

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Community compost hub thriving

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

Locatelli Restaurant

Circulation is 10,000 print copies.

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

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

September 2021



Greetings

It is amazing to consider that humans only started to evolve 2.5 million years ago in Africa, a tiny percent-age of time by comparison with the age of the planet at 4.5 billion years. Yuval Noah Harari's book 'Sapi-ens' (available through Auckland Libraries) outlines the progress of mankind, with three major turning points, the Cognitive Revolution (70,000 years ago), the Agricultural Revolution (10,000 years ago), and the Scientific Revolution (500 years ago). When language developed evolution really started to take off, with our ability to talk about things we can't see, such as religion and stories. Clearly there has been out-standing progress in the past century, but advances in some areas don't necessarily benefit everyone. Think of the inconsistencies that lie between individual freedom and equality. Even the rich and famous seem rarely satisfied.

The various interests that finance scientific and technological discoveries have a huge impact on the out-put of science, though war has prompted many scientific discoveries. One may reflect on the priorities for how much is spent on armaments and space exploration. The story of how we got to where we are now (and possibly where we are heading) is fascinating.

Welcome to this month's Westerly magazine. At the time of preparation we are not sure whether this will be in magazine form or only online, but either way, please enjoy reading about what is happening in our communities. Many congratulations to Kirsty Antunovich of Dog&Co, our regular contributor of her amazing photographs of dogs, who was chosen as the winner in the International Pet Photographer of the Year Awards in the Pets and their People Category. It is great to have her talent recognised and you can enjoy the image that won her the award.

Take your time to browse through the pages to see what events and activities you might like to be part of. The range is wide, from local groups, cultural pursuits, celebrations, property news, your health, and opinions to set you thinking. There are opportunities to join in and contribute. Hopefully there is something for all tastes, and we won't be limited by adverse conditions.

Many thanks to the production team for putting the Westerly together during Lockdown. Because of Covid restrictions, please check the arrangements for any events you might like to attend.

Best wishes for September.

John, editor



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People & Places

Locatelli Ristorante e caffè

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

Here is some of the feedback:

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

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

Could well be our new local - Lani W"

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

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

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

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



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

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

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

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

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

To make a booking, please phone 09 832 0040.

info@locatelli.co.nz

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Community News

Massey Amateur Swim Club

Looking for affordable swimming lessons for your children? Massey Amateur Swim Club (MASC) offers the best value swimming option around. (Ages 5-16 years) MASC has been involved in the community for over 35 years. We are a community-based swimming club that promotes water safety in the Massey, Westgate, and Hobsonville area. We hire out the Massey High School pool and meet on Wednesday evenings 6:30pm onwards. Lessons are followed by Club night where children strive to improve their own times. One child is \$110 for the whole season - October through to April. Two children from the same immediate family are \$150, and three or more children are only \$170. For more info check out our website www.sporty.co.nz/masseyamateurswimming or find us on Facebook. Registrations open mid-September for the 2021/2022 season. All children (5+ years of age) of any ability are welcome to join.



House of Travel Hobsonville

With the government seemingly shutting the door on 2021 travel outside of NZ and the Cook Islands the natural thing that happens next is we get inundated with 2022 bookings and clients rebooking 2021 itineraries into 2022. If you are planning to go away in 2022 now is the time to at least be thinking about it. Just like in pre-Covid days planning and booking ahead still yields the best availability, options, and prices. We must also remember the majority of western countries are now travelling filling up flights, hotels, cruises and resorts. Most of our long-term bookings can be booked with small deposits and flexible terms.



We live, breathe and dream travel, so wherever's next on your must-visit list, you can bet at least one of our consultants has either been there, or sent someone there. And with our combined experience and knowledge behind you, you'll always be sure you're getting the absolute most out of every holiday.

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We know your down time is precious and we think everyone deserves the best holiday possible. That's why we promise that whatever curveballs get thrown your way, we'll help get them sorted for you.

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.

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

Your ideas + our knowledge = better holidays.

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

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

Kiwis challenged to sweat for CF this September

Sweatember is back for 2021, challenging Kiwis to commit to any sweaty activity throughout September to get fit and raise money for New Zealanders living with cystic fibrosis (CF). Created by Cystic Fibrosis NZ, the campaign aims to raise funds for support services and better access to life-saving medications that will help give a brighter future to Kiwis living with CF.



CF is a serious and ultimately terminal genetic condition which effects the lungs and digestive system. People with CF endure a demanding and time-consuming daily regime of lung clearance and medication, together with regular medical check-ups and, over time, increasingly frequent hospitalisations.

"It's a brutal reality that CF cuts short the lives of those with the condition, with only half of individuals reaching 31 years of age in New Zealand," says Jane Bollard, CE of CFNZ.

"Life-saving medications such as Trikafta are still not funded in New




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Community News

Zealand, severely impacting both quality and length of life. We are striving for a future where there is easy and equitable access to the best medicines and treatments across New Zealand no matter where a person with CF lives," adds Jane.

By getting Sweaty for CF New Zealanders will help bring life-saving medicines such as Trikafta to New Zealand, provide support and information through CF Social Workers, and fund research for a life unlimited.

Josh Chase who is living with CF says: "Living with CF has never been easy - when I was younger all the extra tasks needed to stay healthy felt like a chore more than anything, especially when friends didn't have to do the same. What drove me to take the first steps into fitness was the realisation I needed to better myself, keep myself fit, keep healthy and do what I could to preserve these lungs. My philosophy is that just because you get dealt a crappy hand doesn't mean you automatically lose - you just have to play it out. This year, I will be joining Sweatember by training for my powerlifting comp, which is coming up in November. Any money donated will go straight to the CFNZ foundation, which helps people all over NZ with CF, not just myself!"

Make your sweat count today. Visit www.sweatember.org.nz to sign up and get sweating, or donate to the campaign.

Hidden gem doing well for the community good

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



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

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

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

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

If you wish to support Hospice, you can donate furniture, quality clothing, homewares and much more during the shop's opening hours 9am to 5pm, seven days a week. For larger items, Hospice provides a free pick-up service you can call to arrange on 0508 4 HOSPICE (0508 4 467742).

Community barn dance, Hobsonville Point

A fun night of dancing for all ages for all of wider Hobsonville, one of our favourite community events and an amazing way to meet other residents and have a lot of fun with your friends and family. Called by the live Irish



Ceilidh Band "Reel Time", everyone will be up dancing and know what to do in no time. This event will be at Sunderland Lounge, 27 Hudson Bay Road, Hobsonville 0616, 24th September from 6.45pm - 8.30pm. Nibbles and non-alcoholic beverages provided. \$10 adults, \$5 students, under 5yrs free. Buy tickets online - hobsonville.org.nz/barn-dance.

Hobsonville Point Secondary School

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

The HPSS model of learning has deep challenge and inquiry at its centre and truly engages learners by drawing on their interests at a time when our country and world need people who are engaged



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Community News

learners, able to work in teams of diverse people, solve complex problems and who enhance their own wellbeing by contributing strongly to the betterment of their communities.

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

Having fun!

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

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

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

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



Encouraging conversations

Older people who experience memory loss can start to find keeping up with current affairs less appealing. It can be easier and more enjoyable for them to look back. Memories from childhood and young adulthood may be much clearer to someone than something that happened more recently.

Chatting about happy times in the past can lift people's spirits and help keep them engaged in conversation. Old photos are always a great starting point, and if you have other shared memories these can be used to trigger a story they may have told many times in the past.



If you are looking for other ways to help someone keep engaged in conversation you may like to try Conversation Cards. These large bright cards come with a clear image of a nostalgic item and include questions and facts about each item on the back. Topics on these 52 Nostalgic Items Conversation Cards are aimed at particular aspects or experiences from people's lives—the events both big and small that helped us become the people we are today.

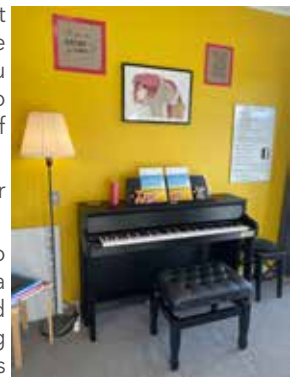
You can find these and other helpful products at our website www.mindjig.co.nz. You are most welcome to contact us, Jonathan, or Julie by email at info@mindjig.co.nz or call 09 600 3251 or call/text 022 480 3022.

Piano

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

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

At Hobby Piano Studio, we teach piano using the Simply Music programme - a revolutionary programme developed in Australia that has students playing great-sounding music with both hands across different styles from their very first lessons. Book your FREE information session today. Contact Kirsten on 021 406 981 or kirsten@hobbypianostudio.co.nz. Visit our website for more information - www.hobbypianostudio.co.nz.



English group

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



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Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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

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



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

In Brief Updates

The Mobile Car Specialists

Take a look at your car's headlights and take note of their condition. Are they foggy? Cloudy? Yellowed? There is a good chance they are, or they're showing the first signs of ageing creeping in.



Foggy headlights occur sooner or later in all cars with polycarbonate lens covers (which is pretty much all cars these days). UV rays and pollutants break down the lens coating causing them to deteriorate to the point that road lighting is impaired at nights, and your local garage will fail a WOF.

Headlight units on a typical modern car tend to cost around \$1000 to replace - ouch! Or, for between \$99 - \$159 +gst you can have us come to you, restore the lens clarity on both lights, and apply a UV protective coating to prevent any erosion setting in too quickly. This brings back the lens to like-new condition - without the huge cost.

We are a fully mobile operation, meaning we come to you to make your life easier.

Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our 5 star work and reviews.

Helloworld Travel

MIQ problems and suspension of quarantine free travel mean that we are just as busy as ever rearranging our client's holidays. Rarotonga has proved incredibly popular as we thought it would and we are now making bookings for next year as people plan ahead to get the best deals.



There was a statement made by the Government that they wished they had a company that could take care of the MIQ bookings. They do. The travel industry could take care of this in a heartbeat and make it easy for the travellers if only they would let us and would help sustain the industry as well. There are so many sad stories of people stuck overseas and not being able to access a spot in MIQ my heart goes out to them. We have had a few successes of getting MIQ spots for clients, but we don't have the time to sit and push refresh all day long.

Please remember to call us if you are wanting to book a holiday whether it is within New Zealand or Australia (when they reopen) or the Cook Islands as we do have some good deals.

ARTS IN ACTION
Free Family Arts Festival
SAT SEP 18th - 11am - 2pm
www.kumeuarts.org

A couple of different tours we have are:

Cook Islands - Northern Group 3 islands of Pukapuka, Manihiki and Tongareva island hopping 6 days/5nights. These islands are unspoiled and lesser known islands of the Northern Group. Only 6 guests can travel so be quick.

Otago and Milford Sound, Luxury Cruise & Lodge Package 5 nights/6days. Departures from 1st February - 31st March priced from \$4599 per person twin share. Includes car rental, scenic flights, Milford Sounds overnight cruise, accommodation and more.

Please contact us on hobsonville@helloworld.co.nz or phone 09 416 1799.

A world of flavour on your doorstep

Experience a world of flavours at NorthWest Shopping Centre and you could WIN* a \$1,500 shopping spree.

Until Sunday 12 September, visit a minimum of three or more NorthWest food and beverage retailers. Spend just \$15 at each food outlet to get your passport stamped. Collect three stamps and you're in the draw!

With over 20 cuisine options at NorthWest there's something for everyone. Collect your passport to flavour from the NorthWest Customer Service kiosk.

For more information visit northwestshoppingcentre.co.nz.

*Terms and conditions apply.



Scouts

In August we held a Sandford course. What is a Sandford course you may ask?

A Sandford course is a leadership course for the Scouts. The Scouts are taught a range of skills, ranging from communication, team building, building confidence, working together and having some fun



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In Brief Updates

along the way too. The skills gained on this course not only help them to be better Patrol leaders at their Scout groups, but how to use these skills throughout their adult life. It was held over a weekend and was a mixture of classroom and outdoor learning. The Scouts were also treated to a formal roast dinner with apple crumble, ice cream and custard for dessert. Not something the Scouts have on every camp. The Scouts completed the course with a video presentation to the parents of what they did on the course and then off home to a well-deserved rest and sleep.

