lopdell House and Te Uru Waitākere Contemporary Gallery at 418 Titirangi Road, Titirangi on October 9 but the pandemic has altered the way time and geography work here in Aotearoa, so please check at goingwestfest.co.nz to see whether this will be a home streaming event or a studio streaming event.

In 'But is it literature?' the writers Octavia Cade, Lee Murray, and Nalini Singh who write across a multiverse of genres including Crime, Horror, Fantasy, SF, and Romance are conversation with Jack Remiel Cottrell. Murray Edmond, the poet, playwright, editor and critic is interviewed by Adam Dudding in 'Revolution in the Air'. In 'Dangerous Truths' Airini Beautrais (Bug Week, winner of the 2021 Jann Medicott Acorn Prize for Fiction) and Rosetta Allan ('Crazy





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Love' her novel telling her own unconventional love story) talk with Michele Elvy to cut to the heart of female anger and defiance, asking – how far we should go for deplorable men?

In 'Behind the Blinds' Jackie Clark, founder of charity The Aunties, Women of Influence Supreme Winner 2018, and editor of Her Say: Survivors of Abuse Tell Their Own Stories, is in conversation with Carol Hirschfeld. In 'Our Dark Materials' Sonya Wilson introduces Steve Braunius, whose finely wrought essays in Missing Persons chart the impact of crime and loss, and Stephanie Johnson, whose latest novel Everything Changes explores social and familial dysfunction. In 'Family Fictions' Paula Morris interviews Charlotte Grimshaw about her memoir The Mirror Book, the sensation of 2021, discussing truth, lies and family stories.

Preventing upsetting digital content

Before young people start using technology, it's crucial you talk to them about the type of things they might see online and develop strategies on how to deal with upsetting content. Your child may find things they never intended to look at so



talking regularly about their online activities and encouraging them to come to you is one of the best conversations you can have. If your child has been exposed to upsetting content it can hard to know how to help.

One of the best strategies is to talk with your family regularly about online risks and how to avoid them as well as encouraging young people to discuss things that disturb them. It's important to keep an open line of communication about what they do. Talking with your child about their experiences from the first time they go online can be helpful in keeping the lines of communication open for when something disturbs them. When you talk with them about school, friends or sport remember to ask about their online lives and friends too.

If a young person comes to you about something they have seen



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In Brief Updates

online, the most important thing you can do is take what they are saying seriously. The other things to do are:

- Try not to assign blame about how they came across the material
- Reassure them that it isn't their fault
- Don't trivialise what they have seen by saying that the material may not be real (it is important to deal with their feelings first)
- Provide comfort and assurance
- Normalise their response, e.g., 'It's normal to be scared/angry/upset/confused'
- Don't overreact by taking away the technology - this will make them less likely to talk to you if something else happens and it can make them feel like they are to blame
- Make sure that they know you are glad that they came to you about it.

It's important to seek professional help for your child if intense feelings or behaviours persist.

For advice, call toll-free on 0508 NETSAFE (0508 638 723), or email help@netsafe.org.nz. For more information check the Online Safety Parent Toolkit at netsafe.org.nz.

West Auckland floods - have we learned any lessons?

In August, West Auckland was ravaged by flooding after heavy rains pounded the areas of Kumeu, Te Henga (Bethells Beach) and Henderson Valley. Many people were evacuated from their homes, the road to Te Henga was washed away and businesses in Kumeu suffered a second massive hit after Covid when their premises and stock were all under water after the massive downpour.

I live in the middle of all these areas and while our family's garage was mildly affected, I can't help but question - will we ever learn that

the climate crisis has started and that we all must adjust our daily behaviours to mitigate more damage in the future. This is true for individual, community, business and government alike - we all have roles to play.

Grassroots climate action is where my heart and business sense lie. I run a small eco business called The ReCreators which focuses on upcycling (creative reuse) which at present earns its income delivering skills based workshops teaching people how to live a low carbon lifestyle through a variety of designs and material usage. However, I spend my time researching circular economy solutions and trying to understand the difference between greenwash and a new way of living. There lies a rabbit hole of complex scientific and mathematical calculations which deliver ambiguous information to the common person.

Te Ao Māori Perspective

The area of understanding climate action is complex due to the interconnections between Earth-Mother (Papatūānuku) and the people (tangata). While I am not Māori - I do feel that this perspective holds true to the theory of circular economics which encompasses planetary boundaries. Without being a scientist, I feel holistically the connection of working with and not against nature as a human being who is a mother and creates small human beings. Ger Tew therecreators.co.nz.

Loving from afar

In these challenging Covid times we miss connecting in person with friends and family outside of our "bubble". However, many of us are relatively fortunate today in having phones, Skype or Zoom calls and other forms of communication technology. But what if your particular loved one is in a rest home or retirement village and doesn't have access to these technological tools? What if your loved one suffers from dementia? If you phone their rest home or retirement village and ask to speak with them, there is a chance, depending on their level of impairment, that they may not recognise your voice without seeing you. But they will have a positive feeling that they are cherished, that you have wanted to connect and pass on your love. That happy feeling may well last long into the day. It will be hard for you not being there in person and being able to give them a physical hug, or share a cup of tea, but your loved one will greatly benefit from your call even if they don't tell you that in



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so many words. Julie and I send you our best wishes. www.mindjig.co.nz, email: info@mindjig.co.nz, phone 09 600 3251, or phone/text 022 480 3022.

Be a Good Sport and win for your team

As West Auckland's fields, courts and turfs come alive again after lockdown, players and supporters alike are being encouraged to play the Good Sports way.

Good Sports is a behaviour change initiative aimed at key adult influencers within youth sport with a focus on supporting children to have a positive experience - ultimately ensuring they become lifelong participants in sport.

Building on the Good Sports philosophy, Sport Waitākere has partnered with Sports Distributors to help drive the Good Sports message home in West Auckland.

Community Sport and Recreation Team Lead at Sport Waitākere, Javeed Ali, says many issues in children's sport stem from adult involvement including poor side-line behaviour, burnout, overuse injury and disaffection with sport.

"To address these issues and give children the best chance of developing a lifelong love of sport, Good Sports focuses on raising adults' awareness about their behaviours in children's sport and, if necessary, promoting a positive shift in that behaviour," explains Javeed.

"Practitioners and researchers supporting Good Sports recognise that negative sideline behaviour can really hinder kids' short and long-term success on and off the field. We're excited that our new partnership with Sports Distributors will put the spotlight on Good Sports and the Good Sports Spine*."

The new Living Good Sports in West Auckland campaign will see a school, club or sports team recognised and rewarded every month for living the philosophies of Good Sports, with a focus on the underlying messages of the Good Sports Spine. Each month's winning team will receive a \$100 voucher from Sports Distributors, the country's largest supplier of sports equipment and clothing to schools and clubs nationwide.

"We're hoping to see some great examples of kids having a positive sporting experience, thanks to the healthy environment that has been nurtured by the adults around them. It may be as simple as organised training sessions that keep kids active rather than waiting



in line, to supportive and encouraging sideline behaviour," adds Javeed.

Teams can be nominated by parents, coaches or administrators for Living Good Sports in West Auckland. Nominations can be in the format of a short video (up to 30 seconds) or written submission (up to 100 words). Submit your entry online by visiting <https://form.jotform.com/211379275625865>

Nominations open at the beginning of each month and close on the 20th, with the winning team announced at the end of each month.

For more information about Sports Distributors and their products, please visit <https://www.sportsdistributors.co.nz>.

*About the Good Sports Spine

Good Sports®, led by Aktive, has developed the Good Sports Spine - a tool designed to help adults understand how they impact children's sport experiences. Ultimately, the Good Sports Spine is a tool to help you as an adult take a step back and reflect on the bigger questions; am I helping a child have a quality sporting experience and am I helping children fall in love with sport?

Social chess

Would you be interested in playing social chess? A group is being formed to play at the Headquarters Building, 214 Buckley Avenue, Hobsonville, 0618. Contact John Baker on 021 023 98626 for further details.

Helloworld Travel Hobsonville

After two weeks in lockdown we have been reorganising our clients' travel and seeking credits and refunds for travel that was unable to take place. This means our clients don't have to worry about trying to contact the airlines and hotels and can relax as we do that for you, this is one of the many benefits of using a travel agent at this time. Here is one of our client comments:



"You are amazing, thank you so much. Hopefully we won't be in lockdown this time next year..."

One thing we want to make you aware of is that the number of bookings being made for next year is growing and we have been told that a lot of cruises and tours in Europe are filling up for 2022. It may seem silly and too far away for you, but a lot of these companies do have flexible bookings conditions allowing for cancellations up

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until close to travel with 100% refund. So if you were wanting to travel next year but thought you might wait a bit, think again as your tour or cruise will more than likely be sold out by the time you want to book. Give us a call to talk to us about your options is the best thing to do. We can advise on how the bookings are looking for what you want to do and advise on the cancellation or amendment conditions that apply. A lot of bookings are now open for 2023 also. Australia tours are also pretty much sold out for 2022 with limited availability left.

TASMANIA

Carolyn is organising an escorted tour to Tasmania for late March 22. This is an exclusive tour we have put together doing a circle of Tasmania with flights to and from included. Let us know if you are interested in more information, it will be a small group - maximum 19 people travelling with Carolyn. Carolyn has been to Hobart a couple of times and one of the things that impressed her were the paddock to plate experiences available and high quality of restaurants in and around Hobart. She also loved MUNA, the Museum of Modern Art and has made sure to include this in her tour and is excited to be travelling beyond Hobart.

Please contact us on phone 09 416 1799 or email hobsonville@helloworld.co.nz, we look forward to hearing from you.

Transform your life

We are living in a time of constant change, just when we feel we have seen the end of lockdowns and community cases of Covid-19, then we are bombarded with the Delta variant. This has been the biggest change we have experienced in many months, not only are we affected by outside changes, we experience changes in our own personal lives. Some of us may have lost a job, suffered financial loss, or even got Covid-19. However, change can be a positive experience such as job promotion, lotto win, getting married, new house, having a baby or overcoming a medical condition or passing an exam.



It is possible for us to make changes in our lives and transform ourselves, despite any negative events happening around us.

At Astramana™ Healing Services we have a philosophy that, "Together we can bring Growth and Change"!

By working together we can help you transform any negative beliefs you may have about changes and turn them around to be a positive transformation. Just as a caterpillar transforms itself into a beautiful butterfly, we can make changes in our lives that will transform us, to have fulfilled and meaningful life, something that we all desire and

deserve.

Are you ready to take control and transform your life? Changes that you may want to make to transform your life could be: weight loss, letting go of a fear or a phobia, coping with an illness, stop smoking, talking about the passing of a loved one, coping with stress or even letting go of the past, whatever change you want to make, together we can support and motivate you to transform into the new you, the beautiful butterfly!

Astramana™ Healing Services, was founded by International Hypnotist, Reiki Master-Teacher, clairvoyant & tarot reader Jason Mackenzie. Visit our website: www.astramana.com to see what we offer and how we can help you transform yourself, or email us at astramana@gmail.com with any questions or make an appointment or to attend a workshop. We look forward to working together with you, so you can see the positive in change and make your transformation.

Rates rebate

Your friends at Citizens Advice Massey want to remind low income homeowners to apply for a rates rebate.

The rates rebate is a subsidy of up to \$665, so it is well worth checking whether you are eligible.

Apart from having a low income, you need to be paying the rates on the home you live in. That means you can't get a rates rebate on a home you are renting out. Also your name has to be on the Certificate of Title as the ratepayer.

