

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report

Scam spotting

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

Under Armour Westgate

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

April 2020



Greetings

There are plenty of good reasons for walking. To help our fitness and energy, improve self-perception self-esteem, mood and sleep quality, and reduce stress, anxiety and fatigue. A walk alone or with a co-worker in a break during the working day can help to create renewed mental activity and reduce the negative health impacts of prolonged sitting. We can get health benefits from walking, and enjoy time with friends and family by walking with them. Could you walk to the local shops, rather than use the car?

Walking can lead to community benefits by providing a chance to greet neighbours and build relationships and communication that you never get when sealed away in a car with the windscreen forming a barrier with the world around you. If you walk within your community you see and hear everything that is happening. You may see areas in which the community can improve. Observe potential safety hazards such as broken glass, pick up a bottle or can for recycling. Being active within your community can be very beneficial, enabling a practical contribution by keeping your community clean and improving the environment for everyone. In these changing and difficult times we need to maintain the support and relationships with those around us.

I hope you enjoy this month's Westerly. As usual the articles reflect the lively activities happening in this community, ranging from a celebration of Westgate Shopping Centre' development over the past 22 years to a prompt about Mothers' Day and a salute to motherhood. There are some useful ideas about coping with COVID-19, including working from home and working in a co-working space. Graham's property report reflects on how the fallout from the pandemic may impact on the housing market. With so much new material on social media, don't become a victim of a scam. Community opportunities are here as well as suggestions for eating out, and looking after your health and beauty (are you sitting properly?). Don't forget your pets - see how kids' safety with dogs was promoted in Te Reo Māori. Get ideas on seasonal tips for gardening in the autumn.

Please take time to enjoy your magazine, look out for your neighbours, and keep safe.

John, editor

*Please note that details of events, etc. were correct at the time of going to press, but please check with event organisers, as these may change a short notice.



What's inside

- 3 People & Places
- 4 Community News
- 6 In brief: Updates
- 8 Easter Story Time
- 10 The trusts
- 12 Brainfit Classes
- 14 Property News
- 16 Property Statistics
- 18 Property Market
- 24 Hot Property
- 26 Home & Garden
- 28 Fence Pailings
- 30 House and Land
- 32 Central's Tips
- 34 Pets
- 36 Food & Beverage
- 38 Health & Beauty
- 40 Cottage Health
- 42 Planning A Wedding?
- 44 Area Columnists
- 46 Working from home

ENQUIRIES / FEEDBACK:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W thewesterly.co.nz

COVER PHOTO: Chris Blair - Under Armour Westgate

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

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

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

People & Places

Under Armour Westgate

Under Armour is one of the latest high profile retail stores to set up at Westgate Shopping Centre.

The store is located opposite Robert Harris Café and within the building that used to house the Westpac Bank. A generous corner store that showcases the full range of Under Armour's clothing, footwear and accessory range.

Speaking with Chris Blair, General Manager of the Australasian brand, he states "This store mirrors the modern look and feel of our international offering and aligns with the Under Armour mission "to make all athletes better through passion, design and the relentless pursuit of innovation" which is as true today as it was when the brand was emerging.

Under Armour core values comprise of "a love of athletes, a stand for equality, a fight together, create fearlessly, always connect, stay true, think beyond, and celebrate the wins" .

Under Armour was founded on September 25, 1996 by Kevin Plank, a then 24-year-old former special team's captain of the University of Maryland football team. ... Plank soon perfected the design creating a new T-shirt built from microfibers that wicked moisture and kept athletes cool, dry, and light.

Since the brand's inception it has developed a significant following because of a focus on unique fabrics and styling, quality manufacture, and excellent service.

It is a brand that puts another shining light on Westgate Shopping Centre's new offering of top brand retail outlets.

How Under Armour Got Started - As a 23 year old former captain of the University of Maryland Football team, Plank had noticed that compression shorts stayed dry during practice. He decided to take that same material to create moisture wicking gear. Under Armour's original funding came from Plank's personal savings and credit card debt. During college, Plank had saved about \$20,000 by selling t-shirts at concerts. He ended up going about \$40,000 in credit card debt spread across five cards. By 1997 (one year after founding the company), he was broke.

Then, he made his first sale to Georgia Tech for about \$17,000. Two dozen NFL teams soon followed suit. At the end of his second year, he had sold \$100,000 in product. Then, the product took off and major teams and retailers began carrying the product, creating a



multi-million dollar business that now does nearly \$2BB in sales and has over 5,900 employees.

Under Armour's Funding - While Under Armour's initial funding came from Plank himself, the company went public less than 10 years after its founding to raise \$115 Million for expansion capital. The stock doubled in its first day of trading. The company has since sold additional shares of the company to help fuel its continued growth.

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



Don's Tours

Come and Join us, make new friends.

We are a husband and wife team living locally running half and full day trips for seniors to some of Auckland's beautiful attractions Matakana Sculpture Gardens, Howick Historical Village, Auckland Botanical Gardens and more. Makes the perfect gift.

AP Driver has the right to cancel trips if minimum number is not reached.