In September the Auckland Gang Show takes place at the Selwyn College Theatre. 203-245 Kohimarama Road, Kohimarama. The Gang Show is a combination of Scouts and Guides that come together along with a wide range of crew that make the outfits, build the sets and produce an amazing show for anyone to enjoy. If you are interested in knowing more about the Gang Show, then visit <https://gangshow.co.nz/>

The Waitoru Scout zone covers an area from Kaukapakapa to Te Atatu Peninsula, has 8 groups and over 450 members. If you are interested in knowing more about Scouts, or what you can do as an adult to help NZ's largest youth organisation by volunteering as Leader we would love to hear from you, then head to www.Scouts.nz or send me an email: zl.waitoru@zone.scouts.nz Craig Paltridge, Waitoru Zone Leader.

Scott Point School celebrates 100 days

The Scott Point School community recently celebrated their first 100 days of learning. The day was fun filled with children and staff encouraged to dress up or dress down, with many attending School in their pyjamas, while others dressed up in their best suits or super hero outfits. The day was sponsored by Team Edward from Ray White and Premier Kids Club (PKC) before and after school care providers. Children spent the day reflecting on the first 100 days at Scott Point and having some fun enjoying the day.



The school opened for instruction on the 9th of February, 2021 with a foundation roll of 101 learners and 11 staff. It has grown quickly and now has 168 learners enrolled and 15 staff and will continue to increase to have up to 200 students by the end of 2021. Learning is currently taking place in the temporary Joshua Carder campus on Joshua Carder Drive at the back of the currently being constructed Scott Point School at 11 Scott Road in Hobsonville. All going to plan,



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the new school will be ready to move into by mid 2022 and will be able to take 650 children from the School Point School zone. Early enrolment for all children living in the school zone is encouraged to help the school plan for the future. www.scottpointschool.nz.

Tips for safety online

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



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

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

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

Know your rights. The Harmful Digital Communications Act helps people dealing with serious or repeated harmful digital communications (like texts, emails or social media content). The law sets out 10 Communication Principles which define what is good and bad behaviour.

For further advice and support visit netsafe.org.nz. Netsafe has the responsibility to assist under the law and our expert incident team are available seven days a week.

SeniorNet West Auckland

SeniorNet is all about seniors helping seniors with their tablets, laptops, and smartphones, both android and Apple. We work at a pace to suit you. So if you have something you are having difficulty

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Paul Miller
Freedom Drivers - Hobsonville

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In Brief Updates

with, be it how to attach photos to emails, how to get on Facebook, internet banking etc please come and see us on our Help Days on the 2nd and 4th Tuesdays of the month, which fall this month on the 14th and 28th September, when we will do our best to help you. We meet at the Henderson RSA at 66-70 Railside Avenue, Henderson, come any time between 10am and 11 am. (We will stay longer if you need more time). There is a \$5.00 charge for the help we give you.

We are holding a 2 hour workshop on Monday 13th September, Moving Forward with Windows 10, come and increase your knowledge, starting at 10am, there is a charge of \$10.00. Please phone Pam on 09 827 2156 to book (answer phone available). If you wish to speak to someone about SeniorNet or ask about classes please ring our office. 09 837 7600 and leave a message. We will ring you back.

Shooting hoops success for Red Nose Day

Shooting hoops success for Red Nose Day: The Breakers vs. Hobsonville Point Primary School.

From 10am to 1pm on Friday 30 July, a team of students played against the Breakers in a special basketball match for Cure Kids. Following the game a staff vs Breakers match took place, and a few students took part in mini basketball workshops with the Breakers. In addition, a silent auction was streamed live on Facebook for the community to bid on a range of prizes, including Breakers signed basketballs and jerseys. One of the school's own pupils, Jeremy, is a Cure Kids ambassador who was born prematurely at 29 weeks and spent the first eight



weeks of his life in intensive care. Jeremy's dad, Franky, spoke about the concern of having a premature baby, "I was nervous, I was helpless, I wasn't sure what was going to happen".

"A lot of the donations for Cure Kids go towards pre-term research, which really helped my little one to survive, when to be honest at the time I didn't even know if a baby could survive at 29 weeks."

Hobsonville Point Primary School is passionate about supporting Cure Kids and dedicated the whole week to raising money through mufti days, bake sales and other pop-up events. HPPS Deputy Principal, Kristyn Dempsey was proud of their school's efforts for Cure Kids.

"Throughout the entire week of fundraising everyone has enjoyed themselves and donated generously. We couldn't be prouder to get behind such an important cause, enabling and supporting our kids to lead healthy lives"

Cure Kids CEO, Frances Bengé, commented on HPPS's fundraising success.

"For children like Jeremy, having access to quality and ground-breaking healthcare is crucial in the early stages of their lives. Now playing basketball with his friends, you wouldn't even know he was born so early. For the last 50 years, Cure Kids has supported research into a wide range of health conditions, including preterm birth, so kids like Jeremy have the best chance of a healthy, bright future."

"Having supporters like Hobsonville Point Primary School is why we are still able to continue making a difference," says Bengé.

Celebrating volunteers

Volunteering is helping a good cause in a selfless way. Volunteers make a huge contribution to the national economic, social and environmental goals of Aotearoa New Zealand.

For example, Maungatautari Sanctuary Mountain, just south of Cambridge has NZ's longest predator proof fence at 47km

surrounding a rich and diverse podocarp forest which is teeming with bird life. This is maintained thanks to over 400 volunteers who service 20,000 bait stations and traps. Motuihe Island is another example of the incredible achievement of volunteers who have planted up to 25,000 plants in a single year and converted weed-covered farmland into native forest.

Closer to home, the volunteers with Habitat Hobsonville, are also helping to bring back native birds through trapping, weed removal and planting. From less than a dozen volunteers 2 years ago there



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are now over 70 volunteers doing restoration work.

In the last year, Hobsonville volunteers gave 880 hours of their time on organised Habitat Hobsonville activities. They have removed over 500 pest animals, taken out 80% of the tree privet and other noxious weeds and planted over 2,000 natives at Scott Point.

To celebrate their achievements, Habitat Hobsonville held an event at Little Creatures to acknowledge volunteers and present awards to outstanding volunteers. The brewery hosted the event and kindly provided drinks and pizza for the 40 volunteers who attended.

Seven volunteers received an Award certificate plus a voucher for two at a local restaurant. It is planned to make this an annual event.

Research has shown that volunteering promotes better health, provides new connections and new skills, and reduces depression and increases happiness. So, if you want to volunteer, get in touch with habithobsonville@gmail.com and discover the benefits for yourself.

Habitat Hobsonville acknowledge Auckland Council who have supported their activities for the past year and have agreed to another year of support.

Going West Festival

Going West Festival continues to delight in September. The second Going West Live event will deliver powerful readings from established and emerging writers, punchy conversations about critical contemporary issues and provocative performance poetry. This event covers non-fiction, documentary, journalism, creative non-fiction, fact-based poetry and narratives of resistance.



The event will run on Saturday 11 September from 7pm - 10pm at Lopdell House and Te Uru Waitākere Contemporary Gallery at 418 Titirangi Road, Titirangi, Auckland. At Lopdell House Theatre five authors talk about and read from their recent books followed by performance poets delivering a powerful poetic discourse of resistance. Meanwhile at Te Uru Gallery five authors are in conversation about their works, with readings from the books. From 6.30 there will be a book launch of 'Voices of Aotearoa: 25 Years of Going West Oratory', and there will be a curated exhibition based on 'Marti Friedlander: Portraits of the Artists' with novel and compelling images of both well-known and now 'forgotten' or little-known artists, writers, craftspeople, actors, who were prominent players in expanding and vitalising cultural fields in New Zealand in the 1960s, 1970s and later. The exhibition will run until 14 November 2011.

Tickets are \$25 (\$20 concession). Bookings at iTICKET.co.nz. Visit www.goingwestfest.co.nz/documented-reality-2021 for further details.

Photo: Ghazaleh Golbakhsh. Photocredit Ainsley Duyvestyn-Smith.

Redesign a playground in Hobsonville

With the playground due to be replaced at Hobsonville War Memorial Park, Upper Harbour Local Board is keen to take their cue from the community on new play equipment.



Upper Harbour Local Board Chair Lisa Whyte says the playground's central location makes it ideally situated for children of all ages to play there.

"We want to get feedback early on from our community and the kids who will use the playground. We think it is suitable for toddlers through to teenagers and wherever possible, we want to include the activities and play equipment they enjoy."

Over 20 years old, the existing play module has deteriorated and must be replaced. After the play module is removed, the playground's footprint largely stays the same with new play equipment fitted into the existing space.

"We know the wish list may be long, so we're looking for feedback on activities that children want here, before we look at what fits the space and of course, the budget."

The design feedback will be presented to the local board early next year with detailed design and procurement completed late 2022. Construction is expected to take place in 2023.

Public feedback is open from 7 September to 5 October.

Ways to have your say

- Give feedback in-person to Upper Harbour Local Board members and Auckland Council staff at our community open day (126 Hobsonville Road, Hobsonville) on Saturday 18 September between 2pm-4pm. In-person events are dependent on COVID-19 restrictions, check for updates online at [facebook.com/upperharbour](https://www.facebook.com/upperharbour).

- Have your say online at akhaveyousay.nz from 7 September 2021.

Grey Power

Members and friends, spring is here with the spring blossoms and



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flowers and the lambs in the paddocks. It is a time of revitalisation. On that note we would like to invite our Waitakere Grey Power Association member and friends to our General Members Meeting on Wednesday 22nd September 2021 at 1.30pm at the Te Atatu South Community Centre, 247 Edmondson Rd, Te Atatu South 0652 Auckland. Our Guest Speaker will be Hon. Chris Carter J.P former United Nations representative to Afghanistan. Please get off your lounge chairs and come out and hear Chris tell us about the time he spent in Afghanistan. He was the former MP for Te Atatu and is currently on the Henderson Massey Local Board as a member and recently retired as Board Chair. We will have with us as an invited guest our Grey Power Federation President, Jan Pentecost who will briefly address the meeting. You are all invited to join us for refreshments at the conclusion of the meeting. Waitakere Grey Power, we lobby for you at local board, Council and Parliament on issues for us that are relevant in our lives to help improve our lot. Written by, Mate Marinovich, President Waitakere Grey Power Association, Office 247 Edmondson Rd, Te Atatu South 0652, Auckland. Phone 09 838 5207 for enquiries.

Hobsonville Community Compost Hub is thriving

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



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

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

In addition to growing the food forest, filled with organic vegetables, herbs and fruit trees, the group acknowledged that the food cycle

does not end there. They recognised the need for a community compost hub to address the lack of garden space (and therefore composting area) in a densely populated residential housing environment filled with apartment living.

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

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

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

The hub is running an Open Day on 4 September, 1:30pm - 2:30pm, cnr. Bomb Point Drive & Mollusc Road in Hobsonville Point.

The day will offer:

- FREE bokashi composting workshop starting at 1:30pm - feel free to join.
- Q&A with Compost & Food Growing coordinator to answer any questions you may have.
- Opportunity to have a look at the Compost Hub and Food Forest.
- Get some free compost. Please bring a bucket.
- If you're a regular composter, zing will be available for sale.
- Meet like-minded neighbours.

Join them on the day and become part of the solution!

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

Have you been a victim of bullying?

Many of us have experience of being bullied at some stage in our lives, whether it been at work, school, church, kingdom hall or even at home, it can happen anywhere and to anyone.

The pain and destruction of been bullied can have lingering effects. It can cause low self-esteem, suicidal thoughts, and thoughts



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of worthlessness. These thoughts and feeling can last for a lifetime unless you choose to break the cycle.

As a victim of bullying myself, I understand what it's like, I feel your pain, I see your tears, I hear your voice. As hard as it maybe, we can overcome this. It won't happen overnight, but it will happen.

You owe it to yourself to take a stand against being a victim and stop the cycle. It is time to say Stop! It is time for you to take your control back. It is time for you to hold your head up high! You are worthy to be your true self. You do not need to hide! You are worth it!

I have had to learn that those who bullied me had the problem, not me. I had to find my self-worth and I have had to learn, that I do not deserve to be bullied.