There is an easy online calculator you can use on the govt.nz website, that will tell you whether you are eligible and also how much of a subsidy you can get. If you can't get online, give us a call and we can help you with that.

If you're eligible, you need to apply for the subsidy every year from your local council, after you receive your annual rates bill and before 30 June. The council needs to know what your income and rates were for the period 1 July last year through to 30 June this year. You can download an application form from the govt.nz website or ask for a printed form from your local council. We have the forms here too at CAB Massey and if you are having problems with filling out the form - we are here to help with that too.

If you've made an application in the past you'll be pleased to learn the process has been made even easier and you don't need to get



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your signature witnessed.

You do need to be aware that if your home is in a family trust, or your name is not on the rates bill, then you will need to take an extra step of getting yourself registered as the ratepayer on the Certificate of Title. You will probably need the help of a lawyer to do this.

If you're not sure what to do, just give us a call on 09 833 5775 or send us an email massey@cab.org.nz. You can also call the nationwide freephone 0800 367 222.

We are more than happy to help with these forms - or any other issue you may have - we are on Level 2 up the stairs in Te Manawa at North West.

Happenings at Massey Birdwood Settlers Hall

As with many other community activities, Covid has had an impact on the many activities that take place at the hall, however that does not mean the activities have ceased, they will be back.



Our hall will not effectively reopen until alert level 2. In level two most activities can operate providing they can keep 1 to 2 metres apart and not more than 50 people are indoors.

This means the popular Aikido, Boxslim, Kung Fu and West Auckland Bujinkan Ninjutsu classes can operate.

Our churches can operate under level 2 as well and so can our specialty groups, Waitakere Cake Decorating club, the Wine Circle and scrap booking classes and even Housie.

The Redhills Kindergarten should be back and English Language Partners will be ready to return by Level 1.

Keep an eye on the Massey Birdwood Settlers Hall Facebook page and you can email masseybirdwood@gmail.com for details as well on the events in the hall as well.

Grey Power

Waitakere Grey Power is caught like everyone in having a Committee meeting and a scheduled meeting on 22nd September cancelled. These are disruptions which have not stopped us doing our normal advocacy work. Of concern has been the criteria that carers can't do cleaning duties in elderly clients' homes and are basically limited to cooking meals and helping with showering and helping the elderly

to and from the toilet. This has been a challenge to some people living on their own because they have had to get a family member to come into their bubble to do cleaning duties and shopping.

Hopefully we will go down to Alert Level 2 in October which will bring back some normality to those living alone who have carers. With regard to the carers, they are an essential service and should all have had two Pfizer Covid injections by now hopefully as they are looking after vulnerable elderly citizens. Please reach out to anyone elderly that you know in your neighbourhood and call them once in a while or offer to take them shopping or to the doctor. If you have a problem with loneliness don't hesitate to contact Waitakere Grey Power Association on 09 838 5207 Monday to Friday 9.00am to 12.00 pm or call into our Office for a chat and a cup of tea or coffee. If you are experiencing problems with your service provider for your carers please contact them with your concerns. Written by Mate Marinovich, President, Waitakere Grey Power Association, Office 247 Edmonton Rd, Te Atatu South 0652 Auckland.

Flippin' Fun gears up

Looking for a more stimulating environment for your group function or party? Flippin'Fun's huge mezzanine area is an ideal separate space featuring a large screen TV, ample seating and exclusive toilet facilities makes it perfect for large group functions. We're busy taking bookings for end of school year sessions and Christmas parties so for an event your people will talk about for a long time afterwards, contact us now.



Of course the October school holidays are up first and it's sure to be busy with children enjoying fun on the tramps and getting a good dose of energy burning exercise. Make sure you check our booking page for session space availability.

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

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

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

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

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

Need a cool gift idea for your bounce crazy child? We have Christmas

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SeniorNet West Auckland

SeniorNet is all about seniors helping seniors with their iPhones, laptops, tablets and computers. We like to work at your pace so that it makes it easier for you to understand. Please have a look at our web site to read our latest Newsletter. www.SeniorNet-west-auckland.org.nz. All our contact details are listed there.

It would appear that we are not going to be operating again until at least the latter part of October. We cannot help anyone until we are at Level 1 again. Helping people with their phones or computers is very hard to do if you have to be 2 metres apart. We are located within the Henderson RSA in Railside Avenue, Henderson. We have two Help Days on the 2nd and 4th Tuesdays of the month and a general monthly meeting on the 3rd Tuesday, when we have a guest speaker and morning tea.

Take care everyone and we look forward to being able to help you all soon.

What are accounts payable?

What are accounts payable?

If your business purchases goods/services and doesn't pay for them upfront, you will receive an invoice from the supplier. These are your accounts payable, i.e. the bills you owe. A payable is an invoice you need to pay: a short-term liability.

Why do you need to manage your accounts payable? Well, it's about having better control and management of your business' finances, especially your cash flow and profitability. Accounts payable aging reports are easily generated by most accounting software packages. They show you who you owe, the amounts due, and how old the invoice is. You can also set up a simple spreadsheet to track this data.

Tracking bills and monitoring your accounts payable aging helps you to:

1. Maintain good supplier relationships and credit history by paying bills on time
2. Prioritise to avoid penalties and interest
3. Take advantage of opportunities like early payment discounts
4. Take action if you know you can't make a payment deadline, such as asking to pay in instalments

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5. Budget for bigger purchases

For all of your accounting needs please contact the friendly UHY Haines Norton Kumeu team on 09 412 9853 or email kumeu@uhyhn.co.nz.

Battery recycling project goes from strength to strength

Residents of Hobsonville Point have embraced the opportunity to keep their batteries and the toxic substances they contain out of our landfills. In the first year of the project, 80kg of batteries were taped up, dropped off to Hobsonville Point Convenience Store or the Northwest Toy Library, and sent to be safely recycled.



Due to the success of the pilot project, the Upper Harbour Local Board have agreed to provide funding for another year, and the project has now partnered with Kaipatiki Project for guidance and support. Batteries are now being sent to Abilities Group in Glenfield. Abilities Group recycles many kinds of e-waste and provides meaningful employment opportunities to people with disabilities. Their staff process the batteries and make them ready for recycling, then they are sent to ISO certified recycling centres in Japan.

Hobsonville Point Convenience Store and the Northwest Toy Library provide their services as drop-off points for free, so please do remember to support them. Just tape the ends of the batteries with sellotape or masking tape and drop them off next time you are borrowing a toy or stopping for milk or an ice cream.

Having fun!

Here's one of the teams at a Discoverers gathering trying to make a balloon tower. The theme for the session was perseverance. Making a tower out of balloons certainly tested their ability to persevere.

Discoverers at its monthly gatherings explores themes that promote healthy attitudes and actions.

Discoverers meets on the fourth Sunday of each month at 3-30pm in the Baffin lounge, Headquarters building 214 Buckley Avenue Hobsonville Point.

Enquiries to Barry Jones 0220 683 873 email: beejaynz05@gmail.com.

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Safer Communities



Welcome to Spring!

It's a good idea to talk to your children about fire safety, how to avoid starting fires, and what to do if there's a fire in your home.

Children as young as five can learn what to do in a fire emergency. This is lifelong learning that they will take into adulthood. Children also need to understand that fire can be dangerous.

Talking about what to do in an emergency

If a fire starts in a room, a person has about 3 minutes to get out before the

room is engulfed in smoke or flames that will kill them.

Teach your children to get out and stay out if there's a fire. If they see a fire or hear a smoke alarm, tell them to:

- Get out of the house FAST (using your escape plan)
- Shout "Fire Fire Fire!"
- Go to the safe meeting place that you have practiced going to with your children

Talking about fire

When talking about fire, children might ask about people dying in fire emergencies. You should provide truthful answers without making the child afraid.

You can tell your child about firefighters and how they rescue people in fires. However, sometimes firefighters might not arrive in time to rescue everyone. A fire can also be burning so fiercely that it's not possible to rescue people.

That's why it's so important to have

smoke alarms and an escape plan to know what to do in a fire. Remember, get out, stay out.

With the start of daylight savings don't forget to test your smoke alarm by pressing the button to sound the alarm. Remember you can't smell smoke while you are asleep.

Keep safe,



Denis Cooper

Deputy Chief Fire Officer
Waitakere Fire Brigade
Phone 09 810 9251

Feeling taxed by investment challenges?

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Professional property management advice is more important now than ever. At **Quinovic West Auckland**, we have an expert understanding of property legislation backed by a team of property management experts. As a nationwide property management company, our singular focus on a complete property management service is integral to our high quality of service and excellent investor returns.

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Property

Property market report

Activity levels and prices impacted by lockdown

Median prices for residential property across New Zealand increased by 25.5% from \$677,400 in August 2020 to a record \$850,000 in August 2021, according to the latest data from the Real Estate Institute of New Zealand (REINZ). Auckland again underpinned the strength in the New Zealand median, hitting a record median house price in August of \$1,200,000 - up 26.4% from \$949,500 in August 2020. This growth was reflected throughout the region with 5 out of 7 districts reaching new record median prices - Rodney District (\$1,280,000), Manukau City (\$1,157,000), Waitakere City (\$1,120,000), Franklin District (\$950,000) and Papakura District (\$940,000).

House prices have once again risen across the country, with every region seeing a year-on-year increase from August 2020. This latest lockdown has not dampened demand for, or confidence in, the housing market as we saw in early 2020.

Auckland has seen another record median price, the ninth record in the last 12 months - this growth is spread across the region with five of the seven districts reaching new record median prices in August.

While value is up, volume is down, with the number of residential properties sold in August across New Zealand decreased by 26.5% when

compared to the same time last year (from 7,828 to 5,753) - this was the fewest properties sold for an August month since 2014. In Auckland, the number of properties sold in August decreased by 12.8% year-on-year (from 2,689 to 2,346).

With a scarcity of properties available to purchase in this market and the previous limitations of level 4 and level 3 lockdowns, the market is set for a crazy ride of low stock numbers and insatiable demand, so don't hold out for bargains in the next six months, it's the fast and the furious out there.

Let's look at the local sales:

Herald Island	\$1,660,000
Hobsonville	\$635,000 to \$2,225,000
Massey	\$620,000 to \$3,010,000
Swanson	\$1,020,000 to \$2,590,000
West Harbour	\$782,000 to \$2,500,000
Waitakere	\$2,200,000
Westgate	\$810,000 to \$1,157,000
Whenuapai	\$1,180,000 to \$1,760,000

The conversations we are having with all our clients at present is to secure the property you want before you sell, its proving a lot harder to buy than to sell. Use an agent that can navigate both the purchase and the sale, and get your ducks in a row before you get underway.

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Reflecting on personal and family affairs - wills and EPAs

ClearStone Legal (Debra Barron)

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

EPAs

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

Wills

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

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

Please contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre) on 09 973 5102 for a no obligation chat. In the meantime



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Property

please take care of yourselves and your loved ones and stay safe.

Selling a property when you're splitting up

I appreciate the end of a relationship is tough on you and those around you. Many find it hard to divide their assets, big and small. If you are struggling to find common ground it's a good idea to get legal, accounting and banking advice so you clearly understand your position, your rights and your responsibilities.