Upcoming Trips
 Wed 15 Apr - Matakana Sculpture Gardens
 Thur 16 Apr - Howick Historical Village
 Wed 22 Apr - Auck Botanical Gardens
 Thur 23 Apr - Zoo
 Wed 29 Apr - Brick Bay Sculpture Gardens
 Thur 30 Apr - Motat

AP Driver Ltd
 Donald Ph 021 757 823 or 832 3441

Geoff Dobson MEDIA

P 027 757 8251
 E geoffdobson2017@gmail.com



Community News

Gym Zone

Gym Zone has some great options to keep you active. Free-Play is open at Gym Zone. We limit capacity in the Gym to 40 participants and have handwashing and gear cleaning processes in place. Come along and try out our huge foam pit, trampolines, tumbling track and gymnastics equipment. One hour sessions for all ages are open on Saturday and Sunday.

Preschool and homeschool sessions also available Monday, Wednesday and Friday 10.30am - 11.30am. www.gymkids.co.nz/free-play/booking/

School Holidays are also coming up and our popular Holiday Programme is open for registrations. www.gymkids.co.nz/timetables/2020/april/holiday-programme/hobsonville/

Gym Zone - Where movement begins. 4 Workspace drive, Hobsonville. Read more at www.gymzone.co.nz.



Where should I travel to next?

There are many great destinations close to New Zealand that are worth a visit. Have you thought of going to Niue, Vanuatu, Tonga, Samoa, Norfolk Island, Cook Islands, Fiji and of course our neighbour, Australia. There are some good deals out to these destinations, contact us and we will be happy to help you plan your next holiday. Remember, New Zealand has some great spots to visit.

For the month of April, we want you to consider YOU Travel Westgate as your preferred one stop travel agency. If you shopped elsewhere, bring your quote to us and we will look at it and see if we can match or better the price for you. We want you to think of us first.

With Easter approaching, there is still time to book a long weekend away.

Have you thought about doing an all-inclusive vacation? Club Med will provide you with an all include experience including meals, drinks, Wi Fi and they cater to everyone including families, whether you want to ski on the French Alps or enjoy some sun and surf in Bali.

We have produced our first newsletter, feel free to join our travel



club so you won't miss out on the next issue. A copy can be found on our YOU Travel Westgate website. Don't forget to check out our Facebook page and join one of our specialised travel groups.

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

Anna Jeffs Private Investigator

Anna Jeffs is the director of Fox Private Investigators Ltd.

Fox Private Investigators Ltd is a highly professional and experienced team including ex NZ and UK Police and legal personnel, both with over 20 years of experience and ex-army personnel.

We offer expert investigation services including surveillance, infidelity investigations, criminal legal support, family and civil litigation support, locating missing persons and birth parents, document process serving, GPS vehicle tracking, computer and mobile phone forensics and bug sweeping.

Please call Anna for confidential advice 021 036 8417 or visit www.foxprivateinvestigators.co.nz. Licensed by The Ministry of Justice: 13-008198.

The Mobile Car Specialists

For those who desire the ultimate in paint protection for their vehicle, you simply cannot get any better protection than a Feynlab ceramic coating. If you value your car, and / or your car is valuable, and you want it to look its absolute best for as long as possible, then this level of paint protection should be a priority.

As approved & certified applicators of Feynlab Ceramics - we can offer you some of the highest quality ceramic coatings for cars on the NZ market at a fraction of the price that many others are charging for similar products.

To find out more... visit our website below.

Our services include:

- Dent removal - small to large
- High quality paint correction / cut and polish
- Ceramic coating paint protection
- Yellow / foggy headlight restoration
- Signwriting removal

We are a fully mobile operation, meaning we come to you to make



Harcourts

Sonya Morris

Sales & Marketing Consultant

M 021 832 282 P 09 929 0543

sonya.morris@harcourts.co.nz

Cooper & Co Real Estate Ltd Licensed Agent REAA 2008

1 Wiseley Road
Hobsonville 0618

www.cooperandco.co.nz



NOW OPEN
PH 09 416 0003
gymzone.co.nz

4 WORKSPACE DRIVE, HOBSONVILLE

Gymnastics • Parkour • Tumbling & Trampoline
Preschool • Holiday Programmes • Free-Play
School Programmes • Birthday Parties

where
movement
begins

Community News

your life easier.

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

Mother's Day special

Mother's Day is "a celebration honouring the mother of the family, as well as motherhood, maternal bonds and the influence of mothers in society" (Wikipedia)

So what better way to honour the mothers in your life than with jewellery that is inspired by your family?

Jewellery that is symbolic of this love, or, personalised with children's names, dates or special quotes, make a truly meaningful gift for mothers and grandmothers alike!

Choose from earrings, rings, charms, pendants, bookmarks, keyrings and more. Or design your very own piece that you know she'll love.

Mother's Day this year is Sunday 10th May.

Place your Mother's Day order by Monday 20th April and receive a 15% discount when you use the code: MOTHERS

So pop on over and visit our online store www.preciousimprints.co.nz to view our range and place your order or email jo@preciousimprint.co.nz to find out more.

What Mum doesn't want jewellery for Mother's Day?



Te Manawa Library

Come and be grossed out these school holidays. At Te Manawa Library, 11 Kohuhu Lane, Westgate there will be daily free events from Tuesday 14th to Friday 24th April. Pick up a flyer or visit the Te Manawa Facebook page to find out what's going on. Join



us and spy something gross, make an eyeball badge, listen to a gross story or two, decorate an eyeball biscuit, watch a movie, make recycled paper, create a gross wound on your arm, use your knowledge of grossness to win a prize at our cahoots sessions and

thewarehouse //
where everyone gets a bargain

The Warehouse Westgate
Fernhill Drive
