

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Unbelievable school holidays

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

Fireworks night October 28

Circulation is 10,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.

For enquiries/feedback contact 0800 900 700 or editorial@thewesterly.co.nz.

October 2022



Greetings

We can expect to live for about 4000 weeks, maybe a little more. Are we in control of our lives? We like to think so. But we can keep pushing ourselves by trying to fit everything in. Becoming more efficient just makes you more rushed, and trying to clear the decks simply makes them fill up again faster. Nobody in the history of humanity has ever achieved “work-life balance”. The day will never arrive when you finally have everything under control. Procrastination, distraction, commitment-phobia, and taking on too many projects at once are all ways of trying to maintain the illusion that you’re in charge of things. There’s no reason to believe you’ll ever feel ‘on top of things,’ or make time for everything that matters, simply by getting more done. Convenience culture seduces us into imagining that we might find room for everything important by eliminating life’s tedious tasks. But it’s a lie. You have to choose a few things, sacrifice everything else, and deal with the inevitable sense of loss that results. One can waste years this way, systematically postponing precisely the things one cares about the most.

Don’t panic. This is normal. Once you no longer need to convince yourself that you’ll do everything that needs doing, you’re free to focus on doing a few things that count. The world is bursting with wonder, and yet it’s a rare productivity guru who seems to have considered the possibility that the ultimate point of all our frenetic doing might be to experience more of that wonder. For detail, read *Four Thousand Weeks: Time Management for Mortals* by Oliver Burkeman, available from Auckland Libraries.

As you read through the *Westerly*, see what you can find that may increase your enjoyment of your time, and perhaps eliminate some of those more difficult chores that you feel you have to do, but don’t enjoy. Check out Graham’s take on where the property market is at, and where it is going. Look for ideas on enhancing the house, and as the days get longer, enjoy more time in the garden. Treat yourself to a new place to eat or drink. Don’t forget looking after your pets, and take care for your health. Enjoy the longer articles at the back of the magazine. Make the most of October. Take care.

John, Editor



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COVER PHOTO: The Bad Boy Monster Fireworks

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

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

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

People & Places

Bad Boy Monster Fireworks



After a two-year break, the Bad Boy Monster Fireworks display is back, bigger and better than ever.

The event is organised by the Taupaki School PTA, and proudly supported by Bad Boy Fireworks and Mike Pero Real Estate Kumeu & Hobsonville.

The Bad Boy Monster Fireworks kicks off with food trucks, entertainment, rides and stalls.

As the sun sets, Bad Boy fireworks takes centre stage for a display they say will, "bring the heat big time!"

The Bad Boy Monster Fireworks display has been running for an incredible 35 years. It began as a fundraiser for Taupaki School, but grew into a key event on the community calendar.

More than just a fun night out, it's a special opportunity to gather with friends and neighbours.

That opportunity has taken on more significance as we come out of nearly three years of Covid restrictions.

Come along for a fun and family-focused evening to watch fireworks and be together.

The night comes together thanks to incredible work from the local community.

Every stall, gate and stand is run by community members and parents from Taupaki School, with some support from professionals.

Local businesses have donated thousands of dollars' worth of products and vouchers to raffle off: including a three-night Queenstown holiday worth over \$1500.

An amazing food truck selection will roll in to keep the crowds happy, with a huge range of cuisines and treats.

The 2022 event is sure to be a fantastic evening. It's a chance to enjoy some time with family and friends and watch a stunning fireworks display - while helping raise funds for Taupaki School.



Details:

- Pre-sale family pass (two adults and up to four children): \$38 (Available on Eventbrite)
- Gate sales: Family pass \$40, Adults \$15, Children and Seniors \$5.
- Gates open at 5pm, fireworks display begins approx. 8.30pm. Evening ends at 10pm

Supporting this fantastic community event is Mike Pero Real Estate Kumeu and Hobsonville, a long serving sponsor that sees the synergy in creating a positive, memorable and lasting impression.

"We like the event, enjoy the coming together of extended family and friends to enjoy a big spectacle in a safe and controlled environment", says Graham McIntyre, from Mike Pero Real Estate.

"We understand the importance of this event to ensure funding support for the Technology Wing of Taupaki Primary School that is used by most local Primary Schools in the area, its a real win-win"




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2 Clark Road, Hobsonville, Auckland

Community News

School maths has changed

Are you finding it more difficult to help your child with their maths homework?

Do you find they do things differently in school now?

National Standards in education now require students to demonstrate several strategies to solve problems - whereas, in the past, they could use just one - usually an algorithm. Now children develop their understanding of a concept by approaching it several ways. Greater thinking skills and an increased number of strategies are required. They not only have to find the answer to problems but also demonstrate their thinking in the process. At NCEA level, students may only achieve Excellence if they present a detailed explanation - both verbal and numerical - of how they reached their conclusion.

The teachers at Kip McGrath Education Centres are all qualified teachers who follow the National Curriculum. They support current educational approaches to the teaching and learning of mathematics in the classroom but concentrate on the basics of Numeracy to ensure all essential skills are developed. They also communicate with teachers at the various schools to ensure consistency.

If you are having problems helping your child with their homework, call Lynne or Roy at Westgate Kip McGrath - 09 831 0272.



Seniornet West Auckland

SeniorNet is all about Seniors helping Seniors with their computers, laptops, tablets and smart phones. Our tutors work with you at your pace to make it easier to understand. We hold Help Days on the 2nd and 4th Tuesdays of the month from 10am to 11 am. These are held at our rooms upstairs in the Henderson RSA, Railside Avenue Henderson. If you are having difficulty accessing on line banking, handling emails, adding photos to emails etc. anything you are not sure of, please call and see us. No appointments are necessary and we can help with both Android and Apple devices. A help fee of \$5.00 is payable. We have computers on site so please bring your own Tablets, phones or laptops.

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on 09 837 7600. Our office is not always manned so please leave a message, we will get back to you.

Retirement Village knits teddy bears for Ukrainian children

At Keith Park Retirement Village in Hobsonville Point, more residents than usual have been busy with their knitting needles.

Teddy bears, or "Yuri bears," as they are named, are being knitted by residents, to send to displaced children in Ukraine.



Bound for Ukraine via the Red Cross, the Yuri bears will be delivered to children in refugee camps on the border of Ukraine and Poland.

With around two-thirds of children in Ukraine displaced by the war and leaving home with almost nothing, residents at Keith Park are hoping their bears will go a small way to giving them something to cuddle during a difficult time.

Keith Park joins 45 other Ryman Healthcare villages across Australia and New Zealand knitting the Yuri bears, working towards an end goal of sending 20,000 over.

The woman spearheading the effort is Ryman Sales and Community Manager Debra Richardson, from Melbourne, who has a personal connection to the project.

In the 1980's she put her hand up to foster a Ukrainian child in the wake of the Chernobyl nuclear explosion. A little boy arrived at her home called Yuri.

Now an adult, Yuri is back in Ukraine fighting for his country, unaware of just how many bears Debra is planning to send his way.

"Having a cause has really brought Keith Park's knitters out in full force," says Keith Park Village Manager Kim Dawson.

"People who weren't regulars at Stitch & Craft afternoons have picked up their knitting needles and contributed multiple Yuri Bears. One of our staff members Nana even sent her handknitted contribution over from Perth.

"Having a cause as meaningful as the children of war-torn Ukraine has definitely touched many as is evidenced by the 45 bears to date from our small village."

The knitters have been hard at work since around mid-July, with the

Walkers Wanted

Are you pounding the streets in Hobsonville on a regular basis and would like some cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.

Community News

average time to knit a bear taking around two days. One day to knit the pattern, and another to sew the bear together and stuff them. The bears are being dispatched at the end of September.

Picture: Alena Ollerenshaw, Beverly Batchett, Village Manager Kim Dawson, Janice Bennington and Maureen Lyon.

New Zealand Biosecurity Services

New Zealand Biosecurity Services are commencing a new service offering from October for export fruit and vegetable inspections. For anyone wanting to export fresh fruit, fresh vegetables, cut flowers or plant material we can undertake the export phytosanitary inspections.



When exporting horticultural products overseas each country has its own requirements on the pest free status of the consignment. Our trained inspectors will visit your depot or your freight forwarder and undertake inspections to ensure the consignment is pest free and meets the requirements of the importing country.

Our inspectors will complete all biosecurity inspections required

by the importing government, prepare the export phytosanitary certificate, and seal the container ready for shipping.

We offer a great deal on inspection fees for everyone that comes on board in November and December, and our team is flexible and able to respond quickly. Ask for New Zealand Biosecurity Services when booking in your next export inspection. Email us at IVainsepct@biosecurity.net.nz.

Discovers Hobsonville

Looking for an accepting, inclusive group that explores significant life-centred issues?

Discoverers informal church meets on the fourth Sunday in the month in the Baffin Lounge, Headquarters building, 214 Buckley Avenue, Hobsonville Point.

The gatherings begin at 3-30pm with refreshments and concludes at 4-30pm.

Discoverers' October gathering is on Sunday 23rd October

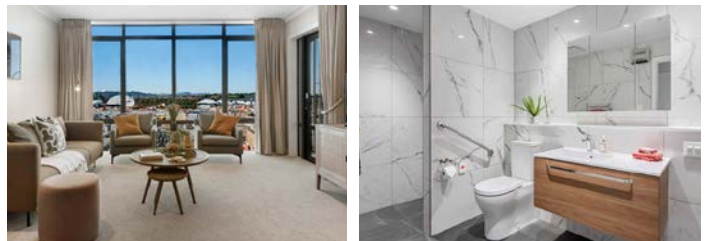
Participants are encouraged to share at a level they are comfortable with.

For further information contact Barry Jones 022 068 3873. Email beejaynz05@gmail.com Facebook: Discoverers Hobsonville Point.

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In Brief Updates

Grief- you can work through it

Some people in our lives touch our hearts from the moment we first met them or it could be someone who has been in our lives from the day we were born or they are a well-known person such as a member of the Royal Family, a Celebrity or another famous person.



With the recent passing of Her Majesty Queen Elizabeth II, many people around the globe have felt the sadness and loss of such a strong and powerful woman, the way she touched many people's hearts. One may feel some mixed emotion over her passing and may even create a sadness for a loved one who has also passed.

When we lose someone such as a family member, friend or even a pet, the sadness and loss we feel is called grief. According to the Mayo Clinic, "Grief is the natural reaction to loss. It is both a personal and universal experience."

When someone we love or know passes, how should we feel? Is there a correct way to feel? There is no right answer to this question, everyone feels loss in a different manner. It may also depend upon your belief system. Most will feel a sense of loss, sadness, sorrow, a deep pain or even a sense of relief. Whatever you feel, is completely normal and is right for you.

Some things you can do to help you with grief:

1. Surround yourself with family and friends who can support you.
2. Allow your feelings to come out, if you need to cry, then cry.
3. Don't be hard on yourself. Be kind to yourself.
4. Keep a journal/diary to record your feelings and thoughts.
5. Try to keep to a regular routine: meal times, exercising etc.



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6. If you need to seek help, do so, speak to your family doctor or another professional.

7. Speak to others who have been through similar grief, know you are not alone.

Astramana™ Healing Services is available to help you through your grief period. We can teach you various healing techniques to help you with the grieving process, we also can help you through hypnosis. Astramana™ Healing Services founder Jason Mackenzie is an internationally trained healer and hypnotist, a clairvoyant, tarot reader. Jason has taught healing classes internationally.

Visit our website: www.astramana.com or email us at astramana@gmail.com or call us on 021 0277 0836 with any questions or to book yourself an appointment.

Netsafe

Netsafe has worked with Spectrum Care to create an easy-read guide to having a happy time online. It offers advice for people with an intellectual disability, and those who support them.



Five tips to be happy online:
easy-read guide

1. Korero with whānau ōu hoa (Talk with family and friends).

Talk about what you do on the internet with people you trust. It can help you stay safe.

2. Be a good person.

Be kind towards other people and be careful about what you say and share online about them.

3. Ignore fake news.

If something you read or see online or on social media seems strange or makes you feel angry, ask someone to help you check if it is real.

4. Talk about things that make you feel uncomfortable.

Have a conversation with someone you know about anything you see or hear online that make you feel funny in a bad way. This could include nude or semi naked images or videos, and nasty or hateful comments.

5. Know where to get help.

Everyone in Aotearoa New Zealand is protected by a law called



**MURIWAI
GOLF LINKS**

Andrew Jackson
General Manager

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muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz
P O Box 45 Waimauku 0842, Auckland, New Zealand

In Brief Updates

the Harmful Digital Communications Act (HDCA). Netsafe has responsibility, under this law, to help you if things go wrong. Netsafe helps people and schools in New Zealand experiencing harmful content online. Their service is free and confidential and they provide specialist online incident advice.

For more information go to netsafe.org.nz and search "easy-read".

Summerset at Monterey Park

Summerset at Monterey Park offers the experience of luxury retirement living in the thriving Hobsonville community. Set on the water's edge with 270-degree views over the water and only a 20-minute drive to the CBD, Summerset at Monterey Park lets you enjoy the very best this unique location has to offer. Our stunning range of indoor and outdoor facilities means you'll always have something to do, no matter what the weather.



If you are looking to secure a place in our wonderful community, this could be your last chance as the final stage of the village is available now and selling fast.

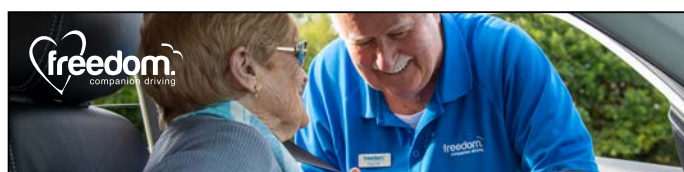
Villas - These brand-new spacious homes come equipped with a contemporary kitchen, large bathroom and laundry, outdoor living area single garage with internal access garage and much more.

Clark Coastal Villas - Our premium offering here at the village, these incredible three-bedroom, two storey homes are nestled on the northern boundary of Summerset at Monterey Park. Each architecturally designed home is orientated for fantastic sun and views been finished to the highest of standards with contemporary finished and features throughout.

For more information get in touch with our Sales Manager, Nicola Redmond on 09 951 8922.

Can you claim depreciation on your building?

A major tax difference between commercial and residential buildings is that for commercial you can claim depreciation on your building. Depreciation for commercial buildings was reinstated as part of a



Paul Miller

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2020 emergency pandemic support package. Your property must qualify as non-residential according to the IRD's criteria, which includes being used mainly for commercial or industrial purposes.

Claiming depreciation can save you a considerable amount. For instance, IRD provides an example of a motel building with a tax book value of \$3 million. The depreciation rate of 2% means the company can claim a \$60,000 deduction, paying \$16,800 less tax. If your building is non-residential, you can also depreciate the fit-out.

If you have questions about how to claim depreciation on your building, your fit-out or various tax deductions on any properties, please get in touch with us. UHY Haines Norton Kumeu: 329a Main Road, Kumeu, phone 09 412 9853, email kumeu@uhyhn.co.nz.