Often the real cost is in how you feel and express yourself, so having a strong network



around you is a priority. Your team should involve the following a) Level headed friend or confident, b) Solicitor, c) Accountant, d) Banker or Mortgage Broker, e) AREINZ qualified Real Estate Agent. These are the individuals that can provide accurate and measured advice and provide structure around you when things don't look right. Many of these people and services look sensible but many may ask why an AREINZ qualified Real Estate Agent? The point is this, you need the best experience and the best advice when you're in a time of change. You may be selling and buying property, you may be renting, and having someone alongside you that can assist in the decision making provides clarity and peace-of-mind. It may be the assurance you need to move ahead. 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 and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/ Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

Moving under times of Covid-19

As we learn to live life in and out of lockdowns, we are learning how to adapt legal issues to deal with our lockdowns. One of the issues that arises is moving house during different lockdown levels. This is particularly relevant to purchase and sale settlements. If the property being purchased is an investment property with an existing tenant, the settlement date should not be an issue and the parties can settle

the transaction during any level of lockdown.

The problem arises however when the vendor is required to move out of the property so that the purchaser can move in. If the lockdown restrictions prevent either or both of the parties moving this can be problematic to settling the transaction. This is because settlement often triggers financing with a bank and other issues such as payment of outgoings such as rates and insurances. Some sale and purchase agreements provide for a delay in settlement if we are under a lockdown situation that prevents movement. However some do not. Parties can get around this in one of two ways. Firstly, by going ahead with settlement and entering into a licensing arrangement. This will provide for the vendor paying the purchaser a weekly fee for staying in the property. Secondly, and probably the better option, is for the parties to negotiate a postponement of the settlement date to a time when it will be possible for the parties to move.

We recommend that you discuss these issues with your lawyer before entering into an agreement to either buy or sell property. If you have already signed the agreement, have your lawyer negotiate a position with the other lawyer that is best for all parties. For more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at 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	1,100,000	852M2	142M2	1,660,000		950,000	146M2	179M2	1,258,000
HOBSONVILLE	820,000	84M2	146M2	1,075,000		1,200,000	326M2	235M2	1,504,000
	1,475,000	325M2	314M2	1,778,000	MASSEY	635,000	984M2	103M2	1,330,000
	1,025,000	218M2	215M2	1,380,000		810,000	724M2	80M2	1,570,000
	880,000	157M2	111M2	1,067,000		990,000	857M2	230M2	1,950,000
	1,225,000	300M2	261M2	1,675,000		990,000	921M2	182M2	1,270,000
	580,000	328M2	237M2	1,384,000		780,000	812M2	150M2	1,580,000
	1,275,000	329M2	255M2	1,650,000		890,000	890M2	210M2	1,210,000
	1,250,000	322M2	249M2	1,750,000		700,000	620M2	120M2	1,100,000
	545,000	300M2	257M2	1,450,000		690,000	823M2	112M2	1,002,000
	1,650,000	1355M2	400M2	2,530,000		570,000	653M2	90M2	828,000
	650,000	130M2	99M2	900,000		750,000	701M2	105M2	1,075,000
	1,025,000	243M2	196M2	1,500,000		640,000	595M2	100M2	1,140,000
	1,075,000	228M2	178M2	1,365,000		840,000	809M2	150M2	1,350,000
	755,000	72M2	129M2	1,050,000		1,575,000	1544M2	340M2	3,010,000
	1,160,000	935M2	230M2	2,225,000		1,000,000	1232M2	240M2	1,355,000
	920,000	204M2	153M2	1,275,000		620,000	450M2	100M2	880,000
	1,350,000	310M2	301M2	1,785,000		710,000	922M2	104M2	980,000
	1,110,000	323M2	205M2	1,500,000		1,025,000	340M2	227M2	1,365,000
	1,259,000	186M2	148M2	1,259,000		830,000	618M2	167M2	1,080,000
	1,225,000	300M2	251M2	1,692,000		1,300,000	921M2	238M2	1,379,000
	930,000	167M2	149M2	1,170,000		630,000	1062M2	120M2	920,000
	940,000	188M2	201M2	1,280,000		870,000	1012M2	180M2	620,000
	750,000	132M2	87M2	921,000		920,000	1161M2	180M2	1,000,000
	910,000	156M2	193M2	1,310,000		530,000	859M2	100M2	1,285,000
	920,000	187M2	150M2	1,275,000		890,000	860M2	90M2	1,100,000
	670,000	99M2	76M2	812,500		1,125,000	531M2	257M2	1,470,000
	1,200,000	322M2	233M2	1,600,000		780,000	470M2	137M2	1,110,000
	1,225,000	300M2	233M2	1,650,000		610,000	607M2	80M2	925,000
	1,250,000	330M3	245M2	1,360,000		990,000	1685M2	110M2	1,380,000
	1,200,000	300M2	253M2	1,700,000		900,000	921M2	210M2	1,388,000
	750,000	129M2	98M2	1,000,000		950,000	503M2	183M2	1,272,000
	1,380,000	246M2	200M2	1,400,000		640,000	921M2	88M2	1,200,000
	920,000	136M2	173M2	1,220,000		1,350,000	266M2	227M2	1,350,000
	1,400,000	386M2	295M2	1,800,000		760,000	721M2	170M2	1,270,000

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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.



Graham McIntyre
Brand & Territory Owner
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By Negotiation

173-177 Anzac Valley Road, Waitakere By Negotiation

Located between Kumeu, Taupaki and Swanson locations, this idyllic, elevated, easy care brick and cedar home enjoys the best of valley views, the comfort of private, tranquil living and has an income derived from the barn style studio on the property. The main home, built in 2003 enjoys extensive open plan living, with media room and office/hobby room/teenage retreat away from the entertaining spaces. A clever and easy flowing home of four bedrooms, bathroom and ensuite with integrated double garage and workshop. A home that is clever, easy to live within and flows seamlessly onto multiple patios and spa pool area. The barn style studio, original to the property, offers two bedrooms, bathroom and open plan living, which is cosy, cute and gives options. All this is set on almost 1.5 hectares.

www.mikepero.com/RX2958579



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911 Old North Road, Waimauku
By Negotiation

The property is available for purchase however is tenanted with any settlement incorporating the tenancy term or negotiating terms that may suit the Tenant. 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. 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. Internal access to the extensive six-car carpeted garage.

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Central's Tips

October 2021



It's time for serious summer vegetable growing, use stakes and plant frames for vertical growth in a small garden, keep up the fertilising and plant an edible hedge.

Spring gardening

Garden work includes picking up fallen blooms from shrubs, waging war on weeds so the plants have room to grow and getting summer flowering plants in; plus give the lawn a pep up.



In the Edible Garden

- **Growing organically?** Start the vegetable garden off with Living Earth organic certified Veggie Mix, a chemical-free mix that is excellent for growing food
- In go the **tomato, capsicum and cucumber plants** – everything in fact for the summer garden!
- Put in **frames or stakes** for fast growing crops such as tomatoes and beans, even capsicum and zucchini can be grown this way, and it saves space
- **Plant pumpkin seeds** in a spacious area that has had plenty of compost dug through it
- **Start a regular liquid fertiliser regime** with Aquaticus Organic Booster. It can be applied as a drench around all edible plants or used as a foliar spray
- **Edibles as a hedge:** use bay or feijoa trees for larger hedges or the NZ cranberry, Myrtus ugni, for a compact area. In vegetable beds curly parsley or the smaller forms of English lavender look great
- **Guava moth can ruin certain fruits:** Try laying corrugated cardboard that has been smeared with vaseline facedown on the ground around feijoa and citrus trees to trap emerging larvae

The rest of the Garden

- **Pick up the fallen petals** of camellia flowers to avoid spreading petal blight spores around the garden
- **Wage war on the weeds** by actively removing or spraying them early in the season, ensuring there's plenty of room for the desirable plants to flourish
- **Plant out summer annuals** such as petunias, impatiens and lobelias in baskets and pots. Liquid feed weekly and water daily until established
- Let the **foliage of spring flowering bulbs die off** naturally, so nutrients in the leaves travel down to the bulb
- **Fertilise established lawns** with Turfmaster Gold. Use a handheld spreader to apply the correct amount evenly. Most lawn fertilisers should be watered in after application to avoid burning
- **Plant a climber** to train along fence or a trellis, or simply to screen out an area. Clematis, rambling roses, and wisteria are very showy. For hardy evergreen types, try Chinese star jasmine or NZ tecomanthe

Project for October

Set the summer vegetables up with a great start

Plant them in Living Earth organic certified Veggie Mix. Tip: always do a liquid feed at the roots of new plants with Aquaticus Organic Booster as this helps them establish well. Water everything deeply, then carefully place Somerset Pea Straw and Lucerne around the seedlings.

For all the products you need to help your vegetables grow visit www.centrallandscape.co.nz





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Hot Property



Perfect Lifestyle – Elevated Valley Views

Located between Kumeu, Taupaki and Swanson locations, this idyllic, elevated, easy care brick and cedar home enjoys the best of valley views, the comfort of private, tranquil living and has an income derived from the barn style studio on the property.

The main home, built in 2003 enjoys extensive open plan living, with media room and office/ hobby room/ teenage retreat away

from the entertaining spaces. A clever and easy flowing home of four bedrooms, bathroom and ensuite with integrated double garage and workshop. A home that is clever, easy to live within and flows seamlessly onto multiple patios and spa pool area. Additional storage shed and fixed caravan on the property for all your bits-n-bobs.

The barn style studio, original to the property, offers two bedrooms, bathroom and open plan living, which is cosy, cute and gives options.

All this is set on almost 1.5 hectares or 3.75 acres of gentle flowing pasture peppered with mature trees, multiple fruit trees and privacy

Hot Property



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For more information on this property or a discussion on your next property change, call Graham McIntyre on 027 632 0421 or 0800 900 700 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



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Caring for your Japanese maple

Awa Nursery has some stunning specimen size Acer Palmatum (Japanese maples) in stock. Beautiful stunning reds and greens are such an eye catcher in the garden, and these are no exception. The Japanese maples are very versatile and adaptable trees. They thrive in most soils and climatic conditions. Care and attention at planting time is key to



a healthy maple. Japanese maples have a shallow fibrous root system. Be sure to apply a mulch around the tree to help retain moisture. Your planting site must be reasonably well-drained to avoid waterlogging. Your maple will thrive if they are planted in a location where they get sunlight during the day, a small amount of shade in the afternoon, and are sheltered from the wind. Sunlight enables the deep rich colours in the foliage. Major pruning should be done in the dormant season after all the leaves have fallen off. Corrective pruning can be done at any time of the year except between late winter and early spring when the tree is devoting all of its energy into the development of new foliage. Many Japanese maples are well suited to growing in containers. It is important the tree is planted in a mix that drains well to prevent waterlogging of the roots. Looking after a maple is surprisingly easy. Some care and attention at planting time will result in a low maintenance tree for years to come - Japanese maples can live for up to 150 years. Come and visit us at Awa Nursery and see for yourself these beautiful specimen Japanese maples.

Chinese privet

Spring is here and the privet is flowering. This cloying and fragrant plant is often used in hedging and is found along road sides as well as property boundaries. The flowers generate a significant amount of pollen that can make spring difficult for asthmatics and those with sensitive lungs. Due to their tenacious nature, privet are quite tricky to remove. They can easily be felled but their stumps can re-sprout so it is best to have someone come in and remove them for you and place a small amount of chemical on the stumps. If you want to get rid of these nasties make sure you call NZ Biosecurity Services on 09 447 1998.



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Solarcraft – solar systems made simple

Hello everyone, we write this editorial in lockdown Level 4 when everyone is focusing more on health, well-being and food security rather than power security.

In saying that, the interest in solar electricity is on the rise and not likely to go backwards from here.

After 11 years in this business, we have gained a good feel for the industry as a whole. There have been peaks and troughs. Some in



the biz call it the 'Solar-coaster'.