Hypnosis and Reiki are wonderful tools that are available to help overcome the aspect of been a bullied victim. Using hypnosis, we can put everything and everyone who has hurt you into a bag and let it go. Using the Universal Life Force Energy of Reiki, we can use this to heal our mental and emotional scars. We can send love to those bullies and cut the ties so they can never hurt us again.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher and Hypnotist Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, Jason would like to help you to be the survivor that you are. Help you gain your life back. Check out our website: www.astramana.com or email astramana@gmail.com.

Social chess at Headquarters

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

Rates rebate

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

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

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

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

help you with that.

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

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

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

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

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

Flippin' Fun gears up

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



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

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

Flip Fit Classes - with summer on the way it's time to start thinking



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about getting back that beach bod.

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

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

Need a cool gift idea for your bounce crazy child? We have Christmas Gift 10 entry concession cards available in store for only \$100.

For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 833 6880. Also follow our Facebook page for summer specials.

Bottled water

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

What is the best water consumption option, taking into account both environmental and health impacts? Researchers in Spain assessed tap (unfiltered and filtered) versus bottled.

Needless to say, bottled water has more of an environmental impact than filling up a glass from the tap. The researchers concluded that bottled water has about a 1,400 times greater impact in ecosystems and 3,500 times higher resource extraction cost than the scenario where everyone drinks tap water only.

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

The results showed that considering both the environmental and



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

Photo Credit: Henryk Niestrój from Pixabay.

Battery recycling project goes from strength to strength

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



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

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

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Safer Communities



The Waitakere Volunteer Fire Brigade went back into operating in bubbles to safely be able to respond to incidents while the country went back into Alert Level 4. This meant no training or social activities at the station, but we can respond in our bubbles to any calls for assistance.

Chances are, you have got dozens of electrical appliances scattered around your home. Each of these devices carries a fire safety risk.

Here are some tips for using appliances safely.

Appliance

- Turn off appliances at the wall when not in use. If practical, unplug them at the wall as well.
- Keep all electrical appliances away from water.
- When buying second-hand appliances, ensure they have been tested by a licensed electrician or gas fitter, and have been certified as safe.

- Do not place fans, heaters, televisions, or other electrical equipment in areas without good airflow, as they may overheat.

- If you are worried about the condition of any appliances (like electric blankets, heaters, air conditioners or fans), have them checked by a qualified electrician.

Leads and cords

- Do not overload multi-boards. At most, plug in one appliance per wall or multi-board socket.
- Never plug an adaptor or multi-board into another adaptor or multi-board.
- Make sure leads and cords are in good condition and not frayed.
- Never put extension cords under carpets or mats and avoid using them while they are tightly coiled.
- Ensure furniture does not rest on top of electrical leads.
- Remember that extension cords

are not designed to be permanent replacements to your home's internal wiring.

Also, if you are having problems with your smoke alarms going off with steam from cooking or bathrooms then change them to Heat Alarms that are activated by heat from a fire.

Keep safe



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If you're feeling concerned about new legislation, including the extension of the Bright-Line Test and changes to interest deductibility, ask Quinovic.

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Property

Property market report

Overheated housing market likely to cool.

All the statistics tell the same story, the housing market is "clearly cooling," even though the national average dwelling value hit a record high of \$952,078 in June.

That was up by 4.3% compared to three months earlier and up by 26.4% compared to July last year. The cooling effect can be seen in the amount average dwelling values are increasing.

July's national average value of \$952,078 was up \$8895 compared to June's national average value of \$943,184.

But June's average value was up \$11,256 compared to May. And May's average value was up \$18,719 compared to April.

So over that three month period, the amount by which the country's average dwelling value increased each month has declined from \$18,719 to \$8895.

On a percentage basis, the three monthly growth rate has declined from 8.8% in May to 4.3% in July.

The market is clearly cooling now as a result of government and Reserve Bank policy initiatives aimed at dampening the enthusiasm of investors. With looming interest rate rises, we'll likely see a continuation of this trend.

All of the 16 major urban centres tracked by the House Pricing Index showed a reduction in the rate of growth in July compared to June, with two areas, Rotorua and Marlborough showing declines in average values.

In Auckland's generalised data, the average value sits at \$1,352,677 and over the past 3 month period experienced growth at 3.5%. This value is also attributed to high numbers of new home sales and developers purchasing higher priced mixed urban areas being in high demand for duplex development. A year on year decline in real estate listings is causing further restriction in people's ability to purchase freely.

The fundamentals of the property market are still strong, so we're unlikely to see a wholesale reduction of values anytime soon, but we may begin to see quarterly value growth taper off in some localities altogether, and even some small reductions as we come to the end of the current growth cycle.

Let's look at the local sales:

Hobsonville	\$647,500 to \$3,250,000
Massey	\$829,500 to \$2,000,000
Swanson	\$900,000 to \$1,345,000
West Harbour	\$828,000 to \$3,375,000
Waitakere	\$980,000 to \$1,900,000
Westgate	\$790,000 to \$1,500,000
Whenuapai	\$860,000 to \$2,000,000

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The conversations we are having with all our clients at present is to secure the property you want before you sell, its proving a lot harder to buy than to sell. Use an agent that can navigate both the purchase and the sale, and get your ducks in a row before you get underway. Give me a call today on 0800 900 700 for more information. After 16 years of making people my priority in real estate, you will benefit from unparalleled experience, care and commitment. It costs no more to use a more experienced customer focused agent that puts you, front and centre.

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Bright-line property rule update

By Sheryl Ali

North-West Auckland is experiencing a rapid rate of development and growth. How will the Government's new bright-line property rules impact both developers and families who buy and sell land?

The bright-line property rule assesses whether the property was acquired:

- On or after 27 March 2021 and sold within the 10-year bright-line period.
- Between 29 March 2018 and 26 March 2021 and sold within the 5-year bright-line period.
- Between 1 October 2015 and 28 March 2018 and sold within the 2-year bright-line period.

Some exemptions will apply, for instance when the property being sold is your family home or the property belongs to a deceased estate. There is also an indication that new builds will only be subject to a 5 year bright-line period rather than 10 years and this will apply to property purchased after 27 March 2021 provided a Code of Compliance Certificate was issued no more than 12 months prior to your purchasing the property.

There is a new provision for change-of-use for the Bright-line test. Previously if you occupied the property as your main home for the majority of the time you owned it, then you were eligible for the main home exemption. This is now changing so that if your main home changes to a rental property then you will pay a portion of tax on the capital gain to match the length of time the property was a rental.

If you are thinking about selling a property, we recommend that you get some tax advice before signing an agreement for sale of your property about how the bright-line property rule may affect you.

If you need help with the sale and purchase of your property, please get in touch with ClearStone Legal incorporating Kumeu-Huapai

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Property

Law Centre can assist. Phone 09 973 5102.

Paying GST when purchasing a property

When purchasing a property, the parties to the sale and purchase agreement elect whether the purchase price includes GST or not. A vendor such as a developer may be GST registered. Accordingly, the purchaser will be liable for GST on the purchase price (unless the price is agreed to be GST inclusive). Zero rating can be a possibility where:

- The vendor is GST registered at settlement;
- The purchaser is GST registered at settlement;
- The purchaser (or any associated person) will not be using the property as a principal place of residence; and
- The purchaser will use the property to make taxable supplies.

Importantly, residential rental is not a taxable supply. Therefore even a GST registered purchaser may not claim the transaction to be a zero rated transaction.

We recommend that when buying or selling a property that you obtain advice on any tax issues before signing the agreement. For more information on this or any other legal issues contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Selling a property when you're splitting up

I appreciate the end of a relationship is tough on you and those around you. Many find it hard to divide their assets, big and small. If you are struggling to find common ground it's a good idea to get legal, accounting and banking advice so you clearly understand your position, your rights and your responsibilities. Often the real cost is in how you feel and express yourself, so having a strong network around you is a priority. Your team should involve the following a) Level headed friend or confidant, b) Solicitor, c) Accountant, d) Banker or Mortgage Broker, e) AREINZ qualified Real Estate Agent. These are the individuals that can provide accurate and measured advice and provide structure around you when things don't look right. Many of these people and services look sensible but many may ask why an AREINZ qualified Real Estate Agent? The point is this, you need the best experience and the best advice when you're in a time of change. You may be selling and buying property, you may be renting, and having someone alongside you that can assist

in the decision making provides clarity and peace-of-mind. It may be the assurance you need to move ahead. Over the years I have pulled together a checklist for couples seeking clarity on the things to cover off when splitting up. If you would like this checklist please email graham.mcintyre@mikepero.com and for more information within this series on selling a property when you're splitting up, go to www.graham-mcintyre.mikepero.com/blog/ Contact Graham McIntyre AREINZ on 0800 900 700 or 027 632 0421. (Licensed REAA 2008).

Sharing fence costs with your neighbour

The Fencing Notice - By Nathan Tetzlaff.

The Fencing Act 1978 provides that neighbours must each pay half the cost to do work on an adequate fence. This includes building a fence where there isn't one, replacing a damaged fence, or doing repairs. Neighbours can often agree on these matters without further assistance. Any agreement is enforceable and may be registered as a fencing covenant on the properties' titles.

Even if the neighbour has agreed, a fencing notice should then be handed to them (or be sent to them by registered post) and should include reference to: The boundary to be fenced; The type of fence proposed; Who and how the fence would be constructed; The estimate of costs; and When the work will be done.

The notice should also be clear that your neighbour has 21 days to serve a 'cross notice' or else they will be deemed to have accepted the terms in the fencing notice, including liability to pay the amount proposed.

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	660,000	95M2	70M2	716,250		920,000	147M2	166M2	1,120,000
	1,150,000	287M2	254M2	1,950,000		1,275,000	387M2	239M2	1,420,000
	1,475,000	325M2	333M2	1,770,000		990,000	207M2	187M2	1,200,000
	1,400,000	365M2	297M2	1,800,000		765,000	110M2	123M2	987,500
	865,000	159M2	132M2	1,284,000	MASSEY	790,000	918M2	240M2	1,650,000
	720,000	351M2	130M2	1,050,000		920,000	840M2	250M2	2,000,000
	1,050,000	244M2	180M2	1,358,000		1,075,000	1613M2	325M2	1,390,000
	670,000	100M2	72M2	840,000		730,000	451M2	170M2	985,000
	1,150,000	300M2	220M2	1,480,000		660,000	926M2	180M2	1,130,000
	1,320,000	450M2	264M2	1,434,000		720,000	1328M2	129M2	1,001,660
	550,000	64M2	73M2	750,000		600,000	602M2	80M2	1,062,000
	1,240,000	789M2	286M2	1,730,000		1,100,000	612M2	250M2	1,250,000
	970,000	181M2	183M2	1,250,000		840,000	451M2	159M2	1,000,000
	690,000	111M2	85M2	880,000		830,000	609M2	90M2	1,325,000
	1,400,000	246M2	208M2	1,450,000		610,000	607M2	80M2	990,000
	880,000	113M2	145M2	1,005,000		730,000	630M2	100M2	1,020,000
	1,250,000	796M2	320M2	1,520,000		800,000	403M2	124M2	1,177,000
	940,000	188M2	201M2	1,280,000		680,000	688M2	130M2	1,020,000
	960,000	137M2	160M2	1,075,000		680,000	350M2	151M2	905,000
	700,000	97M2	90M2	950,000		1,375,000	722M2	275M2	1,850,000
	1,125,000	283M2	189M2	1,485,000		710,000	956M2	100M2	1,380,000
	970,000	184M2	218M2	1,270,000		660,000	608M2	90M2	1,100,000
	940,000	188M2	201M2	1,280,000		710,000	606M2	100M2	1,001,000
	1,200,000	281M2	230M2	1,335,000		550,000	678M2	80M2	935,000
	1,150,000	318M2	202M2	1,464,000		620,000	375M2	90M2	905,000
	1,099,000	108M2	163M2	1,099,000		725,000	114M2	94M2	830,000
	1,400,000	362M2	292M2	1,705,000		1,050,000	1017M2	110M2	1,800,000
	695,000	105M2	77M2	785,000		980,000	1663M2	193M2	1,280,000
	1,150,000	312M2	223M2	1,480,000		610,000	907M2	130M2	846,000
	1,325,000	320M2	274M2	1,850,000		755,000	1201M2	100M2	1,235,000
	1,050,000	246M2	183M2	1,450,000		1,175,000	1191M2	350M2	1,550,000
	1,400,000	365M2	293M2	1,800,000		670,000	731M2	80M2	1,355,000
	1,150,000	319M2	217M2	1,400,000		850,000	1012M2	170M2	1,614,000
	1,479,000	247M2	208M2	1,465,000		930,000	2046M2	90M2	985,000
	1,299,000	99M2	205M2	1,299,000		890,000	911M2	136M2	1,265,000