Great Barrier Island with Helloworld Westgate

We have an amazing opportunity for a 3 night/4 day inclusive trip to Great Barrier Island

Dates available are 25/28 October or 31 Oct/03 Nov this year or 31 Jan/03 Feb 2023

This is for a small group of 10 persons. Cost is \$2280.00pp share twin and includes the following:

- Return flights to Great Barrier Island on a Charter aircraft
- Return transfers to Lodge from Airport at Great Barrier and return
- Accommodation: Sunset Waterfront Lodge
- Breakfast: Continental Breakfast at Mulberry Grove store and Café each morning
- Tour bus, available each day with guide





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- Sundancer boat cruise from Whangaparapara - Port Fitzroy, including lunch
- Entry to Glenfern Sanctuary
- 1 x Dinner @ Mulberry Grove store and café included
- 1 x Dinner @ Shoal Bay Estate included
- Good Heaven Night Sky tour.

Costing does not include: Lunches for 2 days & 1 x Dinner, these will be at guests own cost.

This itinerary is subject to last minute changes dependent on weather, but we have sent a couple of groups there already and they have loved it because it is very informal.

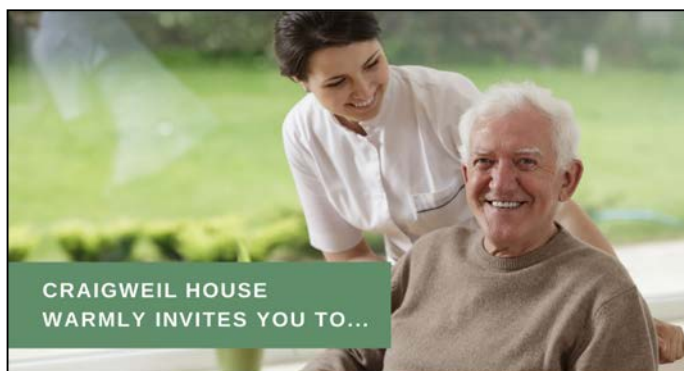
If you would like to be included on one of the above dates then let us know - email Lesley.johns@helloworld.co.nz or phone 09 416 1799.

Above is the group we took early this year.

West Harbour Christian Kindergarten

It is hard to believe that another month has slipped by and that the School Holidays are upon us once more. Planning at West Harbour Christian Kindergarten is underway towards their Christmas production, and wow, the tamariki/children are very excited especially as they each have a role to play.

Also set up is their Term 3 holiday programme. As both kaiako/teachers and parents, they are of the belief that while many of the tamariki have siblings who get to enjoy some special activities, so should the Kindy children. With the activities planned and ready for execution there is an excitement building among all.



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West Harbour Christian Kindergarten likes to acknowledge all festivals and cultural occasions and as such they also have Diwali fast approaching which means that the tamariki/children are learning some Bollywood dance moves that will be presented to our whānau/families. (They are participating in weekly lessons with the wonderful Ekta).

This little Kindergarten is always a hive of activity and they pride themselves on being community based the work hand in hand with the whānau to recognise and celebrate the many wonderful cultures that attend, so watch this space as there will be photos coming up showing you, the reader, a glimpse of what they do.

House of Travel Hobsonville - planning for 2023

Exciting news as our team expands from 3 experienced consultant to 5. We've been search for some awesome likeminded people to join our team and welcome Sunny and Namrata who have over 15 years of experience between them.



Early bird deals have taking off as Kiwis shake off our isolation and head back out to discover the world again. It's such an exciting time and we're privileged to help our clients plan and booking their travel near and far. Our recommendation is to plan as far in advance as possible. We don't see a big improvement in airline capacity over the next 10 months so getting in early will secure the best airlines with optimal routings and price.

Cruises and tours are also filling up and some even running on reduced capacity due to staffing levels.

A reminder that we don't need passports to book flights tours or cruises. So if you want to secure a flight ticket and passport hasn't arrive yet don't worry about it. Call us.

Booking with us is so easy and convenient, whether you have time to pop in and see us in-store over the phone or in exchange of emails. We are well set up to make the process as easy as possible, no matter where you are. Some of our clients are even overseas.

With the security of a physical store, experienced consultants, 100% Kiwi business owner operated, TAANZ bonded and local, who better to be your travel agent wingman?

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In Brief Updates

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

GR Finance

Looking for a fast and easy way to obtain finance for the things you want today, then look no further than GR Finance, your friendly, fast and efficient online portal right here in Hobsonville Point.

Gary Patterson and his wife Rachel started the GR Finance portal earlier this year because they wanted others to experience a fast and efficient service with access to competitive finance as and when they required, and all totally online. We have all experienced the frustration and slowness of the typical lending/banking channels and it occurred to us (over a couple of wines!) that others were likely in the same boat, so we decided in conjunction with our fintech partner to develop a new portal right here in the West.

We currently specialise in car, marine, personal and debt consolidation financing with a team of finance application specialists with access to over a dozen forward thinking lenders. We work with you and the lending institutes to help structure your loan to suit your



personal needs with highly competitive finance rates based on your credit criteria and ability to service the loan.

Typically, we can turnaround your application within 3-4 hours, and have the approval and funds in your account by the next business day, subject to T&C's and credit criteria being met.

Start your application today at www.grfinance.co.nz and see how quickly we can turn your application into the things you really want today. For a confidential discussion, please feel free to reach out to info@grfinance.co.nz or contact Gary directly on 021 669 430.

Boardman Transport and Removals

Boardman Transport and Removals is a family owned and operated company. Boardman's wanted to be able to provide a service that was not only cost effective, but trustworthy and stress free.

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In Brief Updates

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Mindset is everything

When looking to achieve BIG GOALS - your MINDSET is everything.

It is impossible to reach your goals and dreams if you hang on to self-doubt. Negative thoughts and actions will always cancel out your good intentions. They will weigh you down and stop you in your tracks.

But by letting go of your limiting beliefs, changing your self-image and releasing negative emotions like - fear, resentment, anger, guilt and shame, you will see all of your efforts make more of an impact on your progress towards your goals and success.

I am absolutely passionate about self-development, and as a RTT Therapist and Certified Hypnotherapist, I help people bring out their true, authentic brilliant selves, both professionally and personally.



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Sessions Online, or In-Person at Hobsonville Point

See full article: www.terrinenmancoaching.com/article/mindset-is-everything-blog-article-one

Book a FREE No Obligation discovery call - Let's talk about what you really want to achieve and find out how RTT can help www.calendly.com/terrinenmancoaching

Countdown encourages Kiwis to 'checkout' te reo for Te Wiki o te Reo Maori

In a world-first, Kiwis are now able to complete their supermarket shop in te reo Māori at any Countdown store across Aotearoa.

Working in collaboration with Te Taura Whiri i te Reo Māori (The Māori Language Commission), Countdown's self-service checkouts (SCOs) now have te reo available as a language option for customers, allowing them to complete the checkout process in Aotearoa's indigenous language.



Countdown's Director of Corporate Affairs, Safety and Sustainability, Kiri Hannifin, says that with 3 million customers through its stores each week, Countdown has a fantastic opportunity to introduce te reo into everyday conversations and activities - including going to the supermarket.

"Our entire team is incredibly proud that not only can te reo speakers now complete their shopping in their own language, but that we can use our scale and reach to help ensure te reo is revitalised and used for generations to come.

"We have bilingual signage in our stores, te reo greetings in our customer communications and the te reo names on the packaging of all of our fresh fish products - adding te reo to our SCOs is an exciting next step.

"We are incredibly grateful to Te Taura Whiri for their support throughout this process to bring this important project to life. A project that wouldn't have been possible without their guidance and ability to connect us to the people that could help us achieve this outcome," Kiri says.



Hi I'm John Riddell

This election

VOTE FOR ME for the Henderson Massey Local Board and the Lincoln Ward of the Waitakere Licensing Trust

#betterroadsideparking
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View us on Facebook John Riddell

Local Government Elections 2022

or check out our website johnriddell.co.nz

Authorised by Dr E Ali, 3 Jammen Drive, Massey, Auckland 0614.
Ph 09 8324213

In Brief Updates

Currently, there is an audio greeting and farewell in te reo with further audio to be added to the system over the coming months so that eventually, customers will see and hear te reo throughout the checkout process too.

"While using the Te Reo Māori function is entirely optional, we'd encourage customers in our stores to give it a go when they next complete their shop," Kiri says.

Dreaming of Christmas back at Westgate

Dreaming of Christmas returns for the 2022 Christmas season to Westgate Shopping Centre, Fred Taylor Drive, Westgate from Friday October 7 at its new site between Kathmandu and Wet & Forget.

"We carry a vast array of Christmas decore at reasonable prices," says Jenny Hobbs who with husband Doug established the company in 2008.

"The quality and pricing of our stock has quickly established Dreaming of Christmas as the place to go for the most incredible collection of Christmas items such as Santas, Christmas trees, nutcrackers, animations, snow globes, nativities, figurines, display items and much more.

Customers are welcome to come in store and join the Dreaming of Christmas database and be in the draw to win a 60cm Santa in time for Christmas.

Dreaming of Christmas is open at Westgate from Friday October 7, Monday-Saturday 9am-6pm and Sunday and public holidays 10am-5pm.

Jenny and the team would like to help you enjoy this most wonderful time of year. Visit www.dreamingofchristmas.co.nz for all online orders.



Unbelievable school holidays at Te Manawa 1 - 16 October

Kids Art circle - Saturday 1st October - 10am

Join us in learning a new art technique each week and get to take

home your art pieces.

This class is a drop in but there is limited spaces so it is based on first in first served. All art materials will be provided. Suitable for tamariki aged 6-12.

Unbelievable Fossils - Tuesday 4th October - 11am

Join author Joan Joass as she shows her real life fossils and describes how to find them.

Suitable for tamariki ages 8-10.

Limited spaces so registration required.

Unbelievable Lego & Marble Run - Wednesday 5th October - 140:30am

Build is something unbelievable using our Lego and marble run sets.

Drop in event, Suitable for all ages.

Nanogirls Labs Bubbles & Slime - Thursday 6th October - 12pm

Unbelievable 3D Quiver Colouring - Friday 7th October - 10:30am

Choose one of the wonders of the world to colour in and bring to life using our iPad and Quiver app.

No need to book, just drop in between 10:30am and 11:30am. Suitable for ages 4 to 10.

Glen Eden Playhouse Theatre

Your favourite, creepy family has arrived just in time for Halloween! The Tael Solutions Ltd season of The Addams Family will be performed at the historic Glen Eden Playhouse Theatre in October.

This show brings a new twist to the familiar family. The Addams Family are facing a new challenge. Wednesday, who is now a young adult, is engaged to Lucas Beineke, who comes from a respectable, very 'normal' family from Ohio. The worst part about it is that no one but Gomez knows about the engagement and now Gomez Addams must do something he has never done before- keep a secret from his beloved wife, Morticia.

In an attempt to have the families meet, Wednesday hopes for one normal night with dinner followed by the engagement announcement. However, nothing with the Addams family ever goes to plan. The wrong secrets are revealed, and chaos breaks out.

Introducing the creative team of Jack Hanrahan as Director, James Robert as Choreographer and Jo Kelsey as Music Director, The



Pete Sinton
Managing Director

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In Brief Updates

Addams Family Musical promises laughs, tears and happily ever afters. Join us on this kooky, creepy and comical adventure as we find out if love truly triumphs.

The Playhouse Theatre, Glen Eden - When: 15th - 29th of October. Book at Eventfinda or www.playhousetheatreinc.com.

“Why keep art on a wall when you can wear it and share it with the world?”

doodlewear is a New Zealand-based online clothing store specialising in bringing curated NZ Art from the gallery to your wardrobe. Our doodlewear HQ is at Auckland's picturesque Hobsonville Point.

Our high-quality and comfy doodlewear art print Tshirts, designed by amazing New Zealand artists, cater to the entire family, with a wide range of styles, sizes, and colours to select from, and are a fun way to show off your individuality and express yourself.

doodlewear is proud to support New Zealand-based artists of every genre, and every artist has their unique style; it's hard to pick a favourite. With an environmentally friendly approach to producing exactly what our customers want, we get each product printed individually to order with love in New Zealand.



We are committed to providing customers with t shirts that look and feel great. Look effortlessly stylish in doodlewear Tshirts.

Explore our online shop www.doodlewear.co.nz

Pictured: doodlewear art print t shirts in collaboration with artist Lesh Creates.

Keeping track of time

Knowing what day it is, or whether it is morning or afternoon, is something most of us can take for granted, it grounds us. But for many people with dementia not having an accurate perception of time can cause anxiety and confusion. Family members or carers may receive phone calls late at night from their loved one who is feeling lost at sea.



A large display digital day clock with the day of the week, time of day, time, and date may be the solution. Here's what Jill had to say about her experience:

"I purchased for my Mum who has Alzheimer's. She was having difficulty reading / understanding clock faces, as well as having no concept of what day it was. It was an instant hit with her, she could easily read all the information and felt much more confident. Now she happily updates all visitors on what time it is :)"

For these clocks and other helpful products see www.mindjig.co.nz. Feel free to call Jonathan or Julie on 09 600 3251, call or text 022 480 3022, or email info@mindjig.co.nz.

\$100 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$100 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$3.30 a day. For more information email our editor at editorial@thewesterly.co.nz.

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Safer Communities



Want to make sure your home is fire safe? Here's a quick and easy checklist you can use to spot any risks or hazards that might cause a fire.

Walk through your house and check off each point as you go. If a point doesn't apply to you (for example, if you don't have a fireplace), give it a tick.

This checklist is for people who live in a house or apartment in the city or suburbs.

Kitchen

- The stovetop is clean and free of any spilled fats or burnt foods.
- The rangehood filters have been cleaned recently.
- There's a fire extinguisher near the kitchen and I know how to use it.

Living room and bedrooms

- There are smoke alarms installed in every bedroom, living area and hallway in the house – ideally, long-life photoelectric ones.
- Matches, lighters or other fire-starting tools are stored out of reach of children.
- Powerpoints or multi-boards are not overloaded with appliances that use a lot of power, such as heaters.
- Lights are fitted with the correct bulb size and rating (in watts). • Electric blankets are in good condition, and not more than 5 years old.

- There's a torch near every bed (in case of emergencies).

- The fireplace has a screen with a proper fireguard, and the chimney has been checked and/or swept in the last year.

Outdoors

- BBQ fittings are tight and secure, and there's at least 1 metre of clear space around the BBQ. Make sure there are no leaks by pour soapy water over the valve of the cylinder. If any bubbles are created you may have a gas leak. Turn the valve off and replace the cylinder O-ring.

- Flammable liquids in sheds or garages are stored in appropriate containers.

Laundry

- There's no lint built up in the clothes dryer filter (you should check this after every use).
- The clothes dryer has been checked recently by a professional to ensure there's no dust built up in the back (don't open up the dryer yourself, as this will breach the warranty).
- There's plenty of ventilation and air space around the clothes dryer.

Create an escape plan

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

In a fire, you'll probably be scared and disorientated. Toxic smoke might make it hard

to breathe and see clearly.

You will only have 1 or 2 minutes from the sounding of the smoke alarm to when your life is seriously threatened by fire or smoke.



Tom Kearney

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Best of Aged Care

Make your move stress free

Moving home is stressful and if you are downsizing, there can be some big decisions to make. Here's some advice from the moving experts.