We have recently witnessed the rapid rise in popularity of Residential Hybrid systems (grid connection with battery back-up), Off-Grid systems (especially our 'Solarcraft Off-Grid-In-a-Box solution) and Commercial Systems, both grid-connected and off-grid (for the 100% eco-conscious businesses).

It's happening. It's exciting and the Solarcraft team continues to work hard to provide great service, excellent products and education on what the best system will be for your home or business.

We are taking a break from the Westerly for a spell while we deal with this Covid calamity. We are still right here though, providing the best systems for your budget and custom power requirements.

Contact us for quote any time on info@solarcraft.co.nz Phone 0508 272 389 or visit us at www.solarcraft.co.nz.

Laser Plumbing and Roofing Whenuapai

Lockdown brought about some challenges, particularly for those who suffered great loss during the Kumeu floods, and the resulting plumbing and roofing issues that followed.

Our staff were on hand to help those in the community in need of assistance - with an array of issues relating to damaged pumps, blocked drains and roof leaks. Appropriate PPE, a positive attitude and a winning smile ensured our customers were well taken care of.

There have also been some highs, with two of our staff enjoying lockdown birthdays - happy birthday Dave (our oldest and longest serving plumber) and Liam (our budding roofing apprentice).

For general plumbing maintenance please get in touch and we can arrange for one of our plumbers to attend. Laser Plumbing & Roofing Whenuapai has all your drainage and roofing issues covered too.



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We are open 5 days a week from 7.30am to 4.30pm and are located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for more information.

Moth plant and what to do about it

Moth plant, also known as *Araujia Sericifera* or Kapok vine, is a highly invasive environmental weed found throughout Auckland and is classified as a National Pest Plant throughout Aotearoa.



It is a climbing vine with a milky sap and scrambling, woody stems. Flowers are white/pale pink and borne singly or in clusters. Fruit is fleshy, leathery and pear-shaped, not unlike a choko. Many of you will have spotted it growing around the West Auckland and Upper Harbour areas.

Why is moth plant a problem?

The vine will grow rapidly, its large canopy smothering other plants, including out native species. It is therefore a massive threat to our native biodiversity. Its milky sap is also an irritant to skin so therefore is also a problem for humans. When clearing this weed it is advised to use protective clothing and gloves.

Moth plant is managed by Auckland Council IF it is within a Council or Regional park area. Under the Regional Pest Management Plan it is a requirement to destroy moth plant if you own or occupy land in the "buffer zones" of these parks. The buffer zones being 500

metres from the Park boundary. That leaves huge areas of private and roadside land not being controlled and moth plant spreading rampantly through our suburbs and large areas of private land.

Moth plant spreads rapidly because of its seed dispersal mechanism through the large pods it produces during the summer months. These eventually open and hundreds of seeds are dispersed by wind over a large area of land. These seeds will then germinate and the vine grow rapidly over the wider landscape.

How is the moth plant problem being addressed?

As indicated above moth plant is being managed in park areas by local councils, however this does not address the growing issue of this pest plant getting out of control in other areas of the country.

There are two voluntary community/citizen based organisations doing their best to address this problem:

Society Totally Against Moth Plant (S.T.A.M.P.) <https://www.facebook.com/groups/societytotallyagainstmthplant>

And

The Environmental Weed Coalition, whose aims are to:

- Promote better education in weed control measures amongst a range of groups such as Government and council departments, Property owners and management companies
- Promote changes to policy statements, legislation, pest management plans, policies etc to address the barriers to effective environmental weed control.

These groups plan to work together to support each other to help bring about improvements to the control of this pest plant. They will also work in partnership with local environmental groups, of which there are number in the Upper Harbour:

Herald Island Environmental Group, Living Whenuapai, Habitat Hobsonville and Greenhithe Community Trust.

How can you help?

Moth plant will start to flower in the coming months (Oct - Dec) so it is easy to identify it at the moment. If you live on a property that has moth plant please destroy it NOW - before the pods form later in the summer months. Pull out the roots, or cut the stem close to ground and paste with herbicide gel (<https://www.weedbusters.org.nz/what-are-weeds/weed-list/mothplant>).

Wear gloves and old clothes. If you spot mature vines with pods on them please pick them and dispose of them through your Council rubbish bin or a dedicated weed bin - do not put them in your compost bin - they will love to grow there! Obviously it is far easier to destroy the vines before the pods form later on. If the infestation is too large for you to deal with please make contact with the S.T.A.M.P. Facebook page or contact Living Whenuapai, info@livingwhenuapai.org.nz, and we will do our best to support or help you. ACT NOW!

If we all work on this together we can hopefully prevent the spread of this nasty weed and prevent it from spreading further and into our

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Annette Mitchell

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Springing out

Hopefully when this column appears we are out of Level 4 and maybe even at Level 2. Mowing and Gardening contactors are usually able to work without contact and at Level 3 will be back on the job. It's been a long lockdown break and we are now into spring. The blooming bulbs are beautiful, and the fragrance delightful for all those people out on their daily walks and bike rides. I noticed many people busy in their gardens, tidying, trimming and re-planting, with many piles of trimmings ready to go to green waste. There is a lot of enjoyment to be had from this activity and it was ideal to have the time to get lawns and gardens ready for the spring flush. Hopefully garden centres have re-opened and you have been able to buy your seedlings, you'll want to get these planted pretty soon to make the most of the warm and wet conditions.

It's time to get ready for the flush of growth coming for your lawns grass too. Keep mowing regularly and the keep the mower nice and high for a while yet so you maintain the grass at its best health with strong roots. With all the extra spring growth comes a need for extra nutrition for the grass, so feed it. You'll help get it in the best condition possible by giving it a good boost of slow release fertiliser right now. This'll support that rapid growth and help you to have a

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Pets

Cat lovers urgently needed

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

Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats.

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



College Students teach Dog Safe 4 Kids

In the past couple of Issues of The Kumeu Courier or The Westerly you will have seen articles on the new programme Dog Safe 4 Kids and the great work they are doing in the community.

To take this one step further, Dog Safe 4 Kids are currently working with two students from Kristin School on Auckland's North Shore. Both Edie and Alicia are in Year 10 and are working on a Community Project. They are developing a 3 Stage Programme that they will be delivering for age 7-8-year-olds teaching them about dog safety. "This is something very close to my heart" says Jo. "I was very pleased when the girls reached out to me for some advice, and we are very happy to assist them. I always hoped that the programme could one day be picked up by college students and then retaught to younger children. Edie and Alicia are doing a great job and they both have huge potential. They have even given us some great ideas for activities for our programme".

The girls ran their first session on Tuesday (just before lockdown). They have broken the programme into three sessions, each session deals with a Golden Rule. They dressed up in Dog Onesies and started by doing a fun quiz that the children all participated in. They then played a game where they gave the children scenarios all relating to the 1st Golden Rule "Always Ask Permission" before touching a strange dog. This encouraged the children to think about how they would feel in the same situation if a stranger approached them.



At the end of the session they gave the teacher three different styles of masks and bone cut outs for name tags so they can have them ready before the next session. At the second session they will talk about the 2nd Golden Rule, where to touch a dog.

"The girls are doing a fantastic job" said Jo Clough the Director of The Dog Safe Workplace. "I am looking forward to seeing the next two sessions".

If you would like to know more about the programme contact jo@dogsafeworkplace.com or call 0508 DOG SAFE

Kanika Park Cat Retreat

Hairballs and should I worry?

As a cat owner, you'll have heard a wet hacking noise coming from somewhere in your house, and you know you're about to find a puddle containing a long hairy sausage



What are hairballs?

The reason for hairballs (or 'trichobezoar') lies in your cat's grooming routine.

Adult cats can spend up to 50% of their day grooming themselves. When grooming, the fur passes through their stomachs and usually comes out with their stool.

Hairballs occur when the hair doesn't pass through the stomach and forms a mass that has to be regurgitated. Their oesophagus squishes the fur into a sausage shape.

Do all cats have hairballs?

Not necessarily! Long-haired cats such as Persians are more likely to have hairballs as they have more hair to groom.

How often should my cat cough a hairball?

One or two hairballs a year is considered normal for cats. Even long-haired cats shouldn't be experiencing more than this.

Are hairballs a cause for concern?

Hairballs can be a cause for concern. If they are experiencing them regularly then it could be a sign of an underlying health problem. So make sure to get any unusual symptoms or behaviour checked out with your vet.

What can I do to prevent hairballs?

- Brush your cat daily to remove loose hair
- Ensure your cat always has access to fresh water so that they can stay hydrated
- Don't give your cat any medication (including laxatives) unless prescribed or advised by your vet



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Pets

If you notice anything unusual get in touch with your vet.

Kanika Park Cat Retreat - phone 027 550 1406, email info@kanikapark.nz, www.kanikapark.nz.

Is it time to say goodbye?

It's one of the hardest questions animal lovers face. If we are lucky we have seen our animal friend go from bouncy youngster, to slightly more sedate adult to slowing down into their later years. We have known this day might come when we have to decide whether to help them on their way, yet so many questions swirl around in our head and heart. Would they like to decide when to go or prefer intervention to help them on their way? Animal communication can help and I have found most animals are pretty clear on their preferences. They are often concerned about how we feel and can be hanging on until we are ready. Beautiful Polly shared an image of herself tethered to her beloved person like a balloon on a string and was waiting for the release of that thread. She was clear where she wanted to be when she was put to sleep and that she wanted to be positioned with her head in her person's lap. She also gave very clear instructions on where she wanted to be buried and why. Polly's person felt comforted by knowing she had honoured her wishes and treasures the words she shared explaining what their lives together had meant to her. If you are faced with this difficult decision and would like to give the animal in your heart a voice then animal communication can provide comfort and clarity. The connection is done remotely, via a photo. It may help lighten your heavy heart and ease the transition for both of you. Please contact Suze Kenington at facebook.com/AnimalsInYourHeart or AnimalsInYourHeart.com.



Dog&Co

During these times of lockdowns and uncertainty, we tend to shift what our true priorities are in life. No more sweating the small stuff, our focus shifts. We remember that what truly matters is our health and our family, and that includes our pets. I know personally that



my dogs have kept me in good spirits during this latest Covid scare. They get me up in the morning, they love unconditionally, and they are happily oblivious to the weird times we are facing as a society. They mean everything to me and I'm sure if you are a pet owner you can relate to that! I'm so lucky that as a pet photographer I get to meet so many incredible pets, and see the special bonds that they share with their families. That's why I think it is so special to create forever keepsakes of our pets. What better time than now to book in a photoshoot to update those family photos, and get your pets involved. Or even just a solo portrait session of your pet. I reckon they deserve a spot up on that gallery wall at your home. If this sounds like something you would be interested in, I would love to hear from you. We can create a pet photography experience unique to you either in the studio, or on-location at the beach, forest or a park. Visit my website or flick me an email any time.

Website: www.dogandco.nz Email: kirsty@dogandco.nz Instagram: @dogandco.photography.

Dogs on Point

Dogs on Point is a boutique dog taxi service and home-care, based in Hobsonville Point, covering Hobsonville, West Harbour, Greenhithe and Whenuapai. As dedicated dog owners ourselves, we know just how important they are to their humans and we will always refer to our dogs as a part of our family. We love caring for and connecting with your dogs and creating everlasting relationships. We provide dog taxi services and individual care for your dog as if they were our own, and ensure that they receive the highest quality care while they are travelling with us or while you're away. When you live a busy life, it is hard to consistently provide the attention and care that your animals can demand. With years of dog and cat experience and our own much loved dogs, you can rely on us to care for your animals with our quality in-home pet-minding service or while travelling with us, using our dog taxi services. We do not offer dog walking but we do offer stimulation in the form of brain games and lots of love and cuddles. We offer a service for cats as well. Going on holiday but don't want to put your cat in a cattery? We can visit every day to feed your cat, replace water, clean the litter box and give cuddles. Duration varies depending on your individual needs. Visit www.dogsonpoint.online for more information, pricing and to book. dogsonpointnz@gmail.com and 021 078 4731.