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

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

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



Graham McIntyre
Brand & Territory Owner
027 632 0421

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ALFRESCO, CONTEMPORARY LIVING IN KUMEU

3 2 2

By Negotiation

127 Matua Road, Huapai By Negotiation

Large land lot and expansive three bedroom home with established low maintenance gardens and lawn. This near new home in the heart of Huapai offers a high standard of design, flow and convenience. A flat 766sqm fully fenced site that is landscaped to provide easy-care and privacy. The home is an infusion of clever design that pulls the expansive westerly decking into the kitchen and lounge delivering a seamless indoor-outdoor flow. A clever separation with three generous bedrooms access off a central hallway. The bathroom and en-suite are delightfully styled and modern. A large double garage and workshop ensure that your tools and toys are catered for in the most deserving way possible.

www.mikepero.com/RX2940151



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



COUNTRYSIDE VIEWS WITH INCOME OPPORTUNITIES

6 6 3

By Negotiation

911 Old North Road, Waimauku By Negotiation

The property is available for purchase however is tenanted with any settlement incorporating the tenancy term or negotiating terms that may suit the Tenant. Set on one of the highest points in Waimauku with commanding views to the North and the South East / West. A near new, quality, commercial-style two-story, build with high-end features, well insulated and double glazing. Downstairs offers a sunny open plan lounge, spacious modern kitchen and dining flowing out onto a large covered patio (with a set-in BBQ) and lawn area. It has the master bedroom (with en-suite and walk-in wardrobe), which opens out onto another courtyard area with a fire pit and concrete dining table, two further bedrooms, separate bathroom, two toilets and the laundry. Internal access to the extensive six-car carpeted garage.

www.mikepero.com/RX2769416



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Central's Tips

September 2021



The growing season has started – control aphids, feed citrus and berry plants and stake fruit trees. There's a great variety of vegetable seedlings available now, and it's a good time to sow pumpkins.

Weed control now will reward you in a few months by giving desirable plants plenty of room to grow. Plant spring flowering shrubs, adding water storage granules. Stake tall growing perennial plants so they don't fall over in spring winds.



In the Edible Garden

- **Check for aphids on young seedlings**, particularly brassicas – carefully wipe them off or spray with a natural pesticide
- **Feed strawberries and blueberries now**; also citrus which require plenty of food as they begin to flower
- **Stake newly planted pip and stone fruit varieties** as spring wind can destabilise them and halt growth
- **Pumpkin patch**: got a spare sunny corner of the garden, where a crop can spread? Then dig it over with some compost and sheep pellets and sow some pumpkin seeds. You'll need to spread pea straw when the pumpkins start to form in early summer
- **Seedlings of old-fashioned tomatoes, capsicum and other summer crops** are available at garden stalls at farmers' markets now. Plant directly into Garden Mix in a sheltered area, placing tender young seedlings under cloches (cut off plastic drink bottles will do)
- **Get the leafy herbs cranking**: coriander and parsley are best planted before it gets too warm – but basil is much more susceptible to cold, so wait a month or so
- **Liquid feed all edible plants with Aquaticus Garden Booster**, particularly at the root area as everything begins to grow

The rest of the Garden

- **Great time to control weeds, knocking them back and allowing desirable plants to thrive.** It's tricky spraying amongst plants that you want to grow, so choose a sunny day and pop the headphones on and get digging!
- **Many shrubs and annuals can be planted now.** Plant into weed-free Garden Mix and liquid feed straight after planting. Larger shrubs and trees in exposed areas need to be staked
- **Pretty spring-flowering shrubs enhance the seasonal change.** Californian lilac (ceanothus), Mexican orange blossom (choisya), viburnums and lavender all provide good early spring displays
- **Place stakes** alongside tall growing perennials such as delphiniums, heleniums, salvias, phlox etc. These plants grow quickly and new growth can be soft, so they need anchoring
- **Water-wise:** use Aqua Turf Max granules in the planting holes to enable plants to maximise use of water, as it gets hotter
- **Feeding garden trees, shrubs and roses is best done now.** Roses, which use a lot of food to produce their beautiful blooms, will benefit from both rose fertiliser and a dressing of sheep pellets

Project for September

Paved patio

Dreaming of sitting outside on a beautiful paved patio this spring? See our new generation NZ made Feinwerk paver range which are stronger, with a high cement content and fibre reinforcement. Being lighter and thinner, Feinwerk pavers are easy to transport and install.

See our great paving range here:

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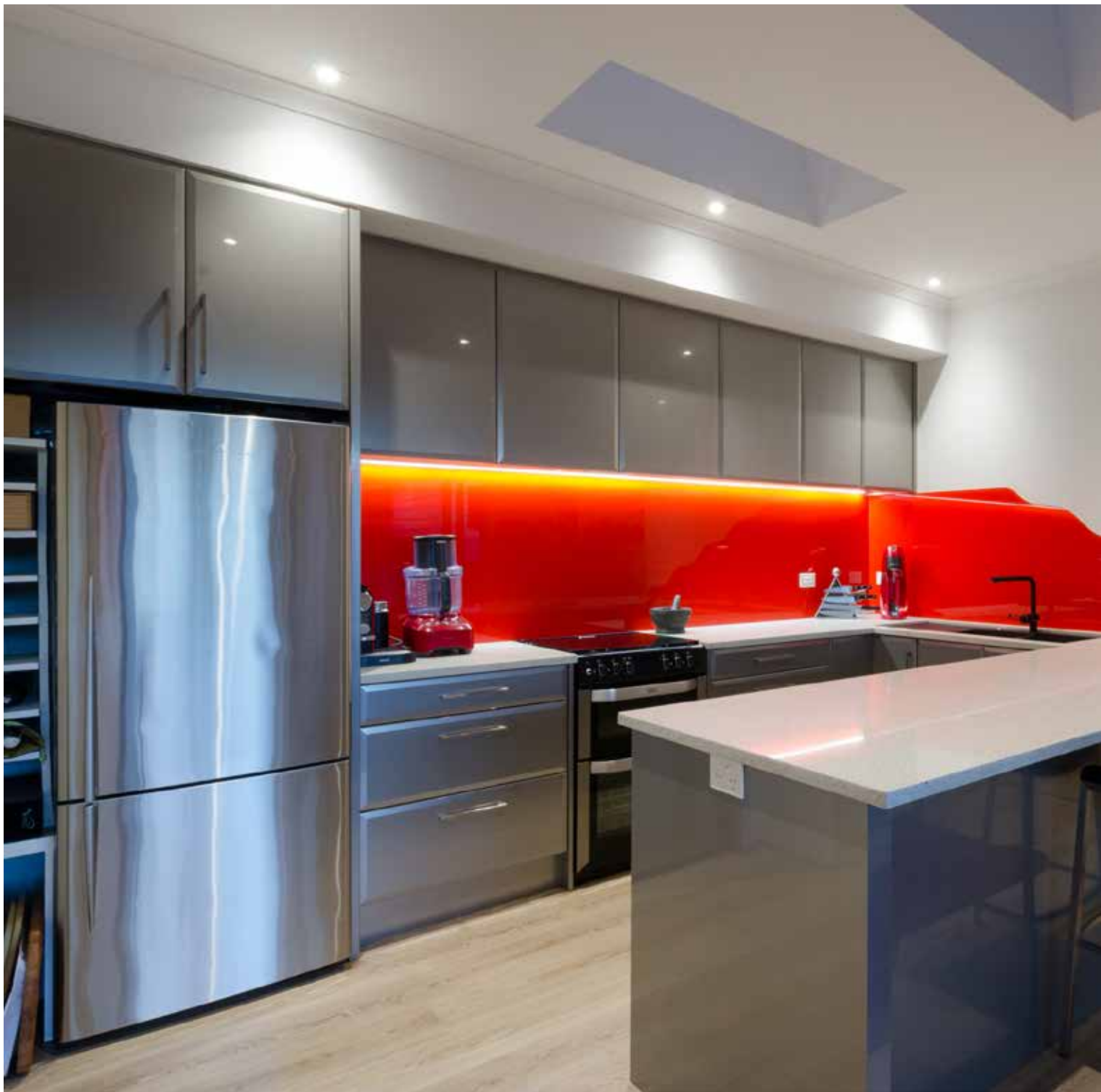


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Hot Property



Alfresco, contemporary Jalcon home in Huapai

Huapai is a locality north-west of Auckland, New Zealand. State Highway 16 and the North Auckland Railway Line pass through it. Kumeu is adjacent to the east, Riverhead is to the north-east, and Waimauku to the west.

The locality is part of the Kumeu wine growing district, with grapes first planted at Huapai by Nikola Nobilo in 1943.

In harmony the word Huapai means - the place of excellent fruit, and

the skeletons of orchards long past can still be seen today, retired largely to land bankers.

Within this thriving fruit bowl of new homes is one that is a little bit different, a purpose built home offering a quality pedigree, an excellent footprint, and set on over 700sqm of land.

This near new home in the heart of Huapai offers a high standard of design, flow and convenience. A flat fully fenced site that is landscaped to provide easy-care and privacy complete with electric gate and mature plantings.

The home is an infusion of clever design that pulls the expansive westerly decking into the kitchen and lounge delivering a seamless indoor-outdoor flow. A clever separation with three generous bedrooms access off a central hallway. The bathroom and ensuite

Hot Property



are delightfully styled and modern.

A large double garage and workshop ensure that your tools and toys are catered for in the most deserving way possible. Everything in its rightful place in this up-spec, entertainer's home which is sure to impress.

A genuine and honest offering that is designed to deliver an unrushed and easy living in a world of busy, fast and crazy.

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

Home & Garden

Tile Wright

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

With over 5 years' experience in the industry, we pride ourselves on high quality workmanship. We cover most of Auckland, have competitive prices and offer a workmanship warranty on all work. No job too small, we cover it all. Call us today on 027 260 8225 for a free no-obligation quote.



Triangle Park Community Teaching Garden

385 Don Buck Road, Massey (next to the Massey Community Hub).

Things are starting to feel warmer in the garden and the trees are showing signs of a life as they soak up the season. Winter was a productive one for us as we worked to install a new shade house. This



will mean we can grow seedlings on site to support our teaching and learning, and because we consume hundreds and hundreds of seedlings each season. Made possible with the support of Henderson-Massey Local Board, The Lottery Grants Board, Bunnings and our most valued volunteers who contributed their time and expertise to the project.

Our upcoming workshops and events are:

Garden Market Day - Saturday 02 October 2021, 10am - 2pm.

This is a free event for the whole community. A wonderful opportunity to get your friends and family together and meander your way around your local community garden. Come meet the people behind the greenery with garden tours, and special activities. Plants and seedlings for sale, bake sale, and more garden related products.

Spring Gardening Workshop - Every Wednesday and Saturday, 10am - 12pm.

Want to learn how to grow your own kai? Come join us for a morning of organic gardening- seed-raising, sowing, planting, harvesting, composting, worm farming and more spring garden projects.

Whether you have lots of gardening experience, or none, this is a great opportunity to share your knowledge, learn new skills and gain practical experience with organic gardening.

What to bring: sturdy shoes, hat, drink and something to nibble on.

Keep up to date with all events on Facebook- Triangle Park Community Teaching Garden, email us triangleparkgarden@gmail.com or just pop along to one of our weekly practical gardening workshops on Wednesday & Saturday 10am - 12pm.