1. Declutter or gift - Sorting through all your possessions will take time and you don't want to rush. Decide what to take, gift or donate well before your move date. If you are unsure of what to keep, you can always place items in storage.

2. Choose a moving company you trust - Ask friends and family for recommendations or look online. You could also ask the village you are moving to for suggestions. Have a look at recent customer reviews online. It is also a good idea to get a couple of quotes. Many companies do free in-home surveys where you will walk the consultant through your home and show them what you want to move.

3. Quoted price vs hourly rate: Typically, you will have the option of a quoted job which will be a fixed price for the job, or an hourly rate where you will be billed for the hours the job takes. If the removal company is packing your effects up for you into their cartons, they will generally offer a fixed price based on their assessment of what



you have to pack rather than an hourly rate price. If you opt for the hourly rate, get a rough estimate of how long they expect the job to take. Most companies will be quoting depot to depot so the clock is running from when they leave their depot until the truck drives back in the depots gates.

4. On moving day things can get a little messy and muddled. Make sure you have a priority box or boxes for the things you might need straight away: Medications, keys, or a good book.

Gulf Rise Care Centre

Metlifecare has set ambitious targets to reduce its environmental impact across all parts of the business, including new development sites like Gulf Rise in Red Beach.

When the Gulf Rise care centre opens in 2023 it aims to be the first of several Metlifecare care centres being built to the NZ Green Building Council's (NZGBC) 6 Green Star certification rating, currently the highest building rating provided by the NZGBC for commercial buildings.

Metlifecare's Head of Delivery, Michael Lisowski, says reducing



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Best of Aged Care

its environmental footprint through village developments is a fundamental part of Metlifecare's sustainability focus.

"Achieving this rating means we are reducing our environmental impact during construction, and once complete, the facility will use less energy.

"In addition to the 6 Green Star care centre, our villas and apartments are built to a Home Star 7 certification rating, and the village will incorporate some fantastic sustainable features like solar power generation, water efficient fixtures and rainwater harvesting."

Once fully complete, Gulf Rise will have a mix of 235 independent living apartments and villas, 40 care suites and a dementia community.

Supporting elderly Kiwis at home

By Laurel Winwood, Facility Manager, Radius Taupaki Gables

As people age, they require extra support for day-to-day activities. Elderly become more prone to falls, slips and burns, which lead to injury and illness. Because of this,



it is important that their home environment is safe and risks are mitigated. If you're caring for an elderly parent, family member or friend, there are measures you can take to improve home safety.

Reduce tripping hazards: Clear floors of hazards, Tape down cords and rugs, Install non-slip mats in bathrooms and doorways.

Reduce burn and fire hazards: Check smoke alarms, Check heating and cooking elements are in good working condition, Ensure furniture is kept at a 3m distance from fires, Use appliance safety tools like kettle pourers.

An elderly person at home may have periods where they need a bit more daily support -perhaps their main caregiver is unavailable or they are battling an illness. A great option is accessing temporary care at a local care home, such as Radius Taupaki Gables.

Often referred to as respite care, temporary care is a short-term stay at a residential care home. There is something to suit everyone: carer support (part-funded), respite (fully funded), primary options for acute care (POAC), which is a stay following a hospital procedure, and day stays, which is a great option to ensure your loved one gets a warm, nutritious meal and enjoys the company of others. All services offer a professional-level of support, with Registered Nurses on site. Respite care can be part or fully Government funded.

Deciding to come into care is very hard and can be stressful for all involved. Respite is a good way for families to become used to residential care - and even try a few - before making the decision to enter permanent care. For more information on options available to you, reach out to Radius Taupaki Gables on 09 412 6800.

Caring is our calling.

Care means different things to different people. For the team at Radius Taupaki Gables, it means everything.

From the moment you first contact us we care for you. We answer your questions, calm your concerns and guide you forward. Compassionately.

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Property

Property market report

First Home Buyers - start your engines.

The government has released its first move in relaxing the shackles on First Home Buyers wanting to enter the property market.

The income caps for the "First Home Loan" Kaianga Ora scheme have been removed. This represents an acknowledgement that the capping rules put in place to limit spending actually precluded First Home Buyers actually entering the market. The latest changes are:

- House price caps removed altogether (income caps and lender requirements still apply), to provide applicants with a greater choice of properties.
- New income cap category introduced for 'individual buyers with dependents', with an income cap of \$150,000.

Some of the non-banks have come to the party and used cheap Government funding (given during covid) to come out with some amazing deals that are arguably better than the main banks offerings. Therefore First Home Buyers need to seek advice from a mortgage advisor to get the latest advice, the best options and a clear pathway. Call me for an advisor today on 0800 900 700.

If you're selling or thinking about selling we have a number of fantastic products and packages that tailor to your specific needs and wants. These include:

- Pre-Market offers, allowing you to test market your property on Social Media and Databases for absolutely no advertising cost.
- On-Market VIP and Launch activity including double page magazine spread, TV exposure and excellent Social Media coverage
- Post-Market activity which Re-launches your property on market with a new look, feel and approach to the market

Let's look at the sales:

Herald Island	\$1,333,000 to \$1,800,000
Hobsonville	\$570,000 to \$2,000,000
Massey	\$630,000 to \$1,168,000

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James**

Managing Director

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Swanson	\$807,250 to \$1,605,000
Waitakere	\$1,060,000 to \$2,900,000
West Harbour	\$1,105,000 to \$1,660,000
Westgate	\$870,000 to \$1,139,000
Whenuapai	\$1,400,000

The buyer enquiry through email, text and phone calls is steadily increasing and I would encourage anyone that is considering selling a property to give me a call today on 0800 900 700 or email me graham.mcintyre@mikepero.com. After 17 years in real estate you will engage with a very professional and experienced agent that will highlight the best options to get you on and off market in a timely manner - Mike Pero Real Estate Ltd Licensed REAA (2008).

What happens when the receivers come in?

You have likely seen some stories recently where developers are going into receivership. If you have purchased off-the plans and are waiting for titles and code compliance certificates to issue for your new property this can be scary. So, what does it mean? If a developer goes into receivership your position remains the same, you still have a valid contact for the property and are required to meet your obligations under the same. Firstly, you will want to know that your deposit is safe, under the contact this will be held by a stakeholder until settlement and if the receiver validly cancels the agreement then this will be returned to you.

Each agreement will be different but most off the plan agreements have a sunset clause. The sunset clauses can be for the purchasers benefit only, or it might be for the benefit of both parties. If it is for the benefit of both parties then the receiver may validly cancel the agreement when the sunset date comes up or may use this to push for a higher purchase price to meet the rising construction costs. If it is for your benefit only then when the sunset date comes around you can choose to validly cancel the agreement and receive your deposit back - or continue the contract should you wish (it is your choice alone).

The best thing to do is seek legal advice, your lawyer can check the agreement and advise you on the sunset date, any clauses relating to receivership, novation of the agreement (i.e. the sale of the project to another developer to complete) and let you know what



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Property

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New Builds

In this month's blog, we wanted to share some insights into what you should be considering when buying a new build as an investment property. There are some good incentives to buy new with the tax advantages the government has announced but what else should you be thinking about?



Here is a list of things we feel should also be considered before purchasing:

- Location and position - What school zone is the property in zone for? How is the property positioned in the development? Will it get good sunshine which helps keep the home healthy?
- How many bedrooms does it have? - The most favourable rental is and always has been a 3-bedroom home. It caters for a wider range of tenants. Do your due diligence and understand the demographic of people who live in the area you are buying in to know what size home will be most desirable.
- Living area size is important when you think about how they are expected to live in the home. A lot of new builds have smaller bedrooms so if they are all in the living room will it be adequate for the size of the family expected to live in it. Does this extend to an outdoor living space as we know kiwis love to enjoy indoor/outdoor living?
- Does it have a garage? A garage adds value and \$\$ and is an extra storage space for families to utilise. So many new builds are being developed without a garage and very limited parking. Think about how your tenants can live in a property without car parking facilities. How close is the public transport?
- Storage- as mentioned above without a garage what storage is there for them to use? Is there enough cupboard space and wardrobe space built into the design? Have you provided a garden shed? Think as if you were to live in the space - where would everything go?
- Did you know that 64% of kiwi families own at least 1 pet? Based on those statistics is your property suitable to allow for a pet. We are seeing more and more landlords open to allowing pets as they are an important part of the family unit. This is a positive to consider for any rental property.

• What covenants apply to tenants - we see some places stipulating no washing can be hung on patios or balconies. Are the covenants going to appeal to a tenanted property?

• Lastly what warranty does the new build come with? Make sure you ask the developer to supply the Healthy Homes Certificate of compliance, as they should be built to comply if they are being sold to investors, however this isn't always the case. We love new builds for rental properties, as do our tenants, so we just wanted to share a few of our learnings from the last 12 months since new builds have become more popular. Feel free to take advantage of our free appraisal service so you know what your new build can expect to achieve in market rent. Mike James 021 413 660 or email mike.james@therentshop.co.nz.

Core trust documents

Since coming into effect on 30 January 2021, the Trusts Act 2019 has impacted trustees and beneficiaries. The Act has provided for greater accessibility and offers trustees improved guidance to achieve this. Moreover, beneficiaries now have a better ability to hold trustees to account by ensuring that beneficiaries have enough information to enforce the terms of the trust. One way the Act does this is by creating an obligation for trustees to retain core trust documents. Core trust documents are identified in the Act as:

- the trust deed and any other document that contains terms of the trust;
- any variations made to the terms of the trust;
- records of the trust property that identify assets, liabilities, income and expenses of the trust;
- records of trustee decisions;
- written contracts;
- accounting records and financial statements;
- documents of appointment, removal and discharge of trustees;
- memorandum of wishes; and
- any other documents necessary for the administration of the trust.

Every trustee must keep a copy of the trust deed and any variations made to the terms of the trust. The other core documents may be kept by one of the trustees, provided that the trustee will make each document available to other trustees upon request.

A trustee must keep core trust documents for the duration of their trusteeship. When they cease to be a trustee, they must give any core trust documents they hold to the new or continuing trustee of the trust. Trustees should take stock of what core documents they currently hold and take steps to fill in any gaps. Trustees may also wish to take this opportunity to re-familiarise themselves with the trust deed and terms of the trust.



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Property

For further advice and assistance with your trusts feel free to contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Does your home loan still work for you?

When people apply for a home loan there is normally a lot going on in their lives.

The last time I applied for a loan to build our new home in Huapai. I was focused on getting the lending right, but I was equally focused on the build contract, selling my previous home, organising a rental, thinking about what kind of tap did we need for the laundry sink.... and a hundred other details.

Likewise, my recent clients have been moving into their first home, buying their first investment, pulling apart their kitchen, moving into something bigger before the baby arrives, or combining their finances with a partner.

That's a lot of life going on. In a lot of cases, they just want the lending approved so they can focus on everything else. As a mortgage broker, I ensure they get the best loan structure to minimise cost and achieve their goals whilst freeing them up to focus on other priorities.

If you've been through a big life event - it can be a great idea to review your lending once the dust settles. Often what was the best structure, product, or lender at the time, isn't the best solution for you now.



Before your next fixed rate is up, I'd suggest sitting down and thinking through your financial goals. Do you want to pay off your loan faster, increase cashflow, minimise interest, finally get onto that landscaping, or prepare for your next purchase?

Once you know what you want to achieve, you can make a smart decision on your next renewal. Rather than just selecting the cheapest rate on the day, which may actually cost you more in the long term.

If you'd like help reviewing your lending, I'm available free of charge; and if you want to meet in person the coffee is on me.

Scott Wombwell, Managing Director & Financial Advisor, Better Borrowing 020 4009 8944 | www.betterborrowing.co.nz

Buying your first home, are you eligible to withdraw money from KiwiSaver?

The KiwiSaver First Home Withdrawal Scheme is a huge help for first home buyers looking to enter the property market in New Zealand.

If you have been a contributing member of KiwiSaver for at least three years, have not owned a house or land before and have not made a KiwiSaver withdrawal before, you may be eligible to withdraw your KiwiSaver money to buy your first home.

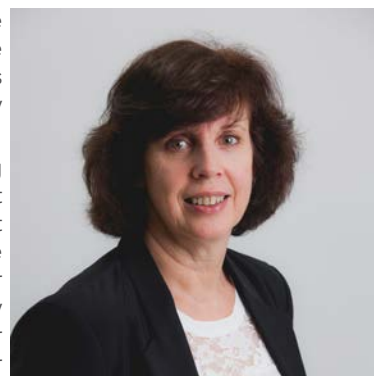
You can withdraw:

- all voluntary and compulsory contributions from your employer,
- your own contributions, and
- tax credits

However, a minimum of \$1,000 is required to be left in the account.

In some circumstances, you may qualify for a previous homeowner withdrawal through Kainga Ora if you have owned a house before, but no longer own any property and you're in a similar financial position as a "first home buyer".

We recommend that you contact your individual KiwiSaver provider and check their individual policy on withdrawals for first homes. By Fiona Taylor, Smith & partners, email fiona.taylor@smithpartners.co.nz, phone 09 837 6845.



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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.

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

A low cost roll over brand and contact image that is truly cost effective and long term. Keeps you front and centre with your market, and allows you to link your message and your brand together in print and online. The cost is minimised to \$100 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 \$450 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
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the Westerly

People & Places
Catalina Bay Farmers Market

Property market report
Community Facilities

People & places
Home & garden
Community Notices
Food & beverage

Catalina Bay Farmers Market

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	1,495,000	809M2	90M2	1,333,000		730,000	216M2	65M2	840,000
	1,520,000	840M2	200M2	1,800,000		1,475,000	459M2	235M2	700,000
HOBSONVILLE	1,230,000	203M2	180M2	1,300,000		1,020,000	608M2	81M2	882,000
	2,150,000	800M2	2810M2	2,000,000		1,150,000	611M2	120M2	870,000
	1,195,000	184M2	165M2	1,270,000		420,000	142M2	134M2	860,000
	1,675,000	385M2	261M2	1,855,000		420,000	143M2	107M2	875,000
	880,000	111M2	96M2	900,000		1,050,000	451M2	160M2	1,045,000
	1,230,000	175M2	168M2	1,175,000		1,075,000	298M2	162M2	1,037,500
	1,925,000	395M2	316M2	1,868,000		760,000	260M2	60M2	708,000
	930,000	123M2	117M2	960,000		950,000	813M2	100M2	950,000
	780,000	65M2	85M2	905,000		1,025,000	550M2	131M2	1,030,000
	1,775,000	350M2	285M2	1,828,000		1,250,000	809M2	100M2	1,050,000
	840,000	106M2	86M2	850,000		1,000,000	622M2	140M2	949,000
	1,130,000	103M2	170M2	1,149,000		1,000,000	623M2	100M2	630,000
	1,105,000	197M2	158M2	1,140,000		870,000	238M2	85M2	975,000
	1,250,000	204M2	170M2	1,210,000		930,000	181M2	124M2	1,045,000
	1,495,000	245M2	200M2	1,350,000	SWANSON	810,000	350M2	89M2	807,250
	935,000	129M2	98M2	967,000		1,100,000	1611M2	140M2	1,260,000
	1,200,000	183M2	159M2	1,230,000		1,000,000	809M2	182M2	1,210,000
	930,000	121M2	117M2	975,000		710,000	354M2	100M2	880,000
	1,400,000	270M2	225M2	1,540,000		1,550,000	2909M2	280M2	1,605,000
	1,840,000	840M2	290M2	1,800,000		1,325,000	569M2	242M2	1,450,000
	1,600,000	391M2	197M2	1,600,000	WEST HARBOUR	920,000	499M2	110M2	1,105,000
	840,000	106M2	86M2	850,000		1,425,000	791M2	115M2	1,310,000
	1,160,000	177M2	147M2	1,179,000		1,325,000	772M2	240M2	1,135,000
	1,300,000	259M2	169M2	1,260,000		2,195,000	833M2	320M2	1,660,000
	1,265,000	196M2	176M2	1,320,000	WESTGATE	1,105,000	189M2	152M2	1,139,000
	870,000	151M2	78M2	895,000		855,000	153M2	71M2	870,000
MASSEY	450,000	180M2	78M2	947,000	WHENUAPAI	1,555,000	1442M2	182M2	1,400,000
	1,000,000	540M2	160M2	1,168,000					

DISCLAIMER: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been mis-interpreted on compilation. Furthermore these figures are recent sales over the past 30 days from all agents in the area.