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Food & Beverages

Jesters Westgate – open during Level 3

Q: What's worse than being stuck in lockdown for over a month?

A: Being stuck in lockdown without our delicious pies!

Never fear. Jesters Westgate is here and open from alert Level 3. We have opened our store for contactless orders at the door. This will include our full range of pies and frozen take home packs.



There are also many ways to order for contactless pick up or delivery. You can order through:

- o Uber Eats – search Jesters Westgate
- o Menu Log – Jesters Pies Westgate
- o Jesters-pies.co.nz – online ordering
- o 09-832 6060 – Direct phone the store to place an order

Has your team been working hard throughout Level 4? Or do you feel like celebrating opening for business with us? We offer contactless work shouts during Level 3 that can be delivered to your door in our Pie Van. Please call 09-832 6060 to place orders. Payment is available through direct debit or payWave.

We are so excited to see you all again soon.

Peko Peko

We turned 2 years old in August, and we always have a same question about what "Peko Peko" means. It means "hungry" in Japanese, which is a quite casual way of saying like kids say "I'm Peko Peko!" and we thought it sounded similar to Māori so it'd be easier to remember. Then we found Māori word "pekopeko" is the peppery herb so actually the word connected to the food. Another customer says it sounds similar like "peckish" which also means hungry. It actually is funny how all the words connected and we really adore our restaurant name "Peko Peko". We hope everyone



managed to find some ways to be positive during lockdown last month. We had lots of home cooking and baking like everyone and spent lots of quality time with our son too. You can find our home cooking photos and a few recipes as well as our latest post on our Facebook and Instagram pages @pekopekonz

Hallertau Beer Banger Challenge

Congratulations to the team at L'Authentique who are the winners of Hallertau's eighth annual Beer Banger Challenge. After over 120kg of sausages served and some spirited debate and public voting the L'Authentique Hallertau Feijoa Sour, Chicken, lemon zest & pepper came out on top. The winning butcher gets a keg of Hallertau beer and the winning sausage joins the Hallertau menu. Come to Hallertau for a sausage and stay for a beer.



Successful fundraiser at Allely Estate

When Dr Shalini Karan approached us to enquire about a Think Pink fundraiser for breast cancer, we were immediately 100% on board and committed to helping produce an exceptional day.

Our event's organiser Athina reached out to our vendors and asked them to help by reducing their costs for the event - it speaks volumes that every single one said yes so thank you to our generous partners Event Styling, Let's Celebrate, Lopstream (who offered his live-streaming services for free), and Delectable Cuisine with glassware. Allely Estate offered a reduced rate so we could help Think Pink raise more money for the cause.

Shalini explained that many of the guests would be Indian and



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Food & Beverages

vegetarian so our talented chefs included a few Indian vegetarian dishes along with delicious Indian Chai tea to finish the night.

On the day we hosted 310 guests who enjoyed inspiring speakers, comedy, a magic show, auction and raffles. They raised over \$35,000 for breast cancer - an incredible result

What the client said:

"Thank you so much for all your help and support in making our breast cancer fundraiser a successful event. You went above and beyond in helping us secure additional vendors and services. Your attention to detail, your care and concern for guests, and the support you provided the hosts during the event was simply unbelievable."

Dr Shalini Karan

We love helping out with fundraisers so please reach out to our events planner if you're interested in Alley Estate as a venue for your charity event: athina@allelyestate.co.nz, www.allelyestate.co.nz.

It's happenin' at Hapunan

Filipino food truck Hapunan now has a bricks and mortar outlet at 316 Main Road in Huapai.

Owners Laura and Aldrin first met at Farro, brought together by their love of food.



Aldrin's passion for South-East Asian cuisine sparked their food truck idea after he took Laura on a trip to his Manila home capital city where she experienced the variety of food and culture the Philippines offers.

Both have been in the hospitality industry for several years, so the pair decided to get a food truck to spread the taste and love of the Philippines in Auckland.

The Filipino food movement is becoming a topic that everyone is starting to talk about globally, Laura says.

Aldrin and Laura believe Filipino food is much underrated in the Asian food spectrum and often gets overlooked. Even though there is a Pinoy community within Auckland the cuisine is just starting to surface.

The duo wanted to bring their take on traditional Pinoy dishes that Filipinos know and love but adding their own modernised spin.

Filipino cuisine holds a special place in both their hearts and they wanted to put the spotlight on a cuisine rich in culture and diversity.

During three years living the food truck life, Aldrin and Laura were selling out of food wherever they went and knew it was time to expand and level up from the food truck to a permanent location and site.

While 316 Main Road is now that site, they will continue the food truck for private events and weddings with the occasional venture to market days coming into summer.

Drop by their flagship store to try a range of delectable Filipino flair from Tuesday to Saturday, noon till 8pm.

Botanical gin infusion recipe

Gin is still the drink of the moment and creating your own gin infusion at home without a still can be fun. Using vodka as the infusing agent, this recipe combines many of the typical gin botanicals along with a couple of additions. Use this recipe as a guide or create your own blend, better yet, divide the vodka evenly into two or four jars and create a series of different variations to see which one you prefer best.



Ingredients:

1 litre vodka, 16g juniper berries, 4g angelica root, 4x cardamom pods, 12g coriander seeds (crush lightly), 3.5g liquorice root, 2g cinnamon (cassia) - either pieces or quills (not powder), 1/6 teaspoon (yes, one sixth of a teaspoon or 1/2 gram) orris root powder, 4 teaspoons fresh grapefruit peel

Method:

Decant the vodka into a large glass jar. Mix all botanicals in with the vodka, stirring well. Place the lid on allow to sit for 48 hours. You can either give the jar a shake (if the lid seals properly) or give it a stir a couple of times during the 48 hours. Strain and enjoy with your favourite tonic or mixer.

Notes: Add some hibiscus flowers to create a lovely pink infusion or perhaps change up the grapefruit for lemon or orange. The combinations are endless.

Certified organic Juniper berries, angelica root and orris root can be purchased through our online store: www.NewZealandHerbalBrew.co.nz.

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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.

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Health & Beauty

Energy and vitality: Time for a self-audit

I suspect there are lots of people who aren't sick or unwell, but who want a little more oomph in their life. By oomph, I mean having lots of energy and vitality. The ideal picture is waking up feeling refreshed and eager to start your day. Moving through your day able to face all your challenges with effort but also with ease. Powering through your afternoon without a 3pm slump, having time for exercise or fun, and enjoying your evening time with family before going to bed and falling asleep within 5 minutes. And repeat.

Just a pipe dream?

If this ideal picture is not you, then you have energy leaks somewhere. If we can identify these energy leaks, then we can fix them, and get you living your best life. I am living proof of this.

When I was diagnosed with ankylosing Spondylitis, I had to drag myself through my day. I would need an afternoon sleep most days, which was tricky on workdays. What I didn't realise is that my underlying inflammation was sapping my energy and my health. Eventually, the pain of my arthritis gave me the incentive to change my diet and lifestyle and start taking key supplements. Not only am I now pain-free, but my day is close to the ideal picture described above. It would have been smarter if I had of paid attention to the warning signs earlier. Not only would I have avoided the arthritic pains, but I suspect those years of inflammation have damaged my cardiovascular health.

What Are Your Energy Leaks?

It can be a tricky process trying to discover where your energy leaks come from. It may be genetic like my arthritis. It may be stress. It may be nutrient imbalances. It could also be not enough or too much exercise. Everyone is different. While I thrive on high levels of omega-3 fatty acids and vitamin K2, you may need extra vitamin D and vitamin B12. Gene testing is now available to help you know

what diet and lifestyle practices are best for you. Ask the Health Coaches at Massey Unichem Pharmacy about Ingeneous Gene Testing. Martin Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

Lash Studio

Lash Studio specialise in Yumi lash lifts, eyelash extensions, brow & lash tints and brow shape & waxing. Located in both Hobsonville as well as working in the absolutely gorgeous Perfectly Polished Studio in Mairangi Bay. Models and actresses use eyelash extensions to make their eyes appear brighter and bigger, so why not you? Russian Volume extensions for lighter and thicker lashes are ideal for those with fewer lashes. If you want to look and feel beautiful, lash extensions are worth the spend, but if you're not into extensions, consider giving Yumi lash lift a try instead for beautiful natural lashes which will make them longer and more curled. Treat yourself at Lash Studio. Book online at lashstudio.co.nz call 021 397 809 for an appointment, or email me at info@lashstudio.co.nz with any queries. Instagram [lashstudiomk](https://www.instagram.com/lashstudiomk).



Heel pain

Have you suddenly increased your level of exercise during this lockdown? Have you started to feel soreness in your heel? Do you suffer from painful heels after a walk/run? Painful to put on weight or walk on it? Can't figure out how to relieve your pain? We may be able to help you.

What causes heel pain?

There are many causes of heel pain including:

- Sudden increase of activity level
- Running or walking on hard surface
- Lack of stretching/tight muscles
- Abnormal walking gait
- Unsupportive footwear
- Sudden weight gain
- Increase in time on feet

What are the symptoms?



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Health & Beauty

- First step pain in the morning, then eases
- End of day pain
- Increased pain after activity or standing after sitting for a long time
- Swollen heel
- Stiffness
- Tenderness
- Dull or sharp pain

Treatment options

There are simple treatments you can do at home including icing your heel(s) for 15 to 20 minutes every two to three hours, and avoiding bare feet at home. Also, doing a simple calf and foot stretching may be able to help to relieve heel pain, ensuring you have a supportive pair of shoes to decrease stress on the heels. If you continue to have pain, give the team at the Hobsonville Podiatry a call on 09 390 4184. They can help determine why the pain won't settle & then provide appropriate treatment.

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Brushing and flossing boosts your immune system

No this isn't just a myth that your dentist would have you believe. Good brushing and flossing habits really do boost your overall immune system. With Covid-19 once again rearing its head in our community, having strong immune systems has become more important than ever before. A good step towards strengthening your immune system is to start (or keep!) taking good care of your teeth and gums. Many health professionals consider your mouth to

be a window to your total health: it's the gateway to your digestive and respiratory tracks, hence it's strong connection to your overall immune system. If you drop the ball on regular brushing and flossing and don't see your dentist regularly it can quickly lead to tooth decay and gum disease, which can cause infections that affect your entire body. If you have a weakened immune system, even recovering from a common head cold, it's possible for oral bacteria to cause you to develop an infection in another part of your body. So keep up the good oral health habits, don't indulge too many sugary treats and make sure you maintain regular dental appointments to keep any problems in check.

If you are due for a dental check-up or oral hygiene appointment, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050 or email info@fraserdental.co.nz today.

Hypnosis for a healthy immune system

We want to be healthy. If we get sick, we want to be able to recover quickly, and bounce back to good health. We want this even more with the current Covid situation. To do this we need a functioning immune system. Some ways to strengthen your immune system include:

- Eat a healthy balanced diet high in fruits and vegetables.
- Exercise frequently.
- Don't smoke.
- Drink alcohol in moderation.
- Maintain a healthy weight.




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Health & Beauty

- Get enough rest and relaxation.
- Minimise stress.

Another way to improve your immune system is through the power of your own mind and hypnosis. Your mind is one of the most powerful tools available for health. With the belief that you have the power to improve your health and boost your immune system, you can experience excellent well-being and health.