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With over 40 years of experience, we take pride in supplying a quality range of hardware and building materials to assist in completing your building project to the highest possible standard. Our locally owned and operated network of three Auckland stores ensures we can provide our products and services with prompt delivery to your site.

Our Kumeu store also specialises in the stock and supply of lifestyle block and farm supplies including a comprehensive range of portable electric fencing systems with leading brands such as Strainrite and Gallagher. We carry wooden and galvanised farm gates in a range of sizes and stock a complete range of fencing and gate hardware.

All our timber yards carry an extensive range of timber products including framing, retaining, posts, poles and fencing timber. We can supply just a few lengths for a small project or in bulk to greater commercial operations.

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Home & Garden

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Blackout Electric

Established in August 2020, Blackout Electric is a local family owned and operated business, run by Sebastian Weaver, a registered electrician with over 16 years' experience in the industry.

After completing his apprenticeship and spending a number of years working for various companies, learning the ins and outs of the industry, Seb decided it was time to go out on his own and build his own business from the ground up - since then, he hasn't looked back.

After being in business only a few months, Blackout Electric had generated enough business to bring on an apprentice, and approached Kaipara College and their Gateway Programme. This is where we found Branden, who is currently enrolled in his first year of an electrical apprenticeship. Seb is incredibly passionate about passing on his knowledge to others who want to be in the trade, and really enjoys seeing them succeed and become successful electricians themselves. Branden has been a fantastic addition to the Blackout Electric family and continues to develop his skills under the ongoing guidance of Seb.

In December 2020, Seb's wife Toni joined the team in a full time



capacity running the Office and Administration side of the business.

Since starting Blackout Electric, we have experienced a huge amount of loyalty from local customers and businesses alike. Customers who not only continue to use our service, but refer and recommend us to their own family and friends. This is a testament to the service we provide, and the reason we continue to grow as a business. Blackout Electric are striving to be the number one choice for local electrical services. We hope that as time goes on, when people think of electricians they will think of Blackout Electric.

We specialise in all forms of residential and commercial electrical work. Including new builds and renovations, alarm systems, CCTV and AV, and general maintenance - From something as simple as a new power point, to an entire house rewire, Blackout Electric is happy to help.

Seb is highly experienced in delivering cost-effective, high quality workmanship - Offering solutions, not problems. At Blackout Electric, we pride ourselves on exceeding client's expectations. We build a relationship with our customers that begins on the first day of contact, and only ends once they're fully satisfied with our work.

Contact Blackout Electric for all your electrical service needs. We can be found at www.blackoutelectric.co.nz or info@blackoutelectric.co.nz.

Standard roses

With spring underway, it is so nice to see the deciduous trees leafing up, along with the ever popular Standard Iceberg roses. Awa Nursery currently has a good stock of these stunning roses, Iceberg, Margaret Merrill and Burgundy. These classics look great. Plant in a location that enjoys full



sun. Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthy flowers. Regular dead heading will encourage more flower buds to develop.

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If you are developing your orchard, there is still time to plant fruit trees. It is a great time of the year to be planting, and your plants will be getting established before the dry summer months. Spray your stone fruit trees with copper to protect from leaf curl disease, and prune back your citrus after picking the fruit, to open up the plant for more light to get to the centre. It is also a good time to fertilise your plants and mulch your gardens to aid moisture retention over summer. Come and see us at Awa Nursery and get your garden looking great.

Window furnishings and floorings at new store

A world of stylish products, fantastic specials and inspiration awaits you at the brand-new Carpet Court / CurtainStudio showroom in Kumeu. Whether you are renovating, building new or just want a few attractive accents in your decor, the beautifully laid out store offers a wide range of window furnishings and carpets for everyone - from students to first time home owners, right through to retirees. With Carpet Court being one of New Zealand's largest flooring suppliers to residential, insurance and commercial markets, together they are a one stop shop that offers the complete interior package.

CurtainStudio offers a wide range of readymade curtains as well as customised products. So, you have the option to get something that is manufactured to your specific requirements and home environment.



As New Zealand's Gold Award Winner in Flooring Quality Service, the business brings unparalleled knowledge and provides customers with the world's best flooring products through a number of established local and international partnerships.

Interested? Come and meet one of the friendly team and experience the passion and enthusiasm they have for colours and interiors or book a free measure and quote via our website today.

The Carpet Court / CurtainStudio showroom is at 2/190 Main Road, Kumeu. Phone 09 869 7659, email kumeu@carpetcourt.nz. Visit www.carpetcourt.nz and www.curtainstudio.co.nz for more information.

Opening hours Monday to Friday 9.00am - 5.00pm and Saturday 9.00am - 1.00pm.

Laser Plumbing and Roofing Whenuapai

Introducing Jonny, our new maintenance plumber. Jonny has been with us since May and we have received great feedback from our customers on his performance and tidy workmanship.

Just some of the feedback from some of our happy customers:

* Jonny is very nice and did a great job for us. Much appreciated!

* Well trained and articulate young man who could not have been more helpful.

* The prompt service and Jonny who was sent to sort out our leaks was very polite and tidy and very thorough. Thankyou.

* The personal service of a happy plumber. THANK YOUR TEAM.

* On time, did job and left the site tidy.

* Prompt service, friendly, professional and approachable, work excellence. We're very happy with the outcome. Thank you.

Jonny also celebrated his birthday this month - happy birthday Jonny.

If you are in need of some general plumbing maintenance please get in touch and we can arrange for a plumber to attend. Laser Plumbing & Roofing Whenuapai has all your drainage and roofing issues covered too. No job is too big or too small.

For all your service needs please contact us on 09 417 0110 or whenuapai@laserplumbing.co.nz. We are open 5 days a week from 7.30am to 4.30pm and are located at Unit 4, 3 Northside Drive, Westgate. Visit our website whenuapai.laserplumbing.co.nz for



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Home & Garden

more information.

Spring has arrived

Spring has arrived and plant growth is starting again with gusto. That means our farms and gardens will be full of weeds, and possums and mustelids will become more active in their search for food to support their young. Our nesting native birds are at risk of predation, especially eggs in nests. Now is the time to make sure you have a range of traps out with some attractive bait to lure pest animals to your trap instead of to those nests. If you have a large property, especially a covenanted bush block, keeping on top of all of this work can be time consuming and unachievable. At NZ Biosecurity Services Limited we want to make this as easy as possible. We can come and visit your property and develop a plan to take the hassle away. Chat to us now on 09 447 1998.



Drain Ninjas

We are a local family owned and operated business.

Our skilled and experienced team and our fully qualified partners utilise the most up to date and sophisticated equipment to provide solutions for all drain issues. We cover the whole of Auckland and are available 24 hours a day 7 days a week for emergencies. We understand the importance of service and solutions along with providing advice for healthy drains in the future. Which makes us a reliable business as well as the first choice of commercial and domestic customers.

Our Services include; Vacuum Loading/ Suction, Septic tank emptying and servicing, Cesspit cleaning, Pump Chambers, Grease Trap Cleaning, Hydro Excavation, Pile Holes, Drain unblocking & root cutting, CCTV locating and fault finding and Drain repairs and maintenance.

Phone: 0800 4 NINJA (64652), email: admin@drainninjas.co.nz or visit www.drainninjas.co.nz.

Tile and grout cleaning and re-colouring

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 more bacteria laden than before you started?



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Home & Garden

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.

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

Solarcraft – Solar Systems Made Simple

Hello everyone, We write this editorial in lock down Level 4 when everyone is focusing more on health, well-being and food security rather than power security!

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



After 11 years in this business, we have gained a good feel for the industry as a whole. There have been peaks and troughs. Some in the biz call it the 'Solar-coaster'!

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

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

We are taking a break from the Kumeu Courier for a spell while we deal with Covid calamity. We are still right here though, providing

the best systems for your budget and custom power requirements.

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

West Haven tide chart

Date	High	Low	High	Low	High
Wed 01 Sep	02:03	08:07	14:36	20:46	-
Thu 02 Sep	02:57	09:06	15:37	21:44	-
Fri 03 Sep	03:55	10:05	16:35	22:38	-
Sat 04 Sep	04:53	11:01	17:27	23:28	-
Sun 05 Sep	05:47	11:50	18:14	-	-
Mon 06 Sep	-	00:16	06:37	12:36	18:58
Tue 07 Sep	-	01:01	07:24	13:20	19:42
Wed 08 Sep	-	01:46	08:09	14:04	20:26
Thu 09 Sep	-	02:31	08:54	14:48	21:11
Fri 10 Sep	-	03:16	09:39	15:33	21:57
Sat 11 Sep	-	04:02	10:25	16:20	22:45
Sun 12 Sep	-	04:49	11:14	17:10	23:35
Mon 13 Sep	-	05:39	12:06	18:05	-
Tue 14 Sep	00:28	06:32	13:03	19:05	-
Wed 15 Sep	01:25	07:31	14:06	20:10	-
Thu 16 Sep	02:26	08:36	15:12	21:16	-
Fri 17 Sep	03:32	09:45	16:17	22:19	-
Sat 18 Sep	04:38	10:49	17:16	23:18	-
Sun 19 Sep	05:39	11:47	18:10	-	-
Mon 20 Sep	-	00:12	06:35	12:38	19:00
Tue 21 Sep	-	01:02	07:25	13:24	19:46
Wed 22 Sep	-	01:47	08:10	14:07	20:30
Thu 23 Sep	-	02:30	08:52	14:47	21:12
Fri 24 Sep	-	03:10	09:32	15:25	21:52
Sat 25 Sep	-	03:49	10:09	16:04	22:31
Sun 26 Sep	-	05:26	11:47	17:43	-
Mon 27 Sep	00:10	06:05	12:25	18:25	-
Tue 28 Sep	00:50	06:46	13:08	19:12	-
Wed 29 Sep	01:33	07:31	13:56	20:05	-
Thu 30 Sep	02:21	08:22	14:51	21:03	-

Source: LINZ.

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

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Pets

Cat lovers urgently needed

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

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

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



College Students teach Dog Safe 4 Kids

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

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

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



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

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

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

Kanika Park Cat Retreat

Hairballs and should I worry?

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



What are hairballs?

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

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

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

Do all cats have hairballs?

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

How often should my cat cough a hairball?

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

Are hairballs a cause for concern?

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

What can I do to prevent hairballs?

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



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Pets

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

Dog&Co

This month I am so excited to share some exciting news I recently received. I am stoked to say that I was an overall category winner and judge's choice in the "International Pet Photographer of the Year Awards". I've shared with you the photo that won it for me in the "pets and their people" category. A photo taken of Rupert the dog and his mum running down Bethells Beach at sunset.



I am totally self-taught in all things photography and editing so the fact that I have won an international award is something I wouldn't have thought possible when I first started my little pet photography business six years ago. I remember back in high school, my art teacher told me that I couldn't photograph dogs for a big photography project because they weren't interesting enough subjects...what? Just goes to show that you should never

doubt your passions regardless of what others think or how left-field they are. I am so passionate about my job and just love getting to photograph Kiwi dogs all around Auckland and in my studio. So if you are interested in booking a pet or family photoshoot, get in touch for a spring session asap.

Visit my website or flick me an email any time. Website: www.dogandco.nz Email: kirsty@dogandco.nz Instagram: @dogandco.photography.

Raw Essentials

Cats and dogs will heed the call of the wild, and bound into Raw Essentials once they hear what is on offer. A specialist pet food store; we stock chicken, turkey, duck, veal, rabbit, fish, possum, wallaby, venison and more. New Zealand-grown or hunted, with free-range, wild, organic, and human-grade options: this is real raw food; nutrient-dense with nothing added.

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"At Raw Essentials, we truly believe raw, meaty bones are the best way to feed your pets - it's what carnivores are designed to eat. Our role is to provide a convenient, easy way to feed your pets a well-planned, species-appropriate diet."

So, if you want to find out more about a raw food diet for your pet, pop in to see the Raw Essentials team at your local store. www.rawessentials.co.nz.



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Food & Beverages

Hallertau Beer Banger Challenge

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



a runny paste, then add it to the pot stirring constantly. Continue stirring until the mixture thickens and becomes clear. Remove from the heat and allow to cool.