Mike Pero's **low** commission rate:

2.95% up to \$490,000

(Not 4% that others may charge!)

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Graham McIntyre
Brand & Territory Owner
027 632 0421

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Wood Pellet Grill



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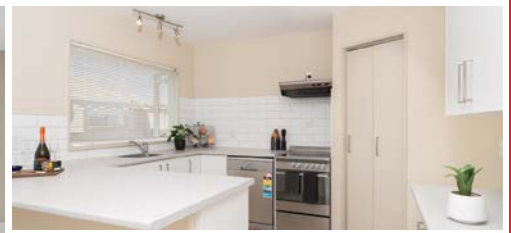
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Northside Drive & Lincoln Road
Monday to Sunday: 7am to 7pm



@MEGAWestgate
@MEGAHenderson

**MITRE 10
MEGA**

**WESTGATE &
HENDERSON**



STAND-ALONE WITH GARAGE + 2 OFFSTREET PARKS



Asking Price \$935,000

1/2 Wiseley Road, Hobsonville
Asking Price \$935,000

Seldom do you get the opportunity to buy something so good in this price bracket. A full refresh and extensive pre-purchase building report including thermal imaging report completed on this three bedroom freestanding home in the heart of Hobsonville. New carpet throughout, new kitchen and freshly painted both inside and out. It's a home that is ready for you to move in straight away with all the hard work done. Land area approx 350 square meters (more or less) and 130 square meter home. So much on offer here with a spacious lounge area that leads onto a large open plan kitchen-dining giving you full access to North facing outdoor decking. Three generous bedrooms (Master and two double bedrooms with wardrobes) and a family sized bathroom, separate toilet and separate laundry.

www.mikepero.com/RX3269521



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



EXTENDED FAMILY OR BLENDED FAMILY - ROYAL HEIGHTS



By Negotiation

3 Bangla Place, Massey
By Negotiation

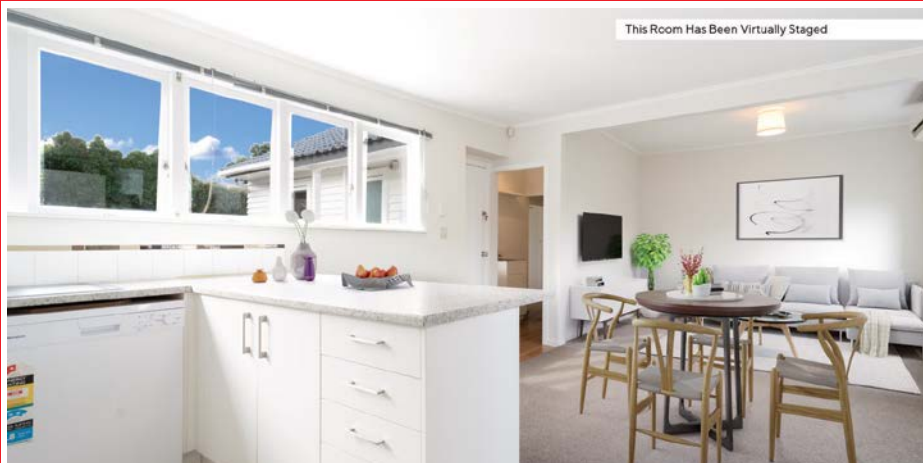
If your expecting to house all of the family plus some, you'll need a big home with multiple living and outdoor spaces, you'll also need some clever parking options and a fully fenced yard for the cutties and the critters. Well you've found just that. A near new, multi-level home that delivers more than you thought possible in its price category. Tucked away, off-street parking for four cars (tandem) and double garage, moving up to an expansive lounge-dining-kitchen with direct access to sunny and expansive entertainment decking and fully fenced yard, peppered with mature trees for shade and ambience. Two bedrooms and bathroom and guest w/c on this level and up-stairs three more generous bedrooms, separate lounge and bathroom. Delivering the perfect environment for a mixed, blended or growing family.

www.mikepero.com/RX3269528



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



This Room Has Been Virtually Staged



BEAUTIFUL BUNGALOW IN WAITAKERE TOWNSHIP

3 2 1

By Negotiation

5 Northfield Road, Waitakere By Negotiation

Majestic 1950's three bedroom home in a quiet hamlet, overlooking farmland and yet close to schools, services and park. Set on 850 square meters, this is a unique home that can host the full joys of family and friends in an environment that extends to alfresco living, outdoor pursuits and garaging tinkerers, all in the confines of this fully fenced property. Lovingly presented to reflect its pedigree and offering a neutral canvas for you to fully express your individuality. Available immediately for you to claim and move on in. Close to transport links, convenience shopping, Waitakere Primary School, and a short drive to Swanson Rail Station, Bethells Beach and Westgate Shopping hub.

www.mikepero.com/RX3325569



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BUSINESS - TOWN CENTRE ZONE - HUAPAI

3 1 1

By Negotiation

8 Orah Road, Huapai By Negotiation

Nestled to the Eastern boundary of the Huapai Business Zoned area is this generous 869sqm parcel of land offering a flat section which shoulders the carparking and the Police Station at Huapai. A stately three bedroom bungalow with open plan kitchen, dining and living room leading onto westerly decking. A large shed and carport offers storage options while the yard is full of mature fruit trees. Fully fenced, flat section with services in the street. A short distance to parks, schools and convenient transport links. Invest today for options tomorrow.

www.mikepero.com/RX3226379



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HIGH END BUILD - LOADS OF EXTRAS - CORNER SITE

4 2 2

Asking Price \$1,380,000

17 Moemoea Avenue, Huapai
Asking Price \$1,380,000

Near new, and built to a high standard with excellent attention to detail, high 2.7m internal roof height throughout and a significant list of upgrades that will delight and inspire you to secure this sun filled home. This seldom listed corner site delivers fewer neighbours, more sunshine and open aspect, so you feel you have space and an ambience that is hard to match. A beautifully presented four room brick and weatherboard blend with robust coloured steel roofing, while the layout provides excellent separation between the master bedroom and the family rooms. Two bathrooms and a guest w/c while the entertainers kitchen integrates seamlessly with lounge, dining area and alfresco decking and yard. A short drive to Huapai Primary School, convenience shopping, bars, restaurants and public transport.



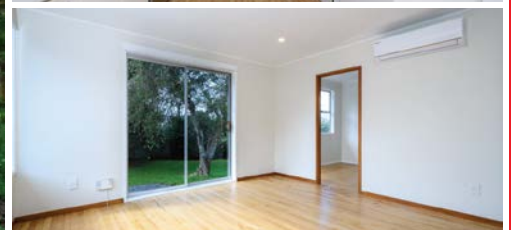
Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX3399606

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POTENTIAL, POSITION AND PROFIT

3 1 1

By Negotiation

26 Makora Road, Massey
By Negotiation

If you are looking for a home with prospects for a bright and rewarding future this is certainly on the top of your list. A fully revamped 1970's bungalow with new kitchen, led lighting throughout and beautiful native wood flooring at its best. Large bedrooms, all off a central corridor and potential to add value through decking and prospecting within this Mixed Housing Urban Zone. Set on a good sized 756 (more or less) square meters of land and close to Royal Road Primary School, Motorway access and Convenience shopping. So much to enjoy, so much reward. The CV on this property is \$1,100,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

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www.mikepero.com/RX3401707

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1200SQM BIG SITE MEETS HUGE PROSPECTS IN MHU

3 1

By Negotiation

27 Strid Road, Te Atatu South
By Negotiation

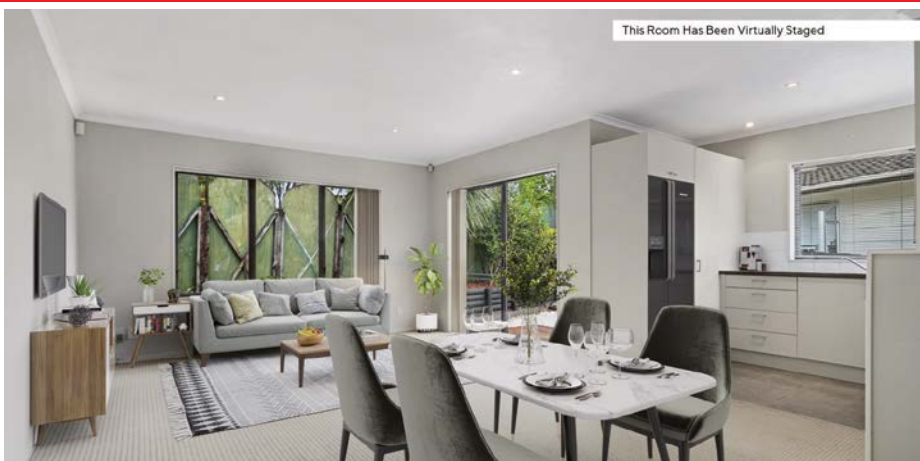
Developers delight or for a buyer wanting a home and small land-banking for the future. Certainly delivering more than may meet the eye from the road, this Garden of Eden, tucked away from the hustle and bustle of Te Atatu South and a short drive from Henderson offers some significant potential today and into the future with options to add value to this beautifully original bungalow and plan the future. Three bedrooms, smaller bathroom with separate w/c and combined kitchen/ dining and separate lounge, a traditional bungalow layout, with independent garage. Set within 1200sqm (more or less) of flat land and shoulders Rangeview Intermediate school. A hop-skip and a jump from transport, motorway links, parks and café options and in the Mixed Housing Urban Zone offering options.

www.mikepero.com/RX3382040



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



DOUBLE GARAGE, VACANT, VALUE IN WEST HARBOUR

3 2 1

Asking Price \$935,000

100 Moire Road, West Harbour
Asking Price \$935,000

Double garage internal access, seldom found in the area, palisade weatherboard and tile roof. This is a robust and sensible home that you can enjoy or add value to. If you've been searching for a smart and simple three bedroom home in West Harbour this property should top your list. A genuine standalone home on 354 square meters of land (approx) with established gardens and secure fencing. The landscaping is contrasting and modern which integrates with the home through north facing decking and slider. An open plan lounge, dining and kitchen with central hall to three good sized bedrooms and bathroom. Close to West Harbour Primary School, Parks and Bus stop across the road, while North West Mall and Westgate shopping is a very short drive.

www.mikepero.com/RX3136972



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BIG ON VALUE - SMALL ON PRICE

3 1 1

By Negotiation

369A Hobsonville Road, Hobsonville
By Negotiation

A home that makes the most of its 392sqm section (more or less) with generous parking, single garage and wrap-around lawn peppered with shrubs and hedging. Bigger than it looks, this three room home delivers more than many others with open plan kitchen, dining and lounge and direct access into the roof loft for storage. Located in the heart of Hobsonville, a short walk for groceries and convenience shopping, with access to schools, parks and the inner harbour close by. Fee simple freehold title and an honest pedigree, take a look today.

www.mikepero.com/RX3197566



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRICK AND TILE ON 817SQM - DON BUCK ROAD

3 2 1

By Negotiation

417 Don Buck Road, Massey
By Negotiation

Set in Terrace Housing and Apartment Buildings Zone this is a fantastic land banking option offering brick and tile low maintenance construction and easy access to services in the future. Offering three bedrooms plus office and extensive upstairs downstairs living and storage options including workshop and internal access garage. You can enjoy the property as a solid and well constructed home with the zoning potential for future investment making this property a very attractive buy for today with an eye to the future. Close to Massey shops, Westgate shopping precinct, motorway access, Massey Primary and Secondary Schools. Let nothing hold you back. Finance options available through Mike Pero Mortgages today.

www.mikepero.com/RX3197524



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ROYAL ROAD CHARMER

3 2 2 1

103 Royal Road, Massey

For Sale - Enquiries over \$990,000

Viewing by appointment

The home plays host to three bedrooms and one bathroom and a separate toilet while a double garage contributes further appeal.

This restful retreat is conveniently positioned near north west shopping center and is also a short drive from the for those who require easy access into Auckland City.

This charming property will capture the attention of first-time buyers and young families, and with the vendors committed to a sale you're urged to arrange an early viewing.

www.mikepero.com/RX3349517



Karina Anderson
022 093 7512

www.mikepero.com

Every precaution has been taken to establish the accuracy of the material herein but no liability can be accepted for any inaccuracies. Prospective purchasers should not confine themselves to the contents but make their own enquiries to satisfy themselves on all aspects

Testimonial

“ *Positive and Professional!*

Graham is a pleasure to work with and took us through the whole process in a professional manner. Graham has a good sense of fun, and this took a lot of the stress out of selling. He kept in constant contact with us, keeping us informed of open homes and the current market. Graham worked really hard to sell our property, bringing prospective buyers through, often several times a week. We also wanted to work with Graham, as we admire his work in the local community, and in the Volunteer Fire Service.

Marcia & Brian - Verified by RateMyAgent

Mike Pero | REAL ESTATE



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With over 6 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all. Call us today on 027 260 8225 for a free no-obligation quote.



Is your build well covered?

You've probably heard of Registered Master Builders through advertising on TV, a logo on a builder's van or through their sponsorship of the Registered Master Builders House of the Year Awards, but what exactly are Registered Master Builders?



Registered Master Builders (RMB) are builders backed by the Registered Master Builders Association, a body that works with the government and the building sector to develop and uphold high standards in the industry. There are certain criteria that builders

need to be assessed on before they can become a member, such as their experience, qualifications, workmanship and their financial health.

Using a builder with an RMB accreditation can give home owners some peace of mind, however, it is worth noting that using an RMB does not mean their work automatically comes with a master build guarantee. The builder needs to apply for the guarantee for each new build, so always check with your builder prior to work commencing to ensure they will arrange a guarantee for your project. There is an application form detailing all the information related to your build that you will need to sign before your builder submits it to the Master Builder Association.

So, what does the guarantee cover? It provides protection for two different stages of your project: during the build and after the build. Areas of cover include loss of deposit, non-completion, structural defects, material and workmanship, but the guarantee can be tailor made so it's important to discuss it with your builder and make sure you are aware of exactly what is and isn't covered in your specific guarantee.