To experience this through hypnosis you can download (using the web link below) my free recording to boost your immune system to maximum efficiency. The recording also embeds new habits and behaviours to ensure your immune system functions effectively.

Download now and start reaping the benefits www.lorrainemaguire.com/his

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Dr Alisi Keppler

Dr Alisi Keppler has now started with us, replacing Dr Joy Stevens who retired earlier this year.

Alisi was born and raised in West Auckland in a bicultural environment with a Tongan Mother and a German Father. Alisi attended Massey High School, before completing her Medical studies at the University of Auckland in 2013. After medical school she worked 3 years in the Auckland regional hospitals rotating through different specialties, mostly at North Shore Hospital but also Waitākere and Auckland Hospital. While working in the hospital Alisi completed further studies gaining a



Postgraduate Diploma in Obstetrics and Medical Gynaecology in 2016. Alisi moved into General Practice in 2020. Her special interests are women's health and improving health inequalities amongst our Pacific Island and Māori communities.

Alisi is married with one child. When she is not working she likes to spend time with her family or keeping active in the outdoors. Alisa's hobbies include surfing, walking and snowboarding.

Robyn Goldsworthy - Practice Manager - The Doctors Massey Medical
394 Don Buck Road, Massey. Phone 09 831 0170 thedoctors.co.nz/
The-Doctors-Massey-Medical.

Spring is in the air

Which means allergies are too. Common symptoms of eye allergies include watery/itchy eyes, redness and even a burning sensation and can be caused by:



- Outdoor allergens, such as pollens from grass, trees and weeds.

- Indoor allergens, such as pet dander, dust mites and mould.
- Irritants, such as cigarette smoke, perfume and diesel exhaust.

The good news? All of these symptoms are treatable here at Westgate Optometrists. Simply phone us on 09 831 0202 to arrange a consult with one of our therapeutically endorsed optometrists. Located at 4/46 Maki Street, opposite the Kiwibank and NorthWest Shopping Centre and just around the corner from Goode Brothers Restaurant.

Long Covid: the facts and the figures

What is long Covid?

Long Covid has been defined as the presence of signs and symptoms that develop during or following an infection consistent with Covid-19 which continue for 12 weeks or more.

Who does it affect?

1 in 10 people will exhibit Covid symptoms lasting more than 12 weeks

Long Covid affects people who have been hospitalised with acute Covid-19 and those who recovered at home. Individuals who have

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Health & Beauty

experienced either mild or severe Covid-19 can go on to have prolonged symptoms or develop Long COVID.

What are the symptoms?

There are over 200 listed symptoms which occur in variable combinations

The most common symptoms of long Covid are...

- Extreme exhaustion (fatigue)
- Post-exertional symptom exacerbation (PESE)
- Problems with memory and concentration (brain fog).

How can physio help?

Physiotherapists are crucial in early and ongoing rehabilitation. They can help with:

- early mobilisation and getting moving again
- simple exercises
- getting back to the activities of daily living
- lung recovery
- managing breathlessness
- coping with fatigue
- finding the balance between being active and taking rest

It takes time to recover from a severe illness. A physiotherapist can help people manage their symptoms and work with them to support their recovery.

Hobsonville Physio - phone 09 416 4455 or email physio@hobsonvillephysio.co.nz, www.hobsonvillephysio.co.nz.

Keeping safe in a time of uncertainty

It's a difficult time for many, fraught with anxiety and uncertainty. Many are unsure if their next trip to the supermarket may cause their phone to ring with a COVID notification.



So here's some advice to keep your immunity up:

- 1) Eat healthy - remember your vegetables and fruits
- 2) Hydrate - plain water is best
- 3) Rest well and sleep early
- 4) Don't over-exert yourself - don't do vigorous exercises you are not used to

5) Keep warm - cold reduces immunity levels

6) Before you meet anyone outside your bubble, ask if they are unwell - delay meeting up if they have cold or flu-like symptoms

7) Avoid excessive alcohol / smoking

8) Always wear a face covering when you are out of your home

9) Sanitise your hands often

10) If you have cold or flu-like symptoms - get a FREE COVID test early.

Be safe and stay well. Dr Frederick Goh, Royal Heights Shopping Centre, Shop 12, 138 Royal Road, Massey. Phone 09 393 6313 www.rhdoctors.nz.

Tips for lockdown

It is so hard to keep up exercise and healthy eating in lockdown. Studies have shown that we are exercising 20% less because of it. Exercise boosts our immune system, strengthens our heart and bones, helps lift our spirits, improves our gut and mental health, regulates our sleep and stops us putting on weight - that and eating more mindfully.



Here are some tips to get you moving your body and eating carefully without adding more stress:

1. Stand on 1 leg for as many seconds as you can - time yourself and challenge yourself to get better.
2. Do 10 star jumps or 10 squats - do this whilst you watch TV or at the end of every hour of work (set an alarm to remind you).
3. Run or cycle or walk up and down your drive or around the block every day



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Health & Beauty

4. Play with your fur babies or kids - get outside and kick a ball 50x/day
 5. Dance - put on one track per day and dance your socks off. There are also plenty of free dance and Zumba classes on YouTube.
 6. Track your eating - What are you really hungry for? What are you feeling just before you snack?
 7. Write a list of non-food based rewards that you could do to treat yourself instead of chocolate or biscuits.
 8. Have a glass of water or peppermint tea before you snack on that bag of chippies or cinnamon scroll.
 9. Lock snacks away in the boot of your car. Research suggests that when it takes longer to grab a snack we're more likely to not bother. Out of sight out of mind!
 10. Get a small snaplock bag and allocate 3 small treats per day - e.g. 1 biscuit, 1 mini chocolate, 1 small bag of chippies etc. - that's all you can have for the day.
- Remember WHY you need to move your body and eat healthily. Remember what will happen if you don't. When you say NO to the snack you are saying YES to a healthy waist and healthy gut. When you say NO to sitting on the sofa all day you are saying YES to a happy mind, happy heart and happy immune system.
- Come and join my Women's WellBeing Facebook group <https://www.facebook.com/groups/thewomenswellbeingcircle> and join the 3 day 'Mindful Eating' and 3 day 'Move your Booty' challenge.

Do you have tight hip flexors?

Hi, I'm Craig the Chiropractor at Elevate Chiropractic. Due to the amount of sitting we tend to do, tight hip flexors are a common occurrence, but how do you know if yours are tight or not? Well, here is a simple test you can try.

Simply lay on your back on the ground and pull one knee towards your chest. What you are looking for is what the straight leg does.

Ideally it should stay flat on the ground.

If you have tight hip flexors, the straight leg will bend, and the knee will lift off the ground.

I have recently made a video showing this test and more importantly, how to then stretch the hip flexors...safely.

To watch the video, simply head over the blog section on our website, www.elevatechiropractic.co.nz. If you have any other questions, me on 09 413 5312.

Blushed Ink

Hi community. My name is Sasha, Blushed Ink's cosmetic tattoo artist.

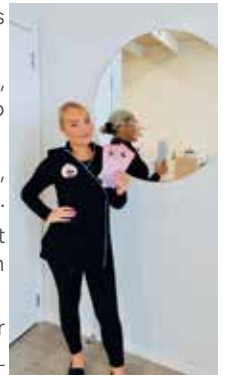
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To view Blushed Ink's work please visit our instagram: www.instagram.com/blushed.ink_with_sasha

To enquire please send us a message on our socials or via email: blushed.ink.withsasha@gmail.com.



Dental emergency?

Over the past year, Covid-19 has brought new difficulties into all aspects of everyone's life, as well as new challenges in dentistry. Kumeu Dental is so happy that we are able to remain open and support our community through this difficult time. We are able to see all our new and existing lovely patients through the level 3 & 4 lockdown for emergency appointments only. We will be able to resume normal routine dentistry in level 1 & 2 onwards.

At Kumeu Dental we are working very closely with the Ministry of Health and the Dental Council to keep our patients and staff happy



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Health & Beauty

and healthy. We have worked very hard to outsource the scarce new hospital grade protection gear and antivirus disinfectants, to be able to support our community and be here for emergencies throughout the shutdown period and beyond. This includes N95 mask, face shields, full gowns, surgical gloves and hospital grade cleaning between every patient, with hand sanitiser offered on arrival & departure of all patients.

Here at Kumeu Dental we are very proud to have successfully treated many existing and new patients throughout these trying times while minimising the risk of spread of Covid-19 into the community. If you have any dental concerns please ring 09 412 9507 and one of our friendly receptionists will see how we can help you.

Your one stop beauty spot

No longer do we need to travel all over Auckland to get high quality beauty services. Project Beauty in Huapai consists of a few wonderful beauty businesses. We have Fresh & Flawless, covering a wide range of services; Hair & Makeup, Spray Tanning, all Nail Services including Extensions, Nail Art & Pedicures, Brow Wax & Tints and Eyebrow Tattooing. We also have Lash Beautique, specialising in all types of Eyelash Extensions and Lash Lifts. Our resident beauty therapist from Nurture Skin & Body, offers Micro-needling, Waxing, Facials & Massage. Once a week we also have a registered nurse from Smooth confidence, who offers Botox. Services are by appointment only so please get in touch about a time that would suit you. We look forward to having you in our beautiful salon and making you look & feel amazing.

Lauren Barry www.freshandflawless.co.nz.



Unichem Hobsonville Pharmacy

Unichem Hobsonville Pharmacy is located in the Hobson Centre next to Countdown. It is owned by Jeff Spearman who has owned pharmacies in the area and has lived locally since 1985. Jeff relocated his business into the new centre in March 2016, renamed it Unichem Hobsonville. Now, along with co-owner and pharmacist Charles Yoo, Unichem Hobsonville Pharmacy strives to provide exceptional service and care in the community.

The Pharmacy team includes pharmacists, dispensary technicians and qualified pharmacy assistants to deal with your health and



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Hear 4U Ltd - Lisa Greene

It has been a year since I started providing Audiology services to people in their homes. It has felt great bringing this service to people at home where they feel most comfortable and safe.

I really enjoy the diversity of people I can help. I have helped busy professional people who struggle to get to clinics during a working week, people who work from home and prefer the convenience of home visits, people who don't drive and hate to bother others for transport, and people living in residential care facilities.

Some clients contact me because they need hearing aids for the first time, and others need their hearing and hearing aids checked and require ongoing help maintaining their hearing aids. My greatest satisfaction comes from helping people truly benefit from their hearing aids. For more information visit www.hear4u.nz or you can contact Lisa at 0800 119 510, or 021 209 2684, email lisa@hear4u.co.nz.



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Henderson High designing for a local circular economy

Two teams of students from Henderson High School have been working collaboratively with Ger Tew from The ReCreators and their NCEA business teacher Emma Penty on circular business ventures as part of the Youth Enterprise Scheme (YES).

Rewooded is a group of 5 x 15 year olds who are using deconstructed timber from building sites and turning it into hardwearing fashionable furniture. Not only did they design a beautiful coffee table but they also learned how to use power tools and assemble the flat pack kit - all the while learning pricing, marketing and sales techniques.

Meanwhile, SHFT Studios are three 16 year olds who have taken on the world of textile waste focusing on repurposing corporate branded t-shirts and giving them a new rebranded life. They have been researching printing and colour dyeing techniques as well as understanding how to contract sewing and distribution. This team are learning by doing and pricing through experience.

The ReCreators (therecreators.co.nz) have been working with Auckland Council, Waste Solutions and Regional Innovation on zero waste/ circular design pilot courses where students or community groups can design valuable products made from either off-cuts or reclaimed materials. The pilot will show case how design-thinking is a core factor in creating a new sustainable economy reusing existing materials.