Ingredients - Baked Pears

4 ripe pears peeled, 1/4 cup chopped almonds, 1/4 cup chopped dates, 2 tablespoons butter

Method - Baked Pears

Carefully remove the core of the pears, leaving the stalk intact. Mix the almonds and dates together. Stuff each pear with the almond and date mixture, packing it firmly into the pear. Place in a baking dish and add the butter to the dish. Bake at 180C for approximately 1 hour - take care to check them regularly to ensure they don't burn. Wrap the tops with foil if they are getting too brown. Remove from oven and arrange on plates; spoon over the syrup. Serve with Cointreau-infused chocolate avocado mousse and whipped cream.

Hibiscus Flowers can be purchased through our online store www.NewZealandHerbalBrew.co.nz.

Using Hibiscus Flowers in baking

Hibiscus Flowers have a delicious fruity flavour and a beautiful crimson colour. They can be infused in either hot water or spirits to impart their flavour and colour and be used in baking, cooking or beverages. This is a lovely recipe that is great for those cooler nights served as a warm dessert, or serve chilled in summer.

Hibiscus & Orange Syrup with Baked Pears

Ingredients - Syrup

1 heaped teaspoon Hibiscus Flower Tea, zest and juice of a small orange, 1 tablespoon maple syrup, 3 whole cloves, 3 teaspoons corn flour to thicken the syrup, 1 cup boiled water

Method - Syrup

Make the hibiscus tea by infusing the flowers in the boiled water for 5 minutes. Strain and add to a small pot. Add the orange zest and juice, the maple syrup and cloves and bring to the boil. Turn down the heat. Mix the cornflower with a small amount of water to make



Successful fundraiser at Allely Estate

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



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

Shalini explained that many of the guests would be Indian and vegetarian so our talented chefs included a few Indian vegetarian dishes along with delicious Indian Chai tea to finish the night.

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

What the client said:

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Food & Beverages

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

Dr Shalini Karan

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

The Beer Spot turns it on

The Beer Spot - Huapai has decided not to enter the Northwest Country Business Awards this year.

After winning the 'Best Family, Informal Dining and Takeaway' category two years in a row, the business reckons it's time to share the love, just as the local community has with them for the last two-and-a-half years.



"The support from our friends, and the beautiful families in the area, has been greatly appreciated, especially over the past 12 months," The Beer Spot co-founder and co-owner Jason Payn says.

"We're so grateful to see folk walk through the doors every day. It's a real privilege to show people the way to great beer, and to be accepted by this wonderful, growing, community is really something."

The Beer Spot is the home of the 'Tap 40' - 40 ever-changing taps of handmade beer sourced from all around New Zealand.

"We may not have the best-known beer staples, but we'll find you something delicious, even if it takes a few cheeky samples to get you over the line," Jason says. "We're here to take the fear out of beer because, generally speaking, our greatest fear is of the unknown. We want to show people how amazing great New Zealand beer is."

The welcoming The Beer Spot - Huapai staff are more than happy to guide you through the offerings, which are many and varied.

"There's always something we can start you on," Jason says.

"A crisp, clean lager or Pilsner, then, once you're a bit more familiar, let us show you a delicious, balanced Pale Ale, or something warming like a chocolate, or Imperial Stout.

"The most important thing is to take your time, enjoy the experience,

and keep coming back to see what's new."

The Beer Spot - Huapai also offers wines, spirits and mixers, and a strong range of non-alcoholic options.

Each week, there's a different food truck providing restaurant quality eats... 'We love that.' Jason says.

"It's rare to go to a place that has a different menu each week."

Across The Beer Spot group, five food trucks have transitioned from mobile operations to bricks and mortar - the most recent being 'Hapunan', offering high quality Filipino food just across the road now.

"It's a thrill for us to be a part of these businesses successes," Jason says. "Of course, it means we miss out on a great food truck, but plenty more are coming online to fill the gaps. "The quality of the offering has improved out of sight over the past five years."

A Quiz Night is held every Tuesday and bookings are essential.

"It's a no-screens quiz, which means the banter between the tables is hilarious," Jason adds.

You can grab tickets to 'The Beer Festival powered by The Beer Spot 2021', November 26 and 27, at 'The Cloud' in Auckland City.

The Beer Spot - Huapai is open seven days from midday on Main Road, Huapai.

For details on all The Beer Spot sites, get to thebeerspot.co.nz and sign up for the newsletter.

Peko Peko

Our new dine-in menu is going well. New popular dishes are ramen noodles and beef bowls. Our ramen noodles are a combination of chicken, pork and fish stocks and of course it is home-made like all other dishes at Peko Peko. Customers are enjoying them with Asahi tap beer, Japanese sake and New Zealand wines. Please check our new menu via our Facebook page and photos from Instagram. You can find us @pekopekonz Please call us to book your table as we only have 20 seats. We hope to see you guys soon. 102c Hobsonville Rd, next to Hobsonville Primary School. 09 416 1197.



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Health & Beauty

Chronic diarrhoea

Maybe it's BAD and Not IBS?

If your doctor can't find a cause of your chronic diarrhoea, chances are you will get a diagnosis of irritable bowel syndrome (IBS). But 30 to 50% of people with chronic diarrhoea have something called Bile Acid Diarrhoea (BAD) and not IBS. The distinction is important because the treatments are different.

Diet Suggestions for BAD. Hint; it's Not FODMAPS:

The most common diet for IBS is a low FODMAPs diet, which excludes a variety of sugars from the diet. However, this diet is not going to be helpful if you have BAD. People with BAD have high levels of bile salts in their intestines in response to normal levels of fat in the diet. These bile salts cause watery diarrhoea in many ways. Rather than lower FODMAPs to treat BAD you should restrict the amount of fat in your diet to about 40g per day and spread this evenly throughout the day. The fat in meat tends to be worse than plant-based fats, so keeping meat intake to small amounts would be helpful.

Treatment for BAD diarrhoea:

Colestid is a prescription medicines that can bind to bile salts. It can be helpful to reduce BAD diarrhoea. Foods such as beets and asparagus can also bind to bile salts but only weakly.

Berberine to the rescue:

As well as improving cholesterol and diabetes, berberine has shown great abilities in improving bowel function. Berberine has been shown to activate the Farnesoid X-Receptor (FXR) which is one of the underlying mechanisms in BAD.

Other Treatments:

Probiotics and prebiotics are likely to be beneficial because the balance of the microbiome will have been disrupted from years of BAD. The Total Gut Restoration Programme is a great follow on to rebalance your gut health after you have settled your BAD. Martin

Harris, Massey Unichem Pharmacy 396 Don Buck Road, Massey. 09 833 7235.

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Verruca pedis (plantar warts)

Do you have lesions in your foot that cause you pain? Painful to put weight or pressure on it? Can't figure out how to relieve your pain? We may be able to help you!

What is a verruca pedis?

Verruca pedis is a viral infection caused by the Human Papilloma Virus (HPV). The virus enters the skin through small cuts and abrasions. HPV is spread by direct contact so when the wart is scratched or picked, a wart may develop under the fingernail or a virus may spread to another area of skin. Communal bathing facilities, sports centres, gyms and pools are common places to catch this virus.

Verrucas are commonly seen in children, particularly when they are growing rapidly. They usually resolve spontaneously, however, if your child is in pain from their verruca it is important to seek treatment with a Podiatrist.

Signs and symptoms

- Verrucae are viral lesions that have a cauliflower-like appearance.
- Hard, thickened skin over a well-defined "spot" on the skin, where the wart has grown inward.
- Black pinpoints, which are commonly called wart seeds but are actually small, clotted blood vessels.
- Pain or tenderness when walking or standing.



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Health & Beauty

-Pain can be reproduced by squeezing the outside margins of the wart.

Treatment options

The first and most important information is ensuring you do not pick or dig it out with your finger or non-sterilised tools. Also, you're more likely to develop warts and verrucas if you have a weakened immune system so taking supplements to support your immune system may be beneficial. If you continue to have pain, give the team at the Hobsonville Podiatry a call on 09 390 4184. They can help determine why the pain won't settle & then provide appropriate treatment.

Lash Studio

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



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To see exactly how your smile could transform with our revolutionary technology, contact the friendly Fraser Dental team at 1 Wiseley Road, Hobsonville on 09 416 5050 or email info@fraserdental.co.nz today. Don't put up with a smile you don't love - there's no better incentive to get started than by seeing your future smile.

Putting your best foot forward

Twenty to 90% of all runners will sustain an injury and the rates of injury over the past 40 years has not changed despite advancements in training, shoes and recovery strategies. The question is why are we still experiencing such high rates of injury?

The forces that cause injury can logically be attributed to the moment when the foot collides with the ground. The size of that collision, repetition and how we cope with that force will determine if damage occurs or not.

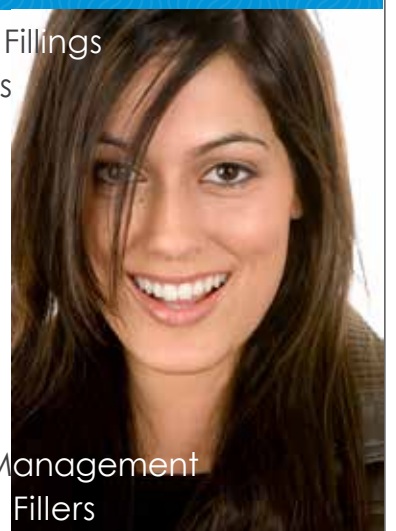
At foot strike, the ground reaction forces can be as much as 2-3 times our body weight which we are able to handle. More than this and tissue damage will eventually occur. Put more simply our running technique, training volumes and possibly our equipment or




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Health & Beauty

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Spring is in the air

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

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

- Indoor allergens, such as pet dander, dust mites and mould.

- Irritants, such as cigarette smoke, perfume and diesel exhaust.

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



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Spring is coming! Are you ready for a bright smile?

Is whitening for you?

If your teeth are darkened from age, coffee, smoking etc, whitening is successful in at least 90% of patients. No one can predict how much lighter your teeth will become, every case is different.



Why not come in for a free consultation with Kumeu Dental's whitening guru oral therapist, Ashley and she will take care of you and put you on the right sparkly white path. Depending on your teeth sensitivity and the results you want to achieve Ashley will recommend an option that will suit you best.

We have four amazing options tailored to suit all different types of patients:

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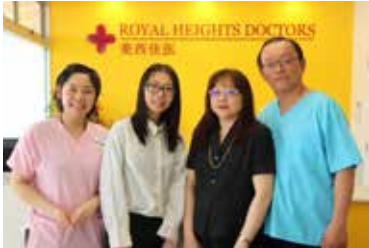
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Health & Beauty

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Royal Heights Doctors is a brand new GP clinic in the well-known Royal Heights Shopping Centre offering Premier Healthcare for everyone in West Auckland and beyond.



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Dr Jake McEntee - Kumeu Chiropractic

Hi, my name is Jake McEntee, and I am one of your local Chiropractors at Kumeu Chiropractic.

I have been living in Kumeu now for almost two years and it has been great serving the community over this time. The Kumeu area is great as it reminds me a lot of my hometown of Matamata, located in the heart of the Waikato region.

Growing up I was interested in football, a sport which I have got back into this year as part of a resolution to become more active. Not only has this helped with my own fitness, but this helps to highlight the importance of the role Chiropractic care has with aiding performance and injury prevention when exercising or playing sport.

We see a lot of people come to our office for help with injuries, back pain, headaches and other symptoms, but it is also very exciting to see improvements in other aspects of their health when starting Chiropractic care. What we know is that a better functioning spine and nervous system can lead to an improvement overall health and wellbeing.

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Health & Beauty

Do you have tight hip flexors?

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

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

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

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

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

Happiness chemicals

We all need a little happiness in our lives and here are ways to increase the happy hormones in your body.

Dopamine is the reward chemical and boosts our drive & focus: complete a task & praise yourself for it, do something to care for yourself, eat healthy food, get enough sleep and celebrate your wins!

Endorphins are the pain killers which reduce stress and increase the feel good factor: laugh, watch comedy, listen to music, eat small amounts of dark chocolate and exercise.



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Oxytocin the love hormone impacts our relaxation and has positive effects on our behaviour: physical touch, hug someone close to you, hold hands, give a compliment, help others, socialise or play with a pet.