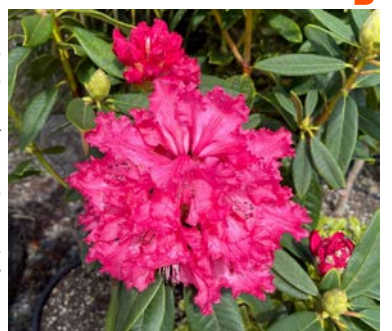
In addition to the master build guarantee, sometimes a builder will provide further cover to give their clients extra peace of mind. Maddren Homes have been providing their own 10-year weathertight warranty for some time. It assures that Maddren will maintain a high standard of service and workmanship, be smart when choosing materials and meticulous with product installations. The extra cover is a big responsibility, but living up to these assurances helps Maddren maintain the exceptionally high standard that gives them such a good reputation in the industry.

For clients, that good reputation means better resale value. You've probably seen real estate agents listing quality builders as a key selling point, because good quality houses attract good buyers. So everyone benefits.

Note: Information from masterbuilder.org.nz included in this article.

Rhododendrons at Awa Nursery

Awa Nursery currently has an abundance of Rhododendrons and the variety of colours is fantastic. There are many an avid Rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A Rhododendron bush is very attractive, especially when in full bloom and hard not to miss in the landscape. We have large and small varieties in stock to suit



IS YOUR BUILD WELL COVERED?

MADDREN
EST. 1935

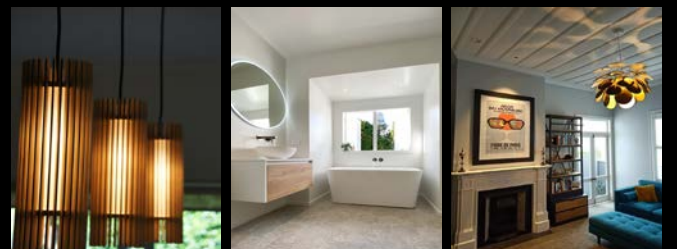
We know building a new home is a big deal - you need a builder you can trust, and you need to make sure your investment is protected. As an accredited master builder, all Maddren Homes come with a master build guarantee providing protection during and after the build.

In addition Maddren provide a 10-year weathertight warranty for extra peace of mind, assuring that Maddren will maintain a high standard of service and workmanship, be smart when choosing materials and be meticulous with product installations. The extra cover is a big responsibility, but the team at Maddren are proud to stand by their reputation for quality you can trust for years to come.



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maddrenhomes.co.nz

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Home & Garden

any garden situation.

Rhododendrons do well with direct light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The Rhododendron has shallow root systems and needs moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provide nourishment, and limit weed growth. Prune your Rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties or call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron.

Light up your lifestyle

We Kiwis are known for our laid-back lifestyles. Spending summer nights enjoying a BBQ with friends, and winter evenings huddled around firepits and pizza ovens, we make the most of our outdoor spaces. Which is why it's so important to ensure that lighting around the exterior of your home does exactly what you need it to do.



Garden Lighting: Transform your garden and entertaining area with lighting that highlights details and shows your property off at night. Landscape lighting can really help to bridge the gap between an indoor living room and an outdoor living room, and it's a great way to not only extend the hours you can utilise your outdoor living space, but it also enhances the ambiance and safety of your backyard.

Security and Driveway Lighting: Security lighting helps to add an extra layer of defence to your home. It provides enough illumination to clearly see and identify people or objects outside your home. Not

only is it a deterrent to criminals, it also ensures safety for your loved ones when coming and going from your home at night.

Whether you're looking to light up your outdoor living area, or boost the level of security around your home, there are plenty of outdoor lighting options to suit every house and every budget.

If you'd like to discuss outdoor lighting options for your property, give the team at Blackout Electric a call on 022 500 5856 or email us at info@blackoutelectric.co.nz.

Mitre 10 MEGA Westgate

Mitre 10 MEGA Westgate, is now the largest hardware store in New Zealand.

Our undercover trade department is a one stop shop for all your project needs, drive in and speak to one of our specialist staff. Every department in the store has



grown, with a particular emphasis on our outdoor living section in the middle of the store. We are the biggest supplier of Weber BBQ's in West Auckland. Come and see our extended range of garden supplies and indoor/outdoor plants. Add in the fact that we are 100% NZ owned and operated, what more do you need! Dave & Elaine Hargreaves and all the team look forward to seeing you.

Springing away

The sound of mowers and trimmers is echoing around most suburbs these days as homeowners and mowing & gardening contactors are busy tidying up the lawns and gardens to have them looking great over the months ahead. I've 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 hopefully you have been able to get

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Home & Garden

your seeds and seedlings planted to make the most of the warm and wet conditions. There is some talk from forecasters of a warmer summer ahead so it may pay to think about irrigating your garden - a simple system typically available from the local hardware or garden centre on a timer is a pretty inexpensive way of getting the best out of your garden and limiting the amount of water you use.

It's time to get ready for the flush of growth of your lawns too. Keep mowing regularly and 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 lush, healthy, green lawn bursting through and ready for summer.

Gary Turton, Franchisor - Jim's Mowing (NZ North).

Laser Plumbing and Roofing Whenuapai

Your Plumbing, Roofing & Drainage Experts in West Auckland.

Spring has sprung. Time to look forward to more sunshine and warmer weather. It is also an ideal time to sort out some of those post-winter plumbing jobs around the house.



Gutters & downpipes- after a long rainy, windy winter, your gutters and downpipes may be full of leaves and other debris. This is a perfect time to clean out your gutters and downpipes. This will help prevent leaks in your home.

Exterior taps - as the weather gets warmer, we will be outside more,

watering the garden and cleaning the cars. A dripping hose often goes unnoticed, but it can cause a lot of damage to your water bill. It's a good idea to check the taps outside your home for any drips, leaks, or signs of corrosion.

Hot-water cylinders - Hot-water cylinders get some serious use during winter, so spring is the ideal time to check all connections and valves to ensure your hot-water unit is running as it should.

When you book any job with us before the end of September, mention 'SPRING' and you'll go into the draw to win a \$100 petrol voucher. Easy!

Our skilled team of plumbers and roofers at Laser Whenuapai are ready to help remedy any issues for you.

We are also excited to share that we now offer a Supergold card discount. Just let us know you have a Supergold card when you book in your plumbing job, and we will give you 20% off your first hour of plumbing labour.

We do more than just fix your plumbing problems. Maybe you are thinking of building a house? We know building a new home requires a lot of decision making, which is why we will take the time to discuss your plumbing and drainage requirements with you and help to create your house into a home. We can offer full plumbing solutions for new builds as well as renovations.

Does your roof leak? Or does it need replacing? We find and fix roof leaks and offer full roof replacements. Your one stop shop for all your plumbing, drainage, and roofing needs. And best of all, we offer free, no obligation quotes.

Contact Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz or visit our website whenuapai.laserplumbing.co.nz for more information.

Pool care made easy

Is your pool and spa water safe for your family?

Let us help you get your pool from green to clean.

Drop in a sample of your pool and/or spa water and we will test it for FREE.

Once we have tested it, we will send you a detailed step by step report with basic steps on how to balance your pool or spa water.

We sell Bioguard Pool & Spa products in store for your convenience.

With the warmer weather just on the horizon, there is no better time to get your pool and spa sorted. Pop into our store with a sample of your spa or pool water and we will sort the rest for you.

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Home & Garden

KPL - we are a well-established plumbing business, owned and operated for over 48 years servicing Auckland North to South, East to West. Pop in and see one of our friendly team members at our showroom based in the heart of Kumeu.

Building a home has never been this easy

At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure.

We build beautiful homes for young families, singles and retired people, from modest townhouses through to expansive country estates.

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Have an idea on paper but not sure where to start? Our New Home Consultants and onsite Architects can turn your sketch into reality and have it priced all in the space of a very short timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material guarantees, completion dates and other key issues.

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

Tile and grout cleaning and recolouring

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



Grout is porous, and dirt, grime and bacteria soak into the surface

leaving it unsightly, unhealthy and practically impossible to clean using normal cleaners. Give GroutPro a call, we deep clean (vacuum extraction) and re-colour your grout to look like new again.

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

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

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

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

I've been a franchisee of The Pro Group for 7+ years and we're well established with proven results. Contact me for a free quote: Mark Bowers 027 477 2231 - Email mark.b@theprogroup.co.nz.

Dan Taylor Plumbing and Gas

Dan Taylor Plumbing and Gas is a family run business that services the local and wider community. Dan grew up in West Auckland and attended the local Waimauku Primary School and then went on to Kaipara College for a few years before realising he wanted to get into a trade.



In 2002, he started his apprenticeship with well-known company, Heron Plumbing, where he became registered in Plumbing and Gasfitting. After spending a number of years working for other companies. Dan started his own business venture as a one-man-band in 2016 with 'behind the scenes' help from his wife, Emma.

"I have created great relationships while running a business, from our loyal clients to the contractors we use they all bring a lot of purpose to the business." Dan says. After a couple of years and an increasing workload he decided it was time to grow and came across the opportunity to employ Vincent and Joshua who have both been a great addition to the company. "We realise the importance in training young future plumbers which is why we brought on our first apprentice at the start of this year, Andre who we are excited to see grow and learn within the trade". Dan and his team cover all aspects of Plumbing and Gasfitting work. "We mainly work on new builds, renovations and residential maintenance. Which gives us the opportunity to get to know the customers we are working for and focus on delivering high quality plumbing."

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Home & Garden

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Give the friendly team at Dan Taylor Plumbing and Gas a call on 021 254 3899 or email us at admin@dtplumb.co.nz.

Whenuapai Garden Club

Our meeting was held at the Whenuapai Village Hall on the eighth day of September, a date that has since gone down in history as the end of the Elizabethan era. Farewell to our gracious Queen who always chose the brightest of colours for the outfits she wore for her public appearances, as pretty as the flowers in any garden. Florists throughout the United Kingdom have been busy providing floral tributes for mourners to place outside several palaces in honour and respect for Her Majesty. The same has happened here at significant places including beside a large pohutukawa tree planted at Waitangi by Queen Elizabeth nearly seventy years ago.

The pretty soft pink freesias in a vase on the Committee table were grown in Margaret's own garden with the bulbs having been given to her by a friend. The large blooms had a delicate fragrance so were an aromatic as well as visual delight.

With apologies for the absence of any Guest Speaker for this meeting, members were reminded that they are entitled to 10% discount on any purchases from Kings Garden Centre in Henderson.

Due to the ever-increasing charges for fuel, the costs of bus trips inevitably continue to soar. Members were assured that although the quantity of outings has been reduced, the quality and value for money is still there. Details were announced of some exciting planned trips.

If you would like to know more about our Club, and wish to join us, please phone either Doreen Brown on 09 832 3020 or Judy Garrity on 09 833 5592. Meetings held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips on the fourth Thursday. Entry fee is \$4 with another dollar per raffle

ticket (good prizes).

Until next time, Happy Gardening from Mary Anne Clark.

Western ITM

Our annual Toolbox Top-Up Sale Day and Builders Breakfast event is fast approaching.

Join the team at Western ITM in Whenuapai on Tuesday 11th October from 6.30am to score some exclusive savings on a quality range of power tools from Makita - including outdoor power equipment, Milwaukee, Hikoki, Ecko and Paslode, as well as some great deals on our quality ranges of hand tools and accessories.

All are welcome... call in and meet the Western ITM team over a BBQ breakfast and complimentary hot beverages with several key suppliers onsite, while grabbing yourself a great deal. Plus, all purchases on the day over \$50 get to Spin the Winning Wheel which is loaded with great prizes - every spin wins!

Event details:

Where: Western ITM, 2 Airport Road, Whenuapai, Auckland

When: Tuesday 11th October from 6.30am

For any further information please contact: info@westernitm.co.nz or visit our website:

www.westernitm.co.nz

The team at Western ITM... locals supporting locals.

Waimauku Garden Club

After a winter of indoor trips for the Waimauku Garden Club, it was with relief that we got outdoors in some spring sunshine with a visit to Cornwall Park. Although the daffodils were nearing the end of flowering, we were given a lovely tour by Jo Alder, the Horticultural Manager. She took us through the organisation and upkeep of the park's extensive gardens, showing us new additions as well as the old established trees and hidden surprises. Her team also runs a nursery and is responsible for designing different seasonal gardens as well maintaining established and mature plants. The park showcases the best of what grows well in Auckland and has impressive native shrubs and trees. Our thanks to Jo and her team for an interesting and enjoyable morning in Cornwall Park, a real Auckland treasure.

Following a lovely lunch at the Bistro, we then moved on the Stardome Observatory and enjoyed a session reintroducing us to our Night Sky.

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Home & Garden

Next month we are exploring a couple of private gardens in Waimauku and in the following months will visit Parnell Rose Gardens, historic houses and finish the year with a Christmas lunch.

The Garden Club welcomes new members and we encourage you to join us on our outings. We have a Facebook page which you can follow or join and if you have any queries please feel free to contact any of the committee members as listed below.

Ann 021 035 7406, Diana 027 478 8928, Gail 021 344 070, Maree 027 496 3006, Moira 027 498 9154 Sandi 027 318 4541.

Building together for a better future

Signature Homes' journey to building better homes for Kiwis starts with a focus on reducing our greenhouse gas emissions (GHG).

Committed to building together for a better future and positively contributing to New Zealand's goal to be carbon neutral by 2050, Signature Homes has partnered with Trees That Count.



For every Signature Homes home built, greenhouse gas (GHG) emissions created from the home's construction will be counteracted by planting native trees with Trees That Count.

Signature Homes are also protecting our unique biodiversity by partnering with Save the Kiwi, a programme focused on protecting the native Kiwi. The relationship was a natural fit for Signature Homes, being a Kiwi-owned and operated company.

Together, through innovative partnerships with Trees that Count and Save the Kiwi, and improved construction and supply processes, Signature Homes will hone in on three defined areas of work - protecting our environment, caring for our people and building better homes for Kiwis.

Dean and Amanda Pritchard are the proud owners of Signature Homes West & North-West Auckland and have been personally involved in the creation of beautiful homes for New Zealanders for over 20 years. Whether you have an idea of your dream home planned out or you're just starting your build journey, our team can help you create a space that's perfectly in tune with the way you like to live. On-time, on budget, with no nasty surprises, and New Zealand's most comprehensive building guarantees - including our fixed price guarantee.

Contact Signature Homes West & North-West Auckland on 0800 020 600 for more information.

Maximise the value of your land



BUILDING MULTIPLE DWELLINGS ON YOUR LAND WILL BECOME LESS RESTRICTIVE WITH THE NEW HOUSING LEGISLATION COMING INTO EFFECT SOON.

Talk to Signature Homes West & North-West Auckland today about maximising the value of your land.



Designed to improve housing supply in New Zealand's five largest cities, the new legislation will allow landowners to build up to three dwellings on a single section, up to three storeys high - without the need for resource consent from the council. **Talk to Signature Homes West & North-West Auckland today about maximising the value of your land. 0800 020 600 | 09 412 9010 | signature.co.nz**

Showroom/Office: 80 Main Road, Kumeu, Auckland.
Open: Mon-Fri 9am-5pm



Pets

Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.



Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programmes and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at www.thenzcatfoundation.org.nz. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

Kanika Park Cat Retreat

DIY Cat Toys

Knotted T-Shirt - Speaking of old shirts, I'm yet to meet a cat that doesn't love smacking these DIY knotted t-shirt toys around. They were an immediate hit with my kitty and are a great way to reuse fabric scraps

Because they're so simple to make, be careful not to go overboard while making them, lol. But then again, you could gift the excess toys to friends and families with kitties.

Treat-Filled Toilet Rolls - Our cat seemed to quickly get bored with his existing toys. We recently made him a few toilet paper roll toys, filled with some of his favourite treats. These DIY toys are bound to keep your cat busy for a while once they realized they are treat-filled



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Just make sure you leave one end open enough for the treats to fall out while your kitty whacks the toy around. We mistakenly closed off both ends too tightly, and he got a little frustrated! Whoops

Kanika Park Cat Retreat phone 027 550 1406 or email info@kanikapark.nz.

Is your dog in their golden years?

Then it is definitely time to consider capturing some gorgeous memories to treasure forever, and have some portraits that are worthy of putting in a frame up on the wall. Phone photos just don't cut it. As a professional pet photographer, I meet a lot of old and unwell dogs



and capture special portraits of them solo, as well as photos with the whole family. Something I am particularly passionate about is photographing the bond between dogs and their people. Having that memorialised is priceless. Our pets are our family, and it's certainly not a family photo without them.

I do photo sessions at gorgeous locations around Auckland such as Muriwai Beach, Riverhead Forest, and Auckland Domain. I also have a studio to capture more simple photos, and for dogs who don't do well in public places.

Currently I am taking bookings for spring, so get in touch if you would like to reserve a spot. You can visit my website for more information on packages and pricing, or feel free to email me directly with and enquiries. I will look forward to hearing from you and meeting your four-legged family members soon. Website: www.dogandco.nz Email: kirsty@dogandco.nz.

Urinary problems in cats

Urinary tract problems in cats are becoming more common as the cats have more of a sedentary lifestyle leading to obesity and they eat food rich in salts. If your cat has urinary tract disease, the most common symptoms are - Straining to urinate, Blood in the urine, Increased frequency of urination, Urinating at unusual places or inside the house and Inability to pass urine.

You must contact your veterinarian immediately if your cats is unable to pass urine as urinary blockage is an emergency condition.

Consumption of foods rich in magnesium or phosphorus (most of

Huapai Vet Clinic

Dr Gary Duggal (BVSc)

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Email: huapaivet@gmail.com

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Pets

the supermarket dry foods or raw meat) over time can lead to build up of crystals or stones in the urinary bladder or urethra. These cats mostly have high urine pH and pass alkaline urine. Alkaline urine also favours urinary tract infections.

In clinical practice we see these cats with history of sitting in the litter tray for prolonged periods of time or straining to urinate. Most of the time they have crystals building up in their urinary bladder or urethra causing cystitis (inflammation of the bladder), urinary tract infections or urethral blockage in more extreme cases. Cats can die if their bladder is blocked for prolonged periods, so we normally recommend immediate veterinary examination if a cat is unable to urinate.

Stress is another factor that plays a role in feline urinary tract disease. A lot of the cats stress out due to territorial fighting or change of territory or if the owners have adopted a new cat or puppy. Stressed out or anxious cats are more likely to get cystitis. It normally settles with time as the cats get used to the change in conditions at home.

To prevent it from happening, it is recommended to feed the cats foods low in Magnesium and Phosphorus and foods that make the urine pH slightly acidic (Hill's c/d urinary care food or Royal Canin Urinary s/o). In general, for urinary tract problems in cats; any good quality wet foods are better than dry foods. More water in the diet helps in flushing the urinary tract.

Preventing obesity by feeding the cats the right amount helps. Obese cats are more likely to get urinary tract problems along with many other issues. If your cat is gaining weight rapidly, it means you need to cut down on the amount you are feeding the cat.

If your cat is persistently showing the urinary tract signs or you

notice any discomfort associated with urination, you should consult your veterinarian.

Dr Gary Duggal BVSc, Huapai Vet Clinic phone 09 412 2223.

Raw Food Direct

Gary Withers has been buying raw meat mixes to feed his dogs for many years and has watched his dogs thrive on the quality products he sources from the Waikato. "To find a supplier that produces meat products for dogs that are free of hormones, preservatives and antibiotics that also understands the correct balance dogs need between muscle meat, organ meat, bone and tripe is a great find here in New Zealand", he goes on to say his dogs are prized for their great condition and shiny coats which he attributes to the quality raw food he feeds them.

When he and his partner's interior business was closed due to the problems caused by Covid, Gary saw this as an opportunity to offer these same meat products to the general public, so he started Raw Food Direct. There are many suppliers currently offering raw food for dogs and cats but he has found them either too expensive, the mixes incorrectly balanced or the quality compromised through the processing. Also many are not medicine free, something Gary feels very strongly about.

He supplies only to the 'local' market and isn't interested in growing the business so big he can no longer offer a personal service to his fast growing list of customers. Check out his website for a full list of products and prices on www.rawfooddirect.nz.

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Spearmint Marshmallow Slice Recipe

If you are a vegetarian or even vegan, the marshmallow part of this recipe is amazing. I used aquafaba (chickpea liquid) but you can also use egg white instead. Using agar-agar to set the marshmallow creates a velvet-smooth marshmallow that holds well and can be used on its own and cut into pieces, then rolled in coconut to create marshmallow sweets or used as shown below with a biscuit base, bringing back childhood memories.

Base Ingredients: (base recipe is based on Allyson Gofton's Creative Biscuits & Slices cookbook) 125g butter, 1 cup sugar, 1 egg, 1 tsp vanilla essence, 1 cup flour, 1 tsp baking powder.

Base Method: Cream butter and sugar then add egg and beat until incorporated. Sift flour and baking powder and add to mixture along with vanilla. Mix well and press into a lined 20cm x 30cm tray. Bake at 180C for approximately 18-20 minutes. Cool completely before adding the marshmallow.

Marshmallow Ingredients: ½ cup aquafaba or equivalent egg white, ½ tsp cream of tartar, ½ cup water, 1 T agar-agar powder, 1 cup white sugar, 2 T spearmint essence (see our website for essence recipe using spearmint tea), green food colouring, 1/3 cup desiccated coconut approx.



Marshmallow Method: Mix the aquafaba with the cream of tartar and beat until soft peaks form. While this is beating, add the water and agar-agar to a pot and bring to the boil, stirring continuously. Next add the sugar to the pot and continue stirring until the mixture clears and begins to thicken - it needs to still be pourable. Remove from heat and while the mixer is on, slowly add the liquid to the aquafaba mixture. Next add the spearmint essence and food colouring. Beat until incorporated. Pour the marshmallow onto the cooled base and use a spatula to smooth the top. Sprinkle the coconut over the marshmallow.

Allow to set firmly (30 minutes or so), then cut into squares and store in the refrigerator. Any of your favourite essences can be used in place of the spearmint essence.

To purchase Certified Organic Spearmint tea and other teas or to find more herbal recipes, visit our website www.NewZealandHerbalBrew.co.nz.

Allely Estate creates memorable moments

Allely Estate hosted and sponsored a Business Forum on Workplace Wellness for one of its group of companies - The Engine Limited (www.theengine.biz) - a leading business advisory firm.

More than 100 business owners heard keynote speakers economist (BNZ 25 years) Tony Alexander, business advocate and 4 Day Week Global founder and CEO Charlotte Lockhart, and disruptive innovators Organised Chaos which included Christine Rankin, Monica Moore and Julia Grace.

Attendees also heard from three other business owners about their business journey from former MasterChef finalist Kelly Young who owns 9Rounds Fitness Albany, Curtis Stowers of Conference in a box and Sarah Donaldson of Fitworks Health.

Speaking of businesses, Allely Estate has been a sought-after venue for years - not just for weddings but for many businesses wanting to put on a product launch, conferences, celebrations or even an early Christmas Dinner.

Many businesses have their Christmas gatherings from June to October at Allely Estate so that they get to appreciate their team without trying to battle dates which can be hard with your staff's





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Food & Beverages

busy calendars in the lead-up to Christmas, coupled with a busy time to get booked in.

The Workplace Wellness Forum was sponsored also by another sister company of the group, WineTime (www.winetime.co.nz).

WineTime has incredible NZ wines and bubbles that are delivered cleanskin and then personalised. Imagine gifting your client or staff member with a bottle that is personalised with your message - from staff appreciation, retirement, get well soon, birthday ... there are so many reasons to send a gift and one that is in the moment and tastes amazing too.

Rounding back to Allely Estate, the owners have adopted the WineTime personalisation into their service. Those booking are now purchasing personalised wines and bubbles and Allely Estate also gift their clients with a personalised bottle to remember the day.

Contact info@allelyestate.co.nz to get the conversation started to book your event or sales@winetime.co.nz to find out more about personalised wine.

Westbrook Winery

Spring has to be one of the most exciting seasons - what's not to love about longer days, new-born lambs, and daffodils?

For those of us lucky enough to work at a vineyard, it is the greatest thrill to see the vines burst to life again - a new vintage is being born, right before our eyes.

At this stage, the vines are still quite fragile and require plenty of attention to get them safely through the sometimes unsettled spring weather.

We are enjoying welcoming international visitors and returning Kiwis to the Cellar Door. As more locals discover this 'hidden gem', a lot of our weekend bookings are for family groups re-connecting after many months apart. The current wine list features all of Westbrook's classic hits' including our delicious Crackling Rose. Our gourmet pizzas and tasty platters are as popular as ever.

Haven't been to see us for a while? Come on over... we are 'just up the road' at 215 Ararimu Valley Road, Waimauku. Bookings are highly recommended for weekends and public holidays. Book online at www.westbrook.co.nz/book-now or call the friendly Cellar Door team on 09 411 9924 for assistance.



Peko Peko

We turned 3 years old last month. Thank you so much for your ongoing support, it has been a wild ride through these pandemic times. We are the only Japanese-owned Japanese restaurant in the neighbourhood so please come try the authentic Japanese dishes. We only use rice bran oil, free range chicken and eggs, homemade sauces and we pride ourselves on serving fresh and honest food, vegan friendly too. We have an online takeaway order from our website and you can also book your table through the same page. Located on 102c Hobsonville Rd, check our FB and Instagram @pekopekonz or visit our website www.pekopekojapanese.nz Fully licensed with Asahi tap beer, Japanese Sake and Soljans wines. Phone 09 416 1197.



Hallertau's new number

This beer is rather neat, we use a bunch of Canterbury wheat with some barley too.


A luscious fruit salad of NZ hops makes for 100% local unfiltered deliciousness. Would you look at the time, it's quaff o'clock!

No.10 Hazy Pale Ale now pouring at Hallertau Riverhead.






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Health & Beauty

Luxury Skin Treatments - Hobsonville Point

If it's a luxury skincare experience you are looking for, then visit Rachel from SKINMED NZ.

After many years of providing a variety of services within the skin treatment, cosmetic appearance, and make-up artistry working across Auckland, Rachel decided 2022 was going to be the year to kick off her own skincare clinic and so SKINMED NZ was born in Hobsonville Point.



SKINMED focuses on 3 key skincare treatments for both Men & Women aged typically between 30-70 years; Dermal Needling, Microdermabrasion and Bespoke Facials tailored to suit your skin condition, age, and the results you are looking for. Using world leading cosmeceutical products from Mesoestetic and Genosys the goal is to slow the anti-ageing process, reduce pigmentation and support healthy skin. "My clients have come to realise the over-the-counter products provide limited results or simply don't work and they want to feel relaxed, unique, and pampered in a relaxing non rushed environment. Over and above everything else I have learnt to understand my purpose, and my "why" in life, and that is to make other people look and feel great about themselves, not just on the outside but just as equally as important, how you feel about your inner beauty. From the moment you walk into my luxurious treatment room located in Bomb Point, I want you to feel like you have stepped into a tranquil oasis, where for the next hour or so, it's

all about you."

To help the business through the tough Covid restrictions SKINMED opened an online store in February 22 to allow customers to purchase products to use between visits or for when they simply could not physically see clients. We now offer supporting brands such as BePure, California Mango, Victoria Curtis, and Gentlemen's Tonic.

If you would like to know more about the services I offer and our products range, please visit www.skinmednz.co.nz or contact me directly to book a consultation at contact@skinmednz.co.nz or 021 825 464.

Your mouth: Driver of both health and disease

There is a huge connection between our oral health and the health of the rest of the body including the gut and of course a connection between our gut health and our oral health - no one way streets here.

The mouth is home to about 700 species of bacteria and numerous other micro-organisms such as fungi, viruses and protozoa. It's the second largest home to a diverse group of microbes, the gut being the first. Something like 22% is found in the oral cavity. We have a core microbiome (predominant species) and then we have variable microbiome (individual to us and our environment).



Research has started to show that some of the bacteria that are in the mouth are specifically linked to specific health conditions such as: Alzheimers, atherosclerosis, pancreatic cancer, SIBO/IBS, Lupus, oral cancer & colorectal cancer amongst others.

Vicious cycle driven by what we eat: When we eat, our mouth microbes eat before us. Our beneficial microbes 'metabolise' the sugar from carbohydrates, then produce by-products which support the growth of bad bacteria, who also produce by-products which support growth of bad bacteria etc. you then end up with dysbiosis, plaque development, inflammation and a vicious cycle,

Gut dysbiosis and leaky gut cause oral dysbiosis and leaky gums

When you have a 'leaky gut', certain compounds such as LPS will

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Health & Beauty

pass through the gut barrier and end up in your bloodstream, circulate and they can end up going into the soft tissues in the mouth, causing inflammation in the mouth which then causes dysbiosis - another vicious cycle. So it's paramount that we work on fixing the gut imbalance at the same time as any mouth imbalances.

Top Tips

1. Fix the gut - whole food Mediterranean diet rich in fibre rich and prebiotic foods, fermented foods and beverages, lots of plants - 30+ plants a week (the more variety in your diet the more variety in your gut), healthy fats.
2. Reduce smoking, alcohol use and alcohol based mouthwashes
3. Reduce sugar based beverages and sugar rich 'foods'.
4. Brush teeth after eating
5. See your dentist regularly - don't ignore any oral infections, inflammation or pain.

If you want to know more or need help with your health then please go to sarah-brenchley.com/links. I will be running a free Webinar on managing perimenopause on 13th October. Details in link above.

The good old days

We often hear people lamenting and wishing for "the good old days".

There was once when we were young and fit - we could work all day, party all night and get up again, shower and repeat.

As we get older, we start realising that it takes more effort to wake up in the morning after a night out.

We can't mow the lawn without stopping to catch a breath.

We need help from our grown sons to carry the heavy box up the stairs when once (upon a time) we could lift it and go up 2 steps at a go.

That's when we start to wish for "the good old days".

We forget that as we age we need to slow down just because we're not young anymore.

Our body has weathered decades of toil such that if we were a house, we would probably need to seriously consider a coat of paint or even a prolonged renovation.