The reclaimed wood came from Trow Group, deconstruction experts based in Ranui who were contracted by Kāinga Ora to deconstruct houses at Elm Street in Avondale for a new development. Fuji Xerox have supported the project and have supplied reclaimed uniforms for initial designs. Kāinga Ora has a target to divert 80% of materials from landfill across all public housing developments in Auckland under our deconstruction and demolition programmes. From July 2020 until May 2021, Kāinga Ora civills and build partners diverted an average of 87% of waste from landfill in Auckland development projects.

Both SHFT and Rewooded are keen to be part of the YES challenge next year further establishing their business with new product ideas. This is Schools4Climate in action.



If you would like information on rebranded t-shirts or flat pack/ assembled coffee tables get in touch with www.shftstudios.com and www.rewooded.mystorbie.com.

Interconnected planetary boundaries

When thinking about the benefits of upcycled versus new, I had always thought about all the components and processes that went into new products made of virgin materials versus the benefits of upcycling/ repurposing.

Simply explained, upcycling was not merely about diverting waste from landfill, it was about the consideration of everything that went into every aspects of the products life. The land upon where the resource grew which displaced varies native species, the sprays, fertilisers and water usage, the global transportation of through manufacture and final sale, the emissions through usage and finally then what happens to the materials at end of life.

And then I came across the planetary boundaries concept which solidified my understanding and more importantly had the scientific measurements behind it. Luckily there is now a series on Netflix with David Attenborough called Breaking Boundaries which will verbally and visually explain this theory

The earth has nine defined boundaries that help keep a safe operating space for humanity. These boundaries are climate change, biodiversity loss, ocean acidification, freshwater depletion, nitrates/phosphorus levels for soil/water, land use, ozone depletion, chemical pollution and atmospheric aerosols.

Whenever you buy something new - many of our planetary boundaries are affected.

Circular Economy vs Linear Economy

Approximately 90% of the products we purchase are part of a take-make-use-dump linear economy, many of which are single use. In a linear economy, materials are extracted, manufactured into a product or packaging, used once and then end up in landfill (or worse still, our waterways).

Circular, or closed loop, economies redefine growth by focusing on the wider economic, environmental and social benefits by

1. Designing out waste
2. Keep materials in use for as long as possible
3. Designing regeneratively (will it break down naturally?)

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1. An abundance of single use items
2. Designing a plethora products for a short life and dumping for newer models
3. Using materials that do not break down but are cheap to extract.

Scientific calculations - Life Cycle Assessment

Are all circular solutions the best sustainable solution? Not everything that could be considered circular is necessarily better for the planet. For example, recycling hasn't been the perfect remedy that it was touted to be. Recycling requires significant investment, energy, infrastructure (reverse logistics) and consumer awareness, too. It's not the catch-all solution when it comes to managing waste.

Some of the solutions just encourage those with disposable income to alleviate their conscience and allow them to buy more stuff they don't need. Some offerings just allow bad consumer behaviour to continue and don't encourage the basics of refuse, reduce, reuse.

When considering materials, we need to shift our thinking towards our behaviour and not composition. Instead of the simplistic: plastic is evil, cardboard is the future, we need to focus on the environmental and social impact of our goods and services across their lifetime.

One way to do this is by using the Life Cycle Assessment tool to evaluate the inputs and outputs of a product from its raw material extraction, through to manufacture, transportation, ongoing use, and until the end of its life - where it either gets reused, recycled or thrown away.

This detailed science-led approach allows us to compare and contrast the varying degrees of emissions from the solutions available to us.

A great example was NZ Post examining their single-use packaging options. Unfortunately, this exercise did not include a reusable option. The result being that a NZ recycled plastic bag was actually the lowest emissions option.

Simple solutions

The goal I have for my impact business is to help raise awareness about the benefits of a circular economy, reducing and reusing our stuff and rethinking packaging and materials will take time, energy and resources.

The area of environmental business can be one of great complexity, but for the average person, there are some easy and simple rules to live by.

Less is more.

Spend your time with people, experiences and not on possessions and how you or your house looks.

Grow your own vegies and compost scraps for healthy soil. Be creative and learn to make rather than buy. Eat a more plant-based

diet, walk and cycle more.

All of these will lead to a healthier lifestyle too.

Refuse, reduce, reuse and creatively upcycle!

When we reuse materials and products, we're preventing them from ending up in our oceans and landfills and minimising the need to constantly extract more raw materials. And by producing or consuming less new stuff, we can do our bit to steer away from a wasteful linear economy to a productive circular one that has local employment opportunities.

Ger Tew therecreators.co.nz.

LivingWhenuapai

Well here we are in lockdown and as with previous lockdowns, many of us find it a time to appreciate nature through fresh eyes and a slower pace of life.



Leading up to this lockdown LivingWhenuapai had a busy few weeks with four major events to restore and enhance our natural environment in Whenuapai:

1. Eighteen energetic volunteers undertook a weed releasing morning at the Malcolm Hahn Memorial Reserve on 25th July - dealing with a big infestation of Lantana (Weed Busters) in this reserve - ready for planting later in the season.

A great effort.

2. Our quarterly backyard predator control got underway 1st August. This is so important to keep our rat and stoat population under control to help our birdlife and other native species repopulate our urban environments. To learn more about the massive effort happening around Aotearoa take the time during lockdown to watch Fight for the Wild on TVNZ On Demand Fight for the Wild. A truly fantastic four part series. If you need a rat or possum trap to become part of our backyard trapping in Whenuapai please make contact with Raewyn: Raewyn@livingwhenuapai.org.nz.

3. 15th Aug saw a few of us weed release and plant more native trees at the Waimarie Beach Reserve. This has been a four year community project and what was once a wilderness of weed trees is now looking great with maturing native planting that the local birds will be enjoying - adding to our local biodiversity.

4. On 17th August, just before lockdown, a few of us joined students from Whenuapai Primary School to plant 200 trees in the Riverlea





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Reserve. We are just beginning this project and we look forward to working with Whenuapai School, an Enviro School, to help enhance and maintain this waterfront reserve. Some great work done by these Year 8 students - thanks.

Thanks everyone for a great effort during this planting season - here's hoping we will get to out there to enjoy a bit more soon.

Take care out there.

Nga Mihi Nui from the Team

Major Auckland employer makes move to living wage

One of West Auckland's largest employers, the Trusts, has brought forward plans to move its entire workforce to a living wage by almost two years.

The move will cost the organisation almost \$750,000 per annum and is set to benefit more than 300 staff across the organisation's 35 retail stores, hospitality venues and hotels.



The wage increase will be implemented ahead of schedule despite widespread disruption to the hospitality industry from Covid-19.

From today, all staff will see a new living wage rate of at least \$22.75 per hour, which is \$2.75 above the government's new minimum wage level, with all waged employees who currently earn above the organisation's starting rate also receiving an increase of \$2.00 per hour.

The wage increase will be in addition to a 10% support payment announced last week to acknowledge their frontline staff working during the pandemic. This payment will remain in place during alert levels 3 and 4.

Trusts CEO Allan Pollard says the living wage was originally planned for the second quarter of 2023 however new financial projections mean these plans can now take immediate effect.

"It is our aim to ensure that our team members feel more valued and that this will make a material difference to their wellbeing and that of their whanau.

"We would also like to see this move encourage other organisations in the industry to follow our lead and give back to their staff in this way," he says.

Pollard says they believe they are the first licensing trust to pay the living wage and also one of the first hospitality or food retail organisations.

Balancing privacy with personalisation in social media

Social media marketing is more than ever focused on marketing personalisation - interacting with your audience and customers in a way that feels personal and human. The right social strategy takes into account a person's likes, dislikes, allowing you to connect with them on a deeper level. But have we gone too far?



According to Deloitte's Australian Privacy Index survey, 83% of consumers say they are concerned by the internet cookies that track their activity only for targeted marketing purposes. And, we know they are being taken seriously by the big tech players in Silicon Valley with Google, Apple and Mozilla abandoning the third-party cookies that enabled them to track consumer behaviour across the internet for years.

In saying this, consumers are still most likely to shop from a brand that offers tailored experiences like recommendations and offers. So how can businesses continue to reach and engage customers with personalised experiences online while respecting consumer privacy? Well, you wouldn't hug a stranger and you would not tell a friend you know what they watched on TV last night! It's all about social etiquette in the privacy vs personalisation space.

The key here is to empower people to choose if, when and how they want to participate with your brand. This means developing a robust first-party data strategy that builds in consent from the very beginning and an understanding that data can be augmented in an open and privacy-conscious way down the track to improve the brand experience.

Basically, you want consumers to feel that they have some control over what they see and give them the idea that this has saved them from spending hours trawling through content they don't need. This comes down to understanding how consumers are using your brand's platforms. What do they click on, when do they go on to the website from Facebook, how long do they spend on a particular branded advert.

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Here are my top four tips for personalised social media marketing:

1) Personalise your content through retargeting on social media: This is the practice of sending target adverts to consumers who've already interacted with your website. The people who might have read your latest news section and added items to their cart but did not check out. Focus on these people, and show them the products they liked or recommend products similar to ones they've chosen.

2) Personalised social media quizzes: Quizzes have proved to do two things very well. They are great for engagement and collecting first-party data, which is needed for that personalised experience. According to Buzzsumo, they are also extremely shareable with the average quiz being shared up to 1900 times.

3) User-generated content & video creation: Video is rising to the forefront in social media with Tik Tok becoming one of the most popular channels and Instagram following suit announcing they are moving away from being a photo-sharing platform to one that is focused on video and reels. But in order to harness the power of video, they need to be personalised. A great way to do this is by getting your community to submit their own content.

4) Always engage with your customers, this type of brand-customer relationship is no longer a luxury but a necessity. It has been proven time and time again that brands who actively engage with their customers on social media not only increase the likelihood of retention but also build a longtime customer base. It all comes down to building a positive social media experience for the consumer, such as engaging with a review or responding to a social post they have made.

Juno Scott-Kelly, Director JSK Communications.

Together Hub delivering information during lockdown

The West Auckland Together digital platform, launched last year during the initial Covid-19 lockdown has been refreshed as a key source of important information to support the community during the current lockdown.

The West Auckland Together Hub (<https://www.sportWaitakere.co.nz/west-auckland-together-hub>) provides extensive online information designed specifically for families in West Auckland. The focus is on ideas, resources and tips for family wellbeing which are all simple, easy to find and relevant for whānau.

The vast collection of resources on the Hub includes everything from videos on Māori games and tips for cooking to local walking routes, fun play initiatives and ways to stay connected. It also contains links to a number of key websites containing the latest Covid-related updates (including those from the Ministry of Health) and key community welfare providers, including emergency food support.

Sport Waitākere facilitated the Hub's development alongside a number of partners as part of a community collaboration called West Auckland Together, with all partners feeding into the Hub with relevant support and services available through their organisations.

Its All About The Journey ...

Graham's approach to selling our home transformed a possibly stressful process into an entertaining and fun one. He offers exceptional service as an agent and with Stacey sending through regular updates and reports, you really do get the complete package. I felt confident in his ability to read the market and found him to be honest, sincere and very approachable. I was always well informed about 'how we were traveling' and his next steps in following up after open homes. Graham's interactions with us as vendors, as well as those with perspective purchasers, were professional, unrushed, personable and at times jovial. Graham was a delight to work with and I would very happily recommend him to family and friends.