Serotonin the mood stabiliser contributes to our wellbeing and happiness: meditate, exercise like swimming, running or cycling, get out in the sunshine and walk in nature.

Need help being happier - get in touch. Lorraine Maguire - Rapid Transformational Therapist www.lorrainemaguire.com.

Living longer and bloating less...

Eating veggies! Yes your mum was right to make you eat your veggies.

We all know that eating fruit and vegetables is good for us but knowing how much has always been contentious with different recommendations made. WHO, World Cancer Research Fund and the UK recommend 500g of veggies and fruit, 600g in Denmark and the US recommends up to 800g, NZ and Australia recommend only 400g.

A fantastic study from the UK set out to analyse all the studies on fruit, vegetables and health to find out if there was a specific amount that really improved health.

This is what they found:

Even a small amount of fruit and veg had health benefits (200g -2.5 serves) such as a 4% reduction in the risk of cancer.

Anywhere between 600-800g saw massive reductions in the risk and death from disease.

But the amount that made the biggest difference was 800g including 24% reduced risk of heart disease, 33% reduced risk of stroke, 28% reduced risk of cardiovascular disease, 13% reduced risk of cancer and 31% reduced risk of premature death (due to illness).

800g is about the equivalent of 10 serves.

The reason behind this is because of the specific chemicals found in plants that are anti-inflammatory, antioxidant, detoxing, and antibacterial. They are also fuel to the 'good bacteria' in our gut and so can help ensure we lessen the risk of a dysbiosis (unbalance of



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Health & Beauty

bacteria) and 'leaky gut'. They are also full of fibre which again fuels the healthy bacteria and cleans out the gut by moving everything through- no more traffic jams!

If you want to know more about what 10 serves actually looks like and what fruit and veg was specifically singled out then please come and join my free Facebook group - Women's Wellbeing Circle - www.facebook.com/groups/thewomenswellbeingcircle and listen to talk on this.

Unichem Hobsonville Pharmacy

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



The Pharmacy team includes pharmacists, dispensary technicians and qualified pharmacy assistants to deal with your health and beauty requirements. We are all friendly, approachable and professional.

We offer many services including prescription dispensing, medicine management, blister pack or sachet packaging and free delivery during working hours. We accept faxed or email prescriptions and utilise Southern Cross direct claiming. We can discard unused medications for you. We offer free blood pressure checks.

We have staff specialising in Women's Health, Natural Health and also offer a huge selection of great gifts for every occasion.

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Zumba with Fleur

Zumba with Fleur in Hobsonville Point is coming up to their 2nd anniversary in Hobsonville Point. Recently Fleur and her team hosted a Pride fundraiser with all funds raised going to the Aids Foundation and Outline. Fundraising and volunteering in the community is something Fleur is very passionate about and recently was given recognition for by the Hobsonville Community Trust.

Fleur lives locally and teaches classes at the Sunderland Lounge every Tuesday at 7:15pm, Wednesday 9:30am (Zumba Gold) and Saturday mornings at 8:10am. Your first week is free, then it's just



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

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



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

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Are you interested in being creatively sustainable?

Do you know about upcycling as a form of climate action?

The ReCreators is a social enterprise that delivers DIY skills-based classes across Auckland, teaching people how to creatively reuse materials that already exist.



You can learn how to restore furniture, use power tools to work with reclaimed wood, design and make upcycled clothes and make your own beauty and cleaning products. Classes are for young and old from every walk of life.

The ReCreators are a collective of sustainable artisans who design and deliver workshops and products using reclaimed materials. Since their beginning in November 2018, they have delivered nearly 6,000 classes to 3,000 participants and diverted nearly 3 tonnes from landfill.

Their vision is to create a local, circular economy in Auckland (Tāmaki Makaurau) and New Zealand through basic creative reuse of materials. Circular Economy can be a jargony term but it essentially means:

- Designing out waste
- Using materials for as long as possible
- Using materials that align with nature (i.e. not plastics that do not break down or pollute our environment)

Materials for classes are donated from businesses like Trow Group, Tamaki Regeneration, Black Sands, Fuji Xerox, Innature and Op Shops.

Geraldine Tew is the founder of The ReCreators. Ger set The ReCreators up as a form of business activism, to showcase what an ethical and sustainable company could look like, valuing both people and planet while making a commercial living.

"Businesses need to lead the way in action where possible, from supply chain to employees - there are so many ways to make a difference".

The ReCreators workshops show participants how easy it is to reimagine waste into value. Examples include using wooden and linen off-cuts to make a canvas, making a chopping board from

recycled kauri or rimu house boards or using fabric off cuts to make flowers or toys.

Upcycling can also represent a creative outlet and refuge from the stress of life: work, kids, and the responsibilities of being an adult. It's a place where a person can be creative and happy with their own company, alone with power tools, a sewing machine, or other creative equipment.

To find out more check out www.therecreators.co.nz or email ger@therecreators.co.nz or call on 021 626 367.

Before spending money on marketing

A common mistake made by businesses is believing that the first step in growing their business is to do more marketing / advertising.



There are several steps to be taken before you are ready to market your business. These include

- Knowing what you want your company to look like in 3-5 years' time
- Understanding the core values of your company
- Knowing who your best customers are, where they are and where they look to make their buying decisions
- Understanding what makes your business different to your competition (also known as unique selling position (USP) or points of difference).

Get to know your competition. Are you in an industry where there are many competitors or just few? In a crowded market you need to work harder to stand out from the rest.

An important distinction to make when looking at your points of difference is to decide what is a market requirement compared to a true point of difference. For example a supermarket will have a range of food and other products available, trolleys, and an ability to pay by EFTPOS or credit card at the checkout. Points of difference between the supermarkets might be a wider range of products, a fresh fish bar, self-serve check outs (although this is fast becoming a market requirement), or getting your bags packed at checkout.

To start finding your points of difference, consider what you do well that your competitors might not do well. What do you get good

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feedback on? Is there anything that your competitors do well that you should be doing?

Now that you know which parts of your service offering you want to promote, who your best customers are and where look to make their buying decisions, as well as what your points of difference are, you will have a much better idea of what to market, how to market and where to market your business. By being much more targeted, you should get a better return on investment from your marketing spend.

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

Benefits from hospitality industry recovery

Thousands of charity recipients are set to benefit from the rapid recovery of suburban hospitality and retail as growing numbers of consumers opt to purchase locally.

The trend has seen one of the Auckland region's largest food and beverage retailers bounce back strongly after COVID - bringing flow on benefits for local charities and community groups.

Along with food venues the upsurge in local retail beverage purchases has also provided additional revenue for charitable initiatives.

A \$1 million charitable fund, made up of profits from the hospitality industry, will provide dozens of community groups with up to \$50,000 each towards projects which support those living in West Auckland.

Allan Pollard, CEO of The Trusts, which established the Your West Support Fund says their hospitality and retail business is performing significantly better than expected in the year, having been initially impacted by the pandemic lock downs.

He says they have doubled the size of their charitable fund over the previous year after receiving a significant boost in revenue from Kiwis dining and shopping locally.

"What we are seeing is strong support for suburban hospitality venues as well as increased retail activity.



"This is driven by a range of factors including; more people working from home and dining out locally and a reduction in overseas travel which also decreases the amount of duty free alcohol purchased through this channel.

"We are also seeing a consumer behaviour trend towards the purchase of higher value beverages which is having a positive impact on revenue," he says.

Pollard says the 2020 funding round was dedicated towards providing essential community support groups with sufficient revenue to cover their overheads.

"Despite our own revenues being disrupted as a result of the pandemic last year we were able to provide \$500,000 towards ensuring the continuity of local groups.

"This year we will be donating \$1m to broaden our support and help more members of the community as we start to look beyond the immediate impacts of COVID," he says.

Print versus digital - why print is still around

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

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

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

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

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

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

People like engaging with print materials

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





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

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

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

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

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

Clean up week starts

Northwest projects are invited for Keep New Zealand Beautiful - Clean Up Week on September 13-19.

"We'd love to see a clean in Kumeu and surrounds," Keep New Zealand Beautiful says.

Kiwis are asked to 'Do the Right Thing' and make a collective difference by getting involved in this year's Clean Up Week.

The community pride initiative, run annually by Keep New Zealand Beautiful, inspires businesses, schools, community groups and individuals to actively participate in cleaning up their little part of Aotearoa.

Last year 57,936 volunteers collaboratively cleaned up an area equivalent to 4935 rugby fields and collected 561,979kg of litter.



"As New Zealand's largest community led event, Clean Up Week is an initiative that presents a great opportunity for education and litter awareness to reach every corner of New Zealand, and for Kiwis to get involved and 'Do the Right Thing,'" Keep New Zealand Beautiful CEO Heather Saunderson says.

"By more volunteers taking part in their local events we can collectively make a huge difference."

Heather says this year the organisation is pushing for all participants to take a climate conscious approach to Clean Up Week by encouraging them to organise their own reusable and sustainable clean up kits using everyday items such as buckets and gardening gloves.

"We're aware of the carbon footprint involved in the creation, single use and couriering of kits across the country. As much as we want to clean up litter in New Zealand we also want to reduce what goes to landfill after our clean up events. This year we'd like everyone involved to be climate conscious and kit out their own clean up kits."

Previously, Keep New Zealand Beautiful offered free clean up kits to all Clean Up Week participants. However, this year, and with the help of the Mars Wrigley Foundation, free clean up kits will only be available on request for schools, youth groups and Keep New Zealand Beautiful Community and Educational branches which don't have access to their own clean up materials.

People can also purchase reusable clean up kit resources at cost from the Keep New Zealand Beautiful online store.

Auckland City Council is backing the event and its park rangers are happy to assist with clean ups in local community parks, Keep New Zealand Beautiful says.

"They can provide bags and disposable gloves if required and can arrange for the bags of litter to be picked up afterwards from a pre-agreed location in the park that a contractor truck can easily access."

Contact details for park rangers are provided in the Event Guide that event coordinators will receive on registration.

Waste Management is offering free waste disposal at its Papakura and North Shore transfer stations to registered Clean Up Week participants (with presentation of a digital token received on registration), and EnviroWaste has offered to do the same at its transfer stations in Mairangi Bay, Avondale, Onehunga, Wiri and Pukekohe.

Online registrations close on September 19.

Schools, youth groups and Keep New Zealand Beautiful Community and Educational branches need to register before August 31 to request free clean up kits.

To register a clean-up event for your local area or to join in a public event visit www.knzb.org.nz for more information.

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Keep New Zealand Beautiful is a not-for-profit charitable organisation leading the way in litter abatement and educating New Zealanders on how to 'Be a Tidy Kiwi' and 'Do the Right Thing' since 1967.

Coffee connections – beyond the cup

Words by Juno Scott-Kelly - JSK Communications

Coffee lovers from around the community and greater New Zealand recently celebrated Fairtrade Fortnight - an annual celebration of people, including farmers and families, who are working to make the world fairer.

Talking about his connections with coffee, Will Valverde, Senior Product Support Officer for Fairtrade ANZ tells us his story from Farmer to Fairtrade Advocate and liaison office. Will was born and raised in Costa Rica, surrounded by coffee farms. On the night of his birth, his mother had spent her day picking coffee cherries. For him, that means coffee will always be central in his life.

"Coffee is part of who I am - so it's really no surprise that it has led me down the path I have taken," says Will. Today, Will brings his passion and understanding of coffee to help farmers in places like Papua New Guinea (PNG) and Timor Leste improve the quality of their coffee and link to the New Zealand market. It's a long way from the Costa Rican coffee fields but Will says his background makes connections with Pacific growers easy to develop. "When I go to places like PNG, I find I'm accepted as just 'one more of them', not an outsider. The producers there call me 'amigo' but still treat me like I belong. I've learnt so much from the farmers in PNG and other places in the Pacific. In return, I offer both my personal experience and education in coffee, as well as the knowledge passed on by generations before me about growing and processing coffee in Costa Rica." says Will.