Alas that's not possible...this old dad (or mum) bod is all we have.



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So look after yourself well.

Get someone proactive and competent to check you over for leaks and bumps.

Slow down your life before life decides to slow you down.

These may not be "the good old days" but it can certainly be "the better new days".

Live well, eat well, be well.

Dr Frederick Goh, Royal Heights Doctors www.rhdoctors.nz.

Love to Move

Introducing Kayleen Smith, head trainer at Love to Move, operating from my home gym in Hobsonville Point.

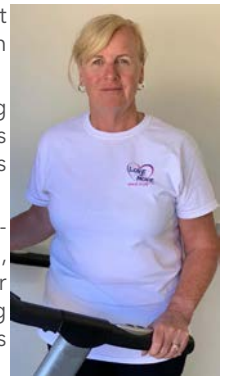
I cater for mature audiences who are looking to get back into or maintain a level of fitness so they can lead sustainably independent lives into the future.

Fully qualified, with expertise in pre and post-natal training, returning to exercise after Covid, Bootcamp training along with being a member of REP's - New Zealand's exercise governing body, I pride myself in helping my clients achieve their goals.

I offer 1:1 sessions, bootcamps, mum's and bub's bootcamp and Functional Fitness classes which are to be held at The Headquarters, 214 Buckley Avenue, on Wednesday afternoons at 1.15pm.

If you prefer a private environment with a person who understands your needs, please contact me for a free consultation or chat.

Please contact me on 027 665 4091 or kayleen@lovetomove.co.nz.



A simple approach for better balance

We often assume that balance is one of those things that just gets worse as we age and there is nothing we can do about it. One reason this happens is because we don't train it.

In a recent blog post, I shared a simple way to test your balance and then some simple exercises (with progressions) you can use to try and improve it.

Here is how to test your balance. In bare feet, stand with your feet



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Health & Beauty

together and then raise one leg so the hip is at 90 degrees and see how long you can stand in this position without excessive wobble. Repeat with the opposite leg.

Ideally you should be able to balance like this for at least 30 seconds. If you can't, it will be worthwhile training it.

For videos of the test and all the exercises visit; www.elevatechiropractic.co.nz/blog.

Holistic eye care for every member of the family

Here at Westgate Optometrists we know that how we manage your vision today has a big impact on how well you'll see the world tomorrow. The key is spotting potential eye health issues before they become major or irreversible. To achieve this our practice utilises the latest technology, such as our OCT-A machine, which allows us to see changes in the blood vessels beneath the retina and macular, a warning sign for Glaucoma or Macular Degeneration. By picking up on these problems at the earliest possible stage we can advise you on the best options to manage your condition going forward. But along with caring for your vision, we want you to look great too. That's why we offer a wide range of contemporary frames, with something guaranteed to suit everyone in your family. Protect your future eye health by visiting us in-store or booking an appointment either by phoning our friendly team or visiting our website: www.westopt.nz Located at 4/46 Maki Street, opposite the Kiwibank and NorthWest



Shopping Centre and just around the corner from Goode Brothers Restaurant.

Lisa's tips for hearing aid care

When wearing facemasks, use a neck strap. Either purchase one or be creative with buttons or the like to make one. Neck straps do not interfere with your ears so putting facemasks on and off will not risk your hearing aids falling off.



Have a drying system for your hearing aids to minimise moisture damage. This can be simply an airtight container with a desiccant capsule, or an electronic drying chamber for hearing aids.

Clean your hearing aids regularly by using tissues, dry cloths, small brushes and/or tools supplied with your hearing aids. Often hearing aids are not functioning because the sound port is blocked. All hearing aid styles have a port for delivering sound into your ear. This port can easily get blocked if not regularly cleaned.

Unfortunately cleaning hearing aids can be fiddly and requires good vision. If you need help with maintenance, please feel free to contact me for advice or a visit.

"Since I have had Lisa, I just don't worry any more" Miriam from New Lynn.

Email Lisa at lisa@hear4u.co.nz, or Phone 0800 119 510.

Repression of emotion causes physical issues

I never knew my physical ailments were due to the repression of emotions. Who knew the mind considers the greater evil is the conscious expression of emotional pain and physical symptoms are the lesser evil. Better to suffer physical pain and illness than have your life ruined by an explosion of rage or intensely painful feelings.

I was aware that in my life I have suppressed emotions with alcohol, drugs, cigarettes, food, books, tv, exercise, and sheer willpower. Now I am learning and seeing in myself (and my clients) that the mind will repress feelings it believes are more dangerous or painful than the pain experienced with health issues.



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Health & Beauty

I have had my tonsils removed, conjunctivitis, warts on my hands, hay fever & allergies, Coeliac disease, irritable bowel syndrome, anxiety & panic attacks, pain in my tailbone, lower & mid-back, left shoulder, right foot and even my left index finger.

The purpose of these issues? To keep my mind distracted from painful emotions literally raging within me. As Snoopy (created by Charles M. Schulz) once said; "There's nothing like a little physical pain to keep your mind off emotional problems."

Now I know that to heal, I must feel. Not always comfortable but healthier than my history.

If you need help with physical or emotional pain, please get in touch.

Lorraine Maguire - Rapid Transformational Therapist

www.lorrainemaguire.com

Changing the course of Osteoarthritis is now possible using biomaterials

Sore joints are more than just a pain in the knee. It can stop you doing the fun things that bring meaning to your life. Plus, it can reduce the amount of exercise you do, which we know is good for your heart health, your metabolic health and your mental well-being. If you are over the age of 50, then you likely have osteoarthritis in your joints.

Biomaterials to the rescue:

Biomaterials naturally switch on the production of tissues within joints such as cartilage, synovial membranes, and osteoblasts (bone building cells). They also switch off osteoclasts (bone destroying cells), reduce inflammation, and act on cells in the immune system. The combination of all these actions results in improved joint function and comfort. So you can enjoy your active leisure activities and exercise for better health and well-being. So what are these biomaterials?

Glucosamine, glycosaminoglycans (like Chondroitin), and collagen are now known to be biomaterials and therefore to improve joint function. However, there are tricks to the successful use of these biomaterials.

Glucosamine needs to be in a sulfate form. The cheaper hydrochloride form is not as effective. It also needs to be taken on an empty stomach because the presence of other big molecules will compete for absorption. This also means that you should not take a combined glucosamine and chondroitin formula, as the

combination will reduce the absorption of glucosamine by 58%. Glucosamine sulfate is also best taken at nighttime.

Collagen is best taken in a hydrolysed supplement form. Dietary sources of collagen tend to be unhealthy foods. Plus, natural collagen is broken down by the digestive tract and is not as effective as supplemental collagen.

We once thought collagen and glucosamine were simple building blocks the body could use to build key tissues like cartilage. However, we now understand that they are biomaterials which means they signal other cells to improve joint health, reduce the expression of enzymes such as MMP and CTX which break down connective tissue, modify the immune system, and reduce inflammation.

The sooner you start the better, but it's never too late to modify osteoarthritis. Want to continue tap dancing well into your 90s? Then call in to Massey Unichem Pharmacy for a chat about joint health.

A perfect time to start your new practice

Kanuka Yoga Space is a local, boutique yoga studio with a variety of class styles, teachers and class times. Yoga can enhance self-awareness, allow for more moments of peace in the present moment, build resiliency and inner strength. These are skills that are important in a fast-paced world, and skills that generally require practice.



If you're brand new, keep a look out for classes like Restore and Slow Flow; a great way to get started and you'll love the friendly and welcoming atmosphere in the studio. If you're looking for a challenge, try classes like Power Flow and Yogalates classes. With any class you try, remember you are in control of your practice; take rest when you need to, or take a more strength-based option if you're eager to build more heat and energy. Doing what feels right to you is always encouraged in the studio.

Remember to visit them online (kanukayoga.co.nz) to see the most up-to-date yoga class schedule, and the variety of events and workshops that are on. You might like attending a Sound Bath Journey, Ecstatic Dance or Restorative yoga class with live music. You can also give them a follow and like on Instagram / Facebook (@kanukayoga).



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Health & Beauty

PINC & STEEL Cancer Rehab

At NorthWest Physio + we have fully qualified cancer rehab physiotherapists who are here to support, guide and rehabilitate people through every stage of their treatment and recovery.

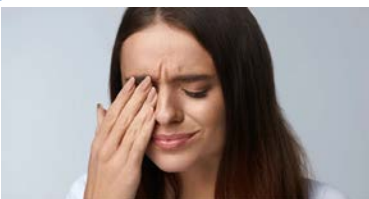
The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

Various sources of funding are available for those with different cancer types. Bowel Cancer Foundation Trust are now providing all bowel cancer patients with 4 free sessions of physio. There is a welfare grant available from Prostate Cancer Foundation for up to \$500 and we have strong links with the Breast Cancer Foundation.

For information on applying for funding or to find out more about physiotherapy and cancer please contact NorthWest Physio +: info@nwphysioplus.co.nz or 09 412 2945.

Eye emergency

"I reached into my medicine cabinet for my small, white bottle of lubricating eye drops. I tilted my head back and applied drops into one eye and instantly knew I'd made a terrible mistake. My eye felt like it was burning; the pain was intense. I panicked when I looked at the bottle and saw that I had just put ear wax remover in my eye by mistake. The bottles were identical. I went to the Emergency Department of my local hospital where I was treated with an eye rinse. It was such a relief. Fortunately,



only minimal damage was done to my eye, and it healed quickly and completely, but I will never make that same mistake again"

Matthew and Molly Whittington say:

Chemical eye burns are an emergency but you don't need to go to Emergency to have an eye rinse. The best first aid is fast first aid. Use the closest water source (even trough-water) to rinse the eye as quickly as possible.

Spray or pour water across the eye, from the nasal side to the outer corner. Keep rinsing for 15 minutes plus - this is more important than rushing to the hospital.

If treating a child, quell struggles by rolling them up in a blanket and rinse, rinse, rinse. Hold the eye open to be sure the rinse is effective.

Check the other eye in case some of the bad stuff got in there, too.

Then: See an ophthalmologist or local Emergency Centre. Have an accurate record of what damaging substance went into the eye, eg the container or a photo of the label. We hope you never need this advice but do be prepared ... and be careful of your peepers.

Matthew and Molly are optometrists at For Eyes in the Kumeu Shopping Village. For appointments phone 09 412 8172.

Think mouth-healthy this Halloween

With Halloween fast approaching, there will be lots of chocolate and lollies filled with sugar all around us. Everybody knows sugar can damage your teeth but here are a few helpful tips from Kumeu Dental to help your teeth survive the spooky season.



Drink lots of water after eating lollies to help dilute the active sugars, slowing down the acid build-up and tooth decay process, Avoid brushing teeth for at least 30 mins after eating, Avoid adding extra stress to your teeth with carbonated drinks, Eat all the chocolate & lollies in one sitting rather than slowly over a few hours, Finish with some cheese to balance the PH in the mouth.

This year, we thought we'd share our favourite Halloween costumes that are all about teeth: Tooth Fairy, Dentist, TEETH, Vampire

The oral health family - toothpaste, a toothbrush, a tooth, and floss, or a combination of those four.

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website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
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Health & Beauty

Remember to keep up with your regular dental exams, to catch any dental problems as soon as they develop to keep costs lower & teeth happier & healthier. To book in now call our friendly team at Kumeu Dental on 09 412 9507.

Chiropractic and migraines

One of the easiest things you can do to begin the journey to reducing migraines is by keeping a migraine diary to identify any triggers. If you have completed a migraine diary your chiropractor will monitor this and recommend lifestyle changes.

Chiropractic care can not only reduce headaches and migraine pain, but it can change the root cause of these issues at the level of the spine and cause changes in the brain. In a study done by Tuchin et al, 127 migraine sufferers underwent two months of chiropractic care or no intervention. The clients who received chiropractic care showed reduced headache frequency, duration, pain levels, and disability. In fact, one in five participants migraines are almost completely gone within the two months.

Sleep, melatonin and migraines - Melatonin is a hormone that regulates the sleep/wake cycle. Melatonin is naturally secreted in our bodies due to incoming light information. Blue light inhibits the secretion of melatonin. This can affect the sleep wake cycle. Melatonin has shown to reduce episodic migraines but not chronic migraines. Hence, ensuring a consistent sleeping schedule with avoidance of sleep interruptions, and avoiding daytime naps can possibly help with migraines.

Chiropractic clients often describe that their sleeping patterns are more consistent under chiropractic care.

Give us a call if you would like to book in. Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416 7589.

Cosmetic injectables

At Caci, we know that for many people Cosmetic Injectables can be new and seem a bit unknown. You may have tons of questions leaving you overwhelmed and not knowing where to start. That's why for you, we've answered the questions most of our customers are curious to know.

What is the difference between Dermal Filler and Antiwrinkle? Dermal filler is an injectable gel that provides volume and contouring. Anti-wrinkle is not a filler, antiwrinkle relaxes muscle activity and is used to treat moderate to severe lines caused by repeated facial expressions.

How does Antiwrinkle work? Antiwrinkle treatments use a purified

protein that is injected into the muscle, temporarily reducing the action of those targeted muscles and preventing them from moving. As a result, lines and wrinkles in the skin are softened, giving you a younger, fresher-looking appearance. Customers at Caci often treat the frown, forehead lines and crow's feet. At Caci we currently offer both Botox® and Xeomin® and our Registered Nurse will discuss which will address your concerns best!

How does Dermal Filler work? Dermal filler is an injectable gel made from hyaluronic acid - a naturally occurring substance in your body. Once injected, the filler instantly plumps up the skin, smoothing away deep lines, folds and wrinkles in the face and adding volume to the cheeks and lips. Dermal filler can be used to contour the face and the most popular treatment areas at Caci are the cheeks, lips, lines between the nose and outer corners of the mouth (Nasolabial folds), the jawline and those lines from the corners of the mouth to either side of your chin (Marionette lines).

How long do Cosmetic Injectables last for? For Antiwrinkle results can take a few days to visibly take effect, and the effects of the anti-wrinkle treatment generally last up to three or four months.

For Dermal Filler, results vary from person to person, but typically last between 12-24 months and are noticeable immediately after the treatment.

We'll check in with you after treatment with a follow-up appointment to review the treatment and ensure you're still satisfied with the results.

Does it hurt? The injection process is quick and the needles are small and fine, so the treatment hardly hurts at all. You'll likely feel a pinprick, but most customers describe the treatment as being a bit uncomfortable rather than painful. The dermal filler we use at Caci also contains Lidocaine; a local anaesthetic that provides more comfort both during and after injection.

Will it look natural? At Caci we are aiming to enhance your natural look.

Who performs the treatments? Our cosmetic medicine treatments are only performed by qualified and highly trained Registered Nurses, so you can rest assured you're in safe hands.

How much does it cost? Costs vary depending on the area being treated and these will be discussed at a free consultation.

We aim to make Cosmetic Injectables affordable, so we've developed a treatment plan called Amerase, with affordable payment plan options to suit your budget, so you can pay off your treatments weekly, fortnightly or monthly!

We also accept Laybuy and afterpay payments; meaning you can receive your treatment now and spread the total cost over weekly automatic payments.