Wendy & Craig



Graham McIntyre

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The Hub is once again proving an invaluable resource, seeing numerous organisations reaching out to ensure their services are listed on the digital portal. Sport Waitākere Chief Executive, Lynette Adams, explains.

“The community collaboration, West Auckland Together, is again working together to ensure the digital hub provides a one-stop-shop for whānau, allowing them to access information and resources from multiple organisations throughout West Auckland and beyond. At a time when residents are receiving multiple messages from diverse channels, the Hub provides direct access to what is most helpful and relevant.”

Mark Allen, Executive Officer at Community Waitākere, says the Hub demonstrates the collective impact of a number of organisations working together for community benefit.

“Working together, the partners are committed to sharing relevant information and continuing to grow a resource for West Auckland that is responsive to the needs and requirements of this time. As a collective we welcome ongoing contributions so the Hub can continue to evolve with our communities’ needs and priorities.”

There are more than 20 organisations contributing information and regular updates on the West Auckland Together Hub.

Rules and expectations around 90-day trial periods?

Only employers with 19 or fewer employees (at the beginning of the day on which the employment agreement is entered into) can engage a new hire on a trial period for up to the first 90 calendar days of their employment.

You can't place an employee on a 90-day trial if they are a re-hire, the law will pre-suppose that you wouldn't have rehired them if you

didn't think they were good employees.

A valid trial period:

- Any 90-day trial must be agreed to in the employment agreement before the employee starts work, or the trial period is invalid.
- They must contain a valid notice period in the employment contract.
- They can be used in any industry and for any job.
- They must be agreed to by both parties and in good faith - an employee can't be forced into being employed on a trial period.
- An employee can't bring a personal grievance for unjustified dismissal or other legal proceeding about their dismissal (as long as the employer has given the right amount of notice to the employee)
- The clause must be in the employment agreement and must state that:
 - From the very start of their employment, the employee will be on a trial for a set period which isn't more than 90 days (but can be less). The exact time period must be stated, it may be 30 days, or 90 days, or any other stated time period: and
 - During the trial, the employer can dismiss the employee, and the employee can't bring a personal grievance or other legal proceedings about their dismissal.
- If an employee is a union member employed on a collective employment agreement, they can't have a trial period (in their individual terms and conditions) inconsistent with the collective employment agreement. In other words, if the collective employment agreement states that an employee can't be employed on a trial period, then they can't have a trial period in their individual terms

Rights and responsibilities

Employees on valid trial periods:

- Maintain all minimum employment rights and responsibilities (eg in relation to health and safety, minimum pay, annual holidays, public holidays, sick and bereavement leave and equal pay), except bringing a personal grievance for unjustified dismissal
- Must be treated the same as other employees who aren't on a trial period.

Even if an employee is on a trial period, they can still bring a personal grievance on grounds other than about their dismissal, these include:

- discrimination
- sexual or racial harassment
- pressure about union membership
- continuity of employment under Part 6A of the Employment Relations Act 2000
- if the employer does something that unjustifiably disadvantages them
- if the employee starts working before the contract is signed

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- if the employment contract does not mention that there is a trial period, or
- the employment contract does not contain a notice period in case of dismissal or resignation.

In such cases, the employee may be able to take a personal grievance against the employer and the trial period may be deemed invalid by the Employment Relations Authority.

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 any material you have read.

What do business need to do during Covid?

Today most of New Zealand is now at Covid-19 Alert Level 2 while Auckland remains at Level 4. After 4 weeks of lockdown most businesses and organisations can get back to work. There are, however, a few new requirements for the Delta variant as we now know that this is an airborne transmitted virus, and face-coverings and separation distances are key to minimising infections.

At this stage Auckland remains at Alert 4 until at least Monday 13 September 2021 and all Alert level 4 restrictions apply.

At Alert Level 2, all businesses can operate and have customers on their premises if they can do so safely.

All workers should keep at least 1 metre apart, where possible. To help everyone physically distance safely, you can:

- limit the number of people allowed in enclosed spaces such as lifts
- offer flexible working options, for example working from home
- have virtual meetings instead of meeting in person

Advice for workplaces that are not open to the public:

- If your workplace is not open to the public – for example, an office or a factory floor, workers only need to keep 1 metre apart. There is no limit on the number of people that can be on the workplace premises, as long as everyone can safely physically distance. Your employees do not need to wear a face covering, but we encourage

everyone to wear one.

- Talk with your staff to identify risks and ways to manage them.
- Ask everyone – workers, contractors, and customers – with cold or flu-like symptoms to stay away from your premises.
- Reduce the number of shared surfaces, and regularly disinfect them.
- Wash your hands.

There are specific rules for businesses in hospitality, retail and in-home services and businesses organising events or gatherings:

Physical distancing requirements for customers:

In places like retail stores, shopping malls, libraries, gyms, museums, swimming pools, and parts of offices where customers may be present, customers and clients on the premises need to stay 2 metres apart.

In other places where there is a cap on the number of people who can be present – for example cafes, restaurants and bars, customers and clients on the premises only need to keep 1 metre apart.

You can also limit customer contact by offering contactless payment options and providing contactless deliveries.

Face coverings:

Your employees must wear a face covering if they work:

- in a public-facing area of a court, tribunal, local or central government agency or social service provider
- as a delivery driver to residential addresses – delivery drivers only need to wear a face covering when they are out of their vehicle
- in a customer-facing role in a hospitality business, for example cafes or restaurants
- for a close contact service – for example, hairdressers or beauty therapists
- in a customer facing role at a retail store – including those that were operating at Alert Levels 3 and 4
- at an indoor public venue – for example, a library or museum – employees working at a swimming pool do not need to wear a face covering

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• as a driver of a taxi, ride-share vehicle, ferry, bus or train used for public transport – this excludes school buses and ferries between the North Island and South Island.

Businesses must display the NZ COVID Tracer QR code in a prominent place at or near your main entrance.

Please refer to Ministry of Business, Innovation and Employment website for more information: <https://www.mbie.govt.nz/>

Please contact John Riddell, Securo Consultant if you require further information and /or assistance with Covid 19 Safety Management Plans and associated operating procedures, Securo on 0800 55 33 44 or message Securo through the website <https://www.securo.co.nz/contactus>.

The importance of having a funeral

Let me start by saying, I am not writing this in order to feather my own nest, but rather, I am concerned at the alarming trend of families who are deciding not to have a funeral.

Funerals are for the living. The person has moved on, but those who are left behind need a time to grieve, to share stories, and to seek comfort from those closest to them. Whilst many talk of a "celebration" later on, invariably, this does not happen, as people's busy lives make it all too difficult.

I am not advocating a cast of thousands, or some grandiose



production, but rather a chance to say goodbye. For some, it is their last opportunity to lay any demons to rest, perhaps to forgive or be forgiven, or simply to lay the past to rest. The gathering can take place in a home, outdoor venue, or Manning Funeral Cottage has a quaint chapel in an old villa; a very simple casket is chosen, families can do their own catering, perhaps a grandchild can create an order of service and flowers are gathered from everyone's gardens.

So often when meeting with a family, descendants are amazed at the shared stories and history. People often don't share things in life, and without these gatherings, they are never heard. Some years ago, I came upon the following adage:

"When an old person dies, they take with them the past. When a young person dies, they take with them, the future". Every life should be honoured, for they have lived.

Manning Funeral Cottage is based out of a quaint villa facing onto the picturesque Auckland Domain, but Martha-Louise who lives on the Shore still finds time to walk her dogs each morning around the Hobsonville Point circuit, followed by an obligatory coffee at 160 Café. If you would like to chat with Martha-Louise, you can call her 24 hours a day on 377 9790, email mla@manningfunerals.net.nz or check out her website at www.manningfunerals.net.nz.

Life as a business owner is hard right now

As I write this Auckland is still in Level 4 Lockdown. We are hoping for a shift to Level 3, but there is still uncertainty on how long we will be in Level 3, or indeed Delta Level 2.

With a shift to Level 3, up to 85% of businesses will be able to operate in some capacity, but for most revenue will be below usual trading levels. That still leave 15% of business that cannot operate. Many businesses will be wondering how long they can continue to pay wages and other bills before the cash reserves run out.

The wage subsidies and resurgence subsidies from the Government are helping many stay afloat, but this brings the additional challenges of navigating when each subsidy is open for application, and making sure that you can prove either a 40% or 30% drop in revenue in the time period applicable to each application.

Managing staff can be especially tricky during this time. We have been here before, so we are better at working from home, or working onsite following the safety guidelines, but we still need to make decisions on how much to pay our staff (full wages, or somewhere between the value of the wage subsidy and 80% of usual wages). Of course, this needs to be agreed by the staff before



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we can change their pay. Redundancies may be inevitable, but with a shortage of labour we also want to hold on to our staff for when sales rebound.

Forecasting cashflow becomes difficult when there is so much uncertainty. I advise my clients to forecast a best-case scenario and a worst-case scenario, identifying what needs to be done if it is worst case and what we can do to get a better result. Knowing that the economy bounced back well last time helps, but the timing of the rebound is still creating the uncertainty and stress for many business owners.

Once we are back in normal trading conditions, what are you going to do in your business to both recover from the setbacks during lockdown, and to continue to grow your business ensuring there are cash reserves for any setback in the future? We hope we have seen the last of Level 4 with the increasing levels of vaccinations, but we can't rule out future Level 2 or even Level 3 restrictions.

Getting through all this and making the tough decisions can be hard, especially if you are doing it on your own. If you can get some support, whether it is your accountant, a mentor or a business advisor or consultant. Having someone else to talk to can make the decision making easier, reducing the strain on your mental health.

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

Print versus digital - why print is still around

Over the past few years, the digital age has made a major impact on how business is done and how consumers are engaged. However, in the age-old battle of print versus digital, why is it that print still comes out on top?

Print Vs Digital and why readers keep coming back for more.

Print media is surviving in spite of the predictions of some doomsayers. In fact, in a number of areas, it remains the preferred format. As the dust from digital's disruption begins to settle, print may be finding some safe footing once again.

"Print has proved to be more resilient than people thought"

"I think there was an 'over-correction' three or four years ago, where people thought that everything must be digital, which print wasn't going to survive at all."

However, here we are in 2021 and print is nowhere near dead. So

why is that?

People like engaging with print materials

Although digital seems to offer a multitude of benefits, like being immediately adjustable, free to access and interactive, print media is still very much ingrained in consumers' collective memory. This means that people continue to be attracted to, and willing to read, print media, regardless of whether we're talking about magazines and newspapers, flyers or catalogues.

The print medium offers a variety of content - and often many publishers and advertisers use more than one type of printed content to get their brand message across.

"[Print has] got its own particular [set of] characteristics that are more in-depth and that are more at leisure with time to spend. And they're more physically accessible. I think that's the other thing that's underestimated - how physically accessible print is," says Beare.

He believes that print will continue to have a place as it remains a very persuasive medium, which people tend to spend more time on, making it a stronger source of messaging.

"It just works - it works for readers and it works for advertisers, [especially] in terms of response levels. And, for as long as something has an intrinsic value, there'll be a market for it."

Mike Pero Real Estate understands the power of mixed media messaging and we asked what the benefit of the magazine advertising was on their business. "In a very cluttered digital and direct circular environment, it's nice to have a peaceful controlled space, it's like an old friend, that is easy to have around, easy to converse with and doesn't mind being picked up and put down when it suits the reader" Unlike other media that continue to shout at you and often vanish, magazine space is comfortable and predictable, which is why it works so well in showcasing property and also case-studies of peoples journeys through the selling and buying process. WE love it and invest in it consistently to support both buyers and sellers.

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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@kumeucourier.co.nz.

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