Since the pandemic, trips from New Zealand to the highlands of PNG or the small-hold farms of Timor Leste have not been possible, but Will and the team at Fairtrade ANZ have still found ways to connect. "Our most recent coffee quality work in PNG had to be done online but internet connections in the places we work aren't always strong. Our producers had to gather on the side of a hill to hear us but we found a way, we always do." Will's own grandparents were smallholder coffee farmers in the famous coffee region of Tarrazu in Costa Rica. His parents moved to a different part of the country but



continued to work in coffee production. In Costa Rica, cooperatives play a huge role in supporting the development of the community and the economy. After learning about cooperatives at school, Will studied at University and then joined the local cooperative where he grew up. He worked for CoopAgri not as a farmer but as a staff member in coffee processing and exporting. It was through this cooperative that Will also learnt about Fairtrade. CoopAgri joined the Fairtrade system first through sugar cane (in 1998) and then by having their coffee certified as Fairtrade in 2004. The relationship between CoopAgri and Fairtrade meant that Will was invited to travel to places like Ireland and New Zealand, explaining the impact that Fairtrade was having for his community in Costa Rica.

When Will travelled to New Zealand he remembers thinking that it could be the kind of place that he would settle. "I thought that New Zealand would be a good place to raise a family so when I was offered the chance to work here in 2011, I brought my wife and two-year old daughter. We didn't imagine then that we would still be here ten years later. Part of the reason I've stayed so long is that I feel a real sense of purpose through my job with Fairtrade. In Spanish, Fairtrade is called Comercio Justo. The idea of working to make the world fair, and just, has always appealed to me. I think this is especially important now because Covid-19 has shown how unfair the world can be. Even though we are all connected by this pandemic, the consequences for my family in Costa Rica, and our friends in the Pacific have been enormous." he says.

For Will the easiest way we can show our support for coffee farmers right now is to make sure your purchase is fair - look for products that feature the Fairtrade mark (the green, black and blue wavy farmer on your products) and be confident you're helping support farmers around the world get a fair price for their produce.

Locally you can find Fairtrade coffee from Kokako at West Supply (5 Waimauku Station Road) or Boric Food Market (1404 Coatesville Riverhead Highway, Auckland 0892). To find out more about Fairtrade or where to buy Fairtrade products visit <https://fairtradeanz.org/product/coffee>

Are eSignatures valid for employment contracts?

Esignatures have become more and more popular over the last few years particularly with the advent of software such as DocuSign etc, also with the introduction of more remote and working from home situations there are some questions arising about how valid such signatures are.

In short, electronic signatures are legally binding if they satisfy certain requirements of the Contract and Commercial Law Act 2017.

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Under the Act electronic signatures are defined as "a method used to identify a person and to indicate that person's approval of that information."

The act also provides that an electronic signature will only be binding if the other party consents to receiving the electronic signature, if it adequately identifies the signatory, if it adequately indicates the signatory's approval and, finally, if it's reliable.

For an electronic signature to be 'reliable', the means of creating the signature must be linked to and under the control of the signatory and no other person, and any alteration to the electronic signature must be detectable.

When it comes to employment contract offers and acceptance the issue of electronic signatures appear to have already been accepted by the employment court.

In this acceptance the Employment Court appears to state that where a document requires a signature, that requirement is met by an electronic signature if it adequately identifies the signatory's approval of the contents and is as reliable as is appropriate in the circumstances.

The court also indicated that in some circumstances it may be necessary to provide additional confirmation of the reliability of the signature by paper-based copies.

Employers will need to consider whether any proposed electronic signature system is sufficient to meet the requirements of such identification and reliability.

Given the obvious confidentiality issues if an employer wanted to introduce an electronic signature system, it would need to ensure that the employment agreement could only be accessed by the employee concerned using a secure log on or sent to the employee's private email for approval.

The system would need to reproduce an electronic form of the employees' usual signature, so that the individual is sufficiently identifiable."

An issue employers need to consider is the legitimacy of different software. Some employment software requires a user to sign up to the program before an electronic signature is created for them.

Such software is likely to be valid for employment agreements if it:

Creates an electronic signature for a new hire which is then used to indicate their approval/acceptance of the terms of the employment agreement.

It is reliable and secure because the employment agreement is provided in a unique email and makes the electronic signature and the document traceable and secure.

Does not require the new hire to immediately sign the document, it allows them to print the documents and have a reasonable opportunity to take legal advice.

Any other software systems that simply require employees to tick a box accepting the conditions are unlikely to amount to a "signature" required under the Employment Relations Act.

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

Ronald Jones JP, AFIML - MAXRON Associates, phone 027 582 3077, ronald.jones@xtra.co.nz.

The importance of having a funeral

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

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

I am not advocating a cast of thousands, or some grandiose production, but rather a chance to say goodbye. For some, it is their last opportunity to lay any demons to rest, perhaps to forgive or be forgiven, or simply to lay the past to rest. The gathering can take place in a home, outdoor venue, or Manning Funeral Cottage has a



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quaint chapel in an old villa; a very simple casket is chosen, families can do their own catering, perhaps a grandchild can create an order of service and flowers are gathered from everyone's gardens.

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

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

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

Worker engagement

An important part of the Health and Safety at Work Act - 2015 is Part 3 - Worker engagement, participation, and representation.

Sub Part 1.

This states quite clearly that a Person Conducting a Business or Undertaking (PCBU) must, as far as is reasonably practicable, engage with workers.

It goes on to outline what engagement is required, how that engagement may be applied and that workers be given a reasonable opportunity to:

- Express their views on H&S matters
- Contribute to the decision-making process relating to the matter, and
- That the views of the workers be considered by the PCBU, and
- That the workers be advised of the outcome of the engagement in a timely manner.

The Legislation in Sub Part 2 then explains the requirement for Health and Safety representatives and Health and Safety committees.

In the drafting of the HSAW Act 2015 and its reading in Parliament there was considerable debate over Sub Part 2, its impact on small NZ businesses and indeed the need for it in legislation.

As a result, clause 62 (4) was amended to state that a PCBU is not required to initiate the election of 1 or more Health and Safety representatives, if the work of the business or undertaking:

- Is carried by fewer than 20 workers and
- Is not within the scope of any high-risk sector or industry.

Having said that, all workplaces benefit from having all workers actively involved in Health and Safety.

The term Health and Safety committees can in fact manifest itself in many forms and can be a daily short five minute briefing of workers on critical issues, a regular weekly/monthly meeting (Toolbox) of key staff empowered to communicate discussions and findings to all workers and/or a formal sit down Health and Safety meeting in a larger organization.

You discuss your requirements with your John Riddell, Securo consultant and work out what form of engagement and involvement is going to work best in your organization. For more information on how to best engage employees and have everyone contributing to a safe and healthy workplace, contact John, securo4@securo.co.nz or check www.securo.co.nz.

Craigweil House commemorates late artist, Chris Bailey

Craigweil House is having plaques made to commemorate the life and art of Helensville artist, Chris Bailey. A creative and kind man, Chris used to read his poetry to residents living at Craigweil House in Memory Care. Chris was born on the 16th of July 1941 in England and lived a full and interesting life. After Chris passed away in 2018, his wife Barbara Bailey contacted Craigweil House to ask if they would like to obtain a selection of his oil paintings, then hanging in her and Chris's Helensville home. Craigweil House's facility manager, David Halewood, met with Barbara and chose four of the paintings chronicling Chris's life story. She explained to David that each painting represents a unique period of Chris's life. Plaques detailing these periods are being made to be placed under each painting displayed at Craigweil House, located on Parkhurst Road, opposite the Parakai pools.



Boys By The Sea - Chris Bailey was born in Surbiton, Surrey, England and spent his childhood in Bognor Regis.

He had happy memories of his time in Bognor, of hours spent playing on the beach.

Chris went to prep-school in Bognor and this painting shows him with his two school friends, Ellis Korn and Harris doing what they



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were told not to do - running under the waves breaking on the promenade and getting soaking wet.

Landlady - At Durham University Chris read Modern Languages - French and Spanish.

His first lodgings were with Mrs Jolly, a small Durham woman who Chris said he could never see when she entered his room as the bed was so high and she was so short.

Mrs Jolly's terraced house was under the Viaduct and it continually rumbled with trains puffing through on the main London / Edinburgh line.

Chris said that he could never understand what Mrs. Jolly said as her accent was a thick Durham one.

Moon Landing - In Los Angeles Chris lived on Cove Avenue in a house that was full of character, wooden beams, open fire and views that overlooked the city. The house was on a hill-side. It was a climb down to the road and up to the back where the old V-dub was parked.

The house had an enormous rubber tree growing through its back deck.

On the night of the moon landing Chris and his wife, Barbara hooked the TV up under the tree and watched the news from their loungers.

The picture shows Chris walking away from the house, up the hill towards the car park.

South of France - As part of The Modern Languages Course at Durham University, Chris Bailey lived for a year in Draguignan, France. During that time he taught English at the local high school.

This painting shows his apartment, with its red carpet, black settee, flowers, the door to the balcony and the sea beyond. Chris is sitting at his desk reading a newspaper. There is a small radio on the desk. An open book is on the settee where he has been lying and reading.

Mademoiselle Cat, his landlady, is entering his room with a letter from England in her hand.

During that time, Barbara, his future wife and Chris, wrote letters to each other every day.



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Pictured: doodlewear 'Doorstep Cat' Maple tee by doodlewear collaboration artist Wilson Ink Art

What are accounts payable?

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

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

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

1. Maintain good supplier relationships and credit history by paying



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bills on time

2. Prioritise to avoid penalties and interest
3. Take advantage of opportunities like early payment discounts
4. Take action if you know you can't make a payment deadline, such as asking to pay in instalments
5. Budget for bigger purchases

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

Hot rods to collect for foodbank

About 100 hot rods will drive around Kumeu, Huapai and Riverhead on Sunday September 19 collecting non-perishable grocery items for the Norwest Foodbank Huapai-Kumeu branch.

The cars from the Huapai Hot Rod Club, Harbour City Hot Rod Club and Wheels Inc depart the Kumeu Community Centre around 11am for the collection drive, with people asked to either leave the non-perishable groceries at their letter box or to come out of their houses with the items when the cars come down their street.

Hot rods will be later displayed at or near the Kumeu Community Centre from 2pm, with entry a non-perishable food item or gold coin. A sausage sizzle and refreshments will also be available there.

The event is being run in association with the Huapai-Kumeu Lions Club, with member Gavin Bertelsen suggesting that anyone missing the street collection is welcome to call at the display, with any further contributions also going to the foodbank.

If the day is very wet the event will be postponed to Sunday September 26.

"There will be some pretty cool cars to look at and talk to the owners about," Gavin says.

Desma Galvin of Kumeu, pictured with her 1938 Chevy coupe, has been a Wheels Inc member for many years and plans to join the drive.

She and husband Ken organise the Kumeu Classic Car and Hot Rod festival, which runs on January 14-16 next year at the Kumeu Showgrounds.



The festival is a huge attraction and has different hours for 2022, running from 1pm-7pm on Friday January 14 and closing at 1pm on Sunday January 16.

The Norwest Foodbank Huapai-Kumeu is a branch of the Northwest Care Trust which delivers groceries to people in need from Paremoremo and Taupaki to Waimauku and Muriwai Beach.

The foodbank was founded in Massey by Huapai resident Viv Anson seven years ago before a need was seen to set up the local branch in her home area around the second Auckland COVID-19 lockdown in February and March this year.

The lockdowns tend to cause spikes in foodbank requests, the latest being no exception although Viv notices more younger people and families seeking help this time.

In Massey, the first COVID lockdown in August-September 2020 saw the number of foodbank client households rise from 60 a week to about 600. In the Northwest it has gone from about 40 households to more than 60 and counting.

Any leftover food is put in roadside stands or pataka for others to collect if needed.

Viv says the hot rod food collection will go towards Christmas hampers delivered to people recommended by professionals, church organisations and other services.

Any deliveries follow COVID protocols.

"During COVID lockdowns some families tend to use our services just for the lockdown's duration - especially those struggling to pay bills as well," Viv says.

Welcoming the hot rod grocery run, Viv says the foodbank needs more funding especially.

Anyone who can help should contact the foodbank on 022 568 6337, email norwestfoodbank@gmail.com or visit the Northwest Care Trust website.

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