Visit our team at Caci Kumeu; our highly trained Registered Nurse can provide to a free consultation to discuss how we can help you on your cosmetic injectables journey. 1a Tapu Road, Huapai, phone 09 412 2579 or email kumeu@caci.co.nz, or visit caci.co.nz.

Walkers Wanted

Are you pounding the streets in Hobsonville on a regular basis and would like some cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.

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Area Columnists

Hats off to New Zealand Distance Grandparents

All Distance Grandparent voices are valuable; however, the voices of New Zealand Distance Grandparents offer a particularly broad perspective, due to a combination of five barrier/boundary factors they all experience. Most Distance Grandparents from other parts of the world do not experience all five barriers.



1. Location on the globe - There is no arguing New Zealand is a long way from much of the world and you feel isolated when you live here. Sir John Key once stated in a speech that our country is 'the last bus stop on the planet'.
2. Exclusive time zone - New Zealand sits almost exclusively in its own time zone. Time zones significantly affect the ease of distance family communication.
3. Hemisphere ups and downs - When it is winter in the Southern Hemisphere, it is summer in the Northern Hemisphere. The Southern Hemisphere is a calendar-year focused region, while the Northern Hemisphere's summer creates bookends to many employment contracts and educational semesters. It isn't possible for Northern Hemisphere school-age distance grandchildren to enjoy an extended summer break in New Zealand, as it's school term time.
4. Daylight saving - New Zealand, along with other countries, has the twice-yearly adjustments for daylight saving. This can create for some a six-monthly, flip-flopping communication routine between morning/evening as the time difference changes.

5. International date line - The last and significant geographical factor sits alongside New Zealand's eastern border: the International Date Line. From a Kiwi's perspective, during the few shared daylight hours of countries in the Americas, we are each on a different day of the week.

Few territories or nations experience all five factors, and an awareness of this enables Distance Grandparents from all parts of the globe to compare circumstances. Hats off to New Zealand Distance Grandparents who experience the lot.

Helen Ellis, M.A. from Hobsonville Point is a researcher, author, anthropologist, veteran of Distance Grandparenting and Founder of DistanceFamilies.com. She is the author of the Distance Families Book Series. Her books are available at the Hobsonville Point Pharmacy, online and can be ordered from PaperPlus and independent bookstores.

How much should you charge for a deposit?

The answer depends on what is the purpose of charging a deposit? Deposit invoices are about balancing the risk between the supplier and the customer. A deposit invoice can: commit the customer to the purchase (whether it is a product or a service, give the supplier confidence to schedule the job, spread the cost of the purchase for the customer, provide cashflow for the purchase of materials for the job.

Deposit invoices are not without risk for a customer. All too often we hear stories about a deposit being paid and the supplier either not turning up, not completing the job, or worse still going out of business.

Recently I have had a trades company ask for a 75% deposit to ensure that the job will be scheduled sometime in the next 4 weeks. This pushes the balance of risk in favour of the supplier and I have gone back to them to negotiate terms that makes the balance of risk more even.

At the other extreme I have had a trades person who didn't charge me a deposit at all. The trades company would have purchased materials and paid contractors before I was invoiced. This would have had a detrimental cashflow effect on their business.

Consider what you need to achieve before setting your company policy on deposit invoices, keeping in mind what it means for the customer. Ensure your deposit policy is clearly stated on your quotes, and is matched by what you actually invoice.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting.

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Area Columnists

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.

Can Aotearoa become a circular economy by 2040?

It can be hard to be positive when you think of the destruction that some business practices are causing to the environment.

Businesses continue to use, and then landfill, enormous quantities of waste in their relentless drive for growth.

Huge changes are needed in the near future if we are to become a regenerative and circular economy by 2040 that: designs out waste and pollution; keeps products and materials in use; regenerates our natural systems.

We need partnerships between the Government and businesses, and from these partnerships we need innovation, new technologies and new product development that incorporates a circular economy view.

Then we need consumer buy-in. We need our communities to get onboard and make a circular economy a priority.

Let's also get legislative support in place to ensure that businesses have to value the true costs of producing their product, including measuring the environmental and social impact of product creation.

Let's also encourage The Government to build a regulatory framework that encourages a more circular process.

Let's also think about how we can overcome these challenges to building a circular economy:

1. Prohibitive cost. We run the risk of creating a circular economy that is just for the elite, who can afford a premium price tag. We need a system where the products with the lowest price are also the least damaging to the environment.
2. Simplicity. How do we make it simple for consumers to buy products and return the products at the end of their use span, so that products can be refurbished and resold or broken down to elements to become a production resource again?
3. Scalability. We need product return and refurbishment to operate at scale so that we can get efficiencies of scale in collection of used materials for reuse.

These are all challenges that need more thought leadership,

consideration and exploration, but they are all challenges that can be overcome.

Shifting to viewing materials in a circular way and shifting to more local 'remanufacture' will bring jobs and prosperity to our communities, businesses will flourish and communities will be healthy and stable.

Until now that goal has seemed out of reach, but, with the trio of Government, business and consumers working together we could see progress that spurs growth and circularity.

Then, the possibility of a circular economy will seem not only possible, but probable.

Working from home

With the onslaught of COVID19, lockdowns and the now traffic light system of controls, many organisations have changed the way in which they operate, how and where their staff work and do their jobs. There has been a huge increase in staff working from home and more recently a hybrid form of two days in the office and three at home or similar arrangements.



What does this mean in terms of compliance to the Health and Safety at Work Act - 2015 (HSAW)? A person conducting a business or undertaking (PCBU) still has the primary duty of care for workers.

What is expected when staff are working from home? WorkSafe NZ, the government regulator of the HSAW Act, has issued considerable guidance which is provided below:

"Having workers work from home is one way that businesses and services can manage the risk of work-related COVID-19 transmission. Working from home may be appropriate for some workers, depending on the type of work they do.

We expect businesses and services to: Ensure workers' views are asked for and taken into account when deciding if working from home is appropriate, Talk with workers about any risks that may arise from working from home and how these can be either eliminated or else minimised (see Guidance and Resources for more information), have clear, effective, and ongoing ways for workers to suggest improvements or raise concerns on a day-to-day basis, continue to ensure risks to workers' health and safety are managed effectively.

Helping the locals

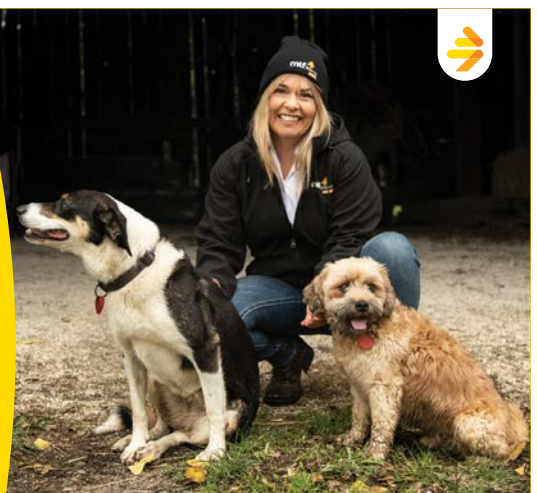
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Area Columnists

Guidance and resources - We have developed our own guidance for businesses, services and workers on how to manage mental health risks when working from home. This information is useful for both regular working from home arrangements, and during unusual situations such as during the COVID-19 pandemic. Staying mentally healthy when working from home, mental health when working at home: for PCBUs.

We expect businesses and services to keep following advice from the government and other expert sources. For example: managing the impact of COVID-19 cases at your business- Business.govt.nz, working productively at home (YouTube)- Health and Safety Association NZ, working productively at home - top tips (PDF)- Health and Safety Association NZ, workstations, work environment, privacy and security (PDF)- Government Health and Safety lead, ergonomics and posture- WorkSafe, setting up a temporary workstation- Health and Safety Executive UK.

Gas and electricity safety when working at home - As more people may be spending more time at home it is important everyone remembers these messages: If in doubt about a gas or electrical appliance or heater, or you smell gas or anything else unusual, switch the appliance off and get it checked by a competent person.

If you are using any gas appliance, remember it needs an air supply to work safely and effectively. Don't block up ventilators and other sources of take-up air as this could be fatal. If in doubt, check with a professional.

As many people will continue to have makeshift offices at home it's important that you don't overload your power boards, including multi-plugs and multi-boxes. Power boards are only designed for lower current devices and, if overloaded, can overheat and become a fire risk. This means you should only plug in low current devices like your computer, computer screens, printers or audio-visual devices like stereos or TV. Don't plug heaters, kettles, washing machines, or stoves into power boards. These higher current demanding devices need to be plugged into a separate electrical socket." Index - Available from the WorkSafe NZ Website: www.worksafe.govt.nz.



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If you have concerns around this topic or other H&S matters, contact John Riddell, from Securo, email securo4@securo.co.nz or check out the webpage www.securo.co.nz.

Developing a sense of place

Children are born ready and eager to explore our physical world and begin developing their sense of place in early childhood. Equipped with curiosity and their five senses, young children set out to explore their environment to make sense of the world around them.

Māori have understood the importance of this for generations, weaving pūrākau (stories of origin) and takaro (play) together, so tamariki have an embedded sense of place in the world, tūrangawaewae.

Bringing this knowledge into the modern world, He Pi Ka Rere was created to nurture and develop the whole being of tamariki (children). He Pi Ka Rere connects traditional Māori knowledge through games and activities to whakapapa and expands knowledge of language, waiata (singing), arts, and Te Ao Māori (Māori world view).

He Pi Ka Rere has been trialled in five mainstream early childhood education (ECE) centres in West Auckland, involving 215 tamariki and whānau (families) through 17 interactive sessions with kaiako (teachers) and tamariki taking part. The trial demonstrated clear success and achievement across every indicator, including knowledge, movement, activity and self-directed play.

Healthy Families Waitākere Rautaki Māori (Māori Systems Lead), Mike Tipene Ngāpuhi, Te Rarawa, continues.

"Trialling He Pi Ka Rere in mainstream early learning environments evidenced the kaupapa physical, emotional and social benefits for all children to enjoy at their own level of capability - with success for everyone who participates. Kaiako unanimously reflected on how tamariki were improving their movement skills, using Te Reo daily and interpreting their place in the world using Atua (gods).

"Continued participation of tamariki in He Pi ka rere throughout their time in ECE will provide them a basic level of Te reo Māori and Māori concepts that will enhance their move into primary school."

Kaiako also shared how He Pi Ka Rere enabled less confident tamariki to grow physically and socially assured. One child who was a shy member of the classroom has since found new confidence in movement and gone on to play social sport:

"[Through He Pi Ka Rere, he started] using different parts of [his] body, crawling and collecting the cones, balancing on the rope. Later he was playing with the ball, kicking it around. After seeing this, his parents got him involved in rugby; he started to make more friends. He grew that confidence from learning how to move his



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Area Columnists

body," said one Centre Kaiako.

Kaiako feedback consistently noted the unique and authentic nature of He Pi Ka Rere, with multiple references to its non-tokenistic application of Tikanga and Te Reo. Kaiako particularly valued that their involvement with the programme had contributed to a deeper understanding of how to work biculturally.

He Pi Ka Rere was also a springboard for kaiako to learn about Te Ao Māori, with many kaiako since starting Te Reo (language) classes.

With the clear successes of He Pi Ka Rere, the initiative is poised to soar to new heights, with partners Healthy Families Waitākere and Toi Tangata currently developing a plan for expansion across more ECEs soon.

Asian fusion food manufacturer eyes export market

One of New Zealand's largest producers of Asian fusion foods is fielding export opportunities following a post-pandemic surge in international demand for its vegan and 'free-from' products. A new collaboration with TV chef Rewi Spraggon will also see the company launch a hangi-cooked pork steamed bun into local supermarkets - blending traditional Chinese and Maori cooking styles together in an industry first. Old Country Food supplies over 20 million frozen dumplings, steamed buns and bao buns annually to supermarkets and restaurants around NZ - including vegan and nut-free, MSG and preservative free products.

Dr Amy Sevaio, Old Country Food CEO, says historically the firm was focused on serving the Asian supermarket niche where they have built up a dominant market share, but have since expanded into mainstream supermarkets and the food service channel - as well as larger, independent restaurants.

"What we have seen in recent years has been a growing local interest in Asian fusion foods - which have now become normalised within the diets of many Kiwi households. Our reputation for innovation has also led to international interest from Australian companies looking at our vegan and nut-free products and asking if we can develop bespoke products and flavours for their customer base. "We're in discussions with a number of retailers which we can potentially supply as part of our trans-Tasman export expansion strategy," she says.

Dr Sevaio, who previously worked in clinical medicine and research, now runs the family's Auckland food manufacturing business. "The company has been owned by various Asian migrant families since it began over 35 years ago. Each family has introduced the flavours of their own region into the product range. My family has focused

on the development of innovative new products like the nut-free chicken satay and hangi steamed buns, as well as refining the range," she says.

Dr Sevaio says the company's sustainability journey has seen the transition to entirely recyclable or compostable packaging.

"After a three-year research project looking for more responsible alternatives to polystyrene, we have changed the material which makes up the trays inside our packaging to a sugarcane fibre product. The tray is an effective substitute for plastic with a much smaller environmental impact. In recent years we also have seen the impact of global warming on the frequency of typhoons in the South China Sea, which is a key international shipping channel for New Zealand. With climate change impacting the stability of our supply chains, our procurement team began an exercise to source all our ingredients locally. The project parameters they were given included ensuring all our suppliers were within driving distance of our factory, so that in the event of a major disruption we could simply get in our trucks and pick them up if we needed to. Our local procurement practice, which covered all fresh ingredients used in our manufacturing process, was already in place before the pandemic. Covid-19 subsequently brought with it further impact to global supply channels and our prescient efforts to reduce the food miles of our raw materials and mitigate the risk of supply disruption have translated into a growth in wholesale customer numbers - many of whom were experiencing delays of six months or more from their existing suppliers," she says.

Dr Sevaio says their new venture with Rewi Spraggon, also known as the Hangi Master and star of TV show Maori Kai, came from a referral by a local consultant chef who helped develop the new hangi-cooked pork steamed bun flavour. Spraggon who operates New Zealand's only MPI approved hangi from his West Auckland facility says the intercultural collaboration is designed to help introduce flavours of traditional Maori cooking techniques to urban consumers who may otherwise not be able to access foods prepared in a hangi. He says the meat in the pork hangi bun is cooked using heated rocks which have been handed down through generations of his family.

"We know that for many people in Aotearoa as well as manuhiri - those who are new to the country, the opportunity to experience the versatility of ancient Maori food preparation methods may not always be easy. What we have developed as part of our collaboration is an easy to access and consume portable food format - which provides the opportunity for many to try traditional hangi flavours for the first time," he says.

"We developed the digital sales channel in less than a week and our in-house delivery team allowed us to ship products directly to residential addresses in Auckland. If a residential frozen delivery service was available outside of this region, we would expect significant further growth through this channel," she says.

Walkers Wanted

Are you pounding the streets in Hobsonville on a regular basis and would like some cash for what you are already doing? If you are walking several times a week and would like to distribute magazines for us in the area for \$40 please contact Stacey on phone 09 412 9602 or email editorial@thewesterly.co.nz * Distribution average is 300 magazines in your local neighborhood every four weeks.

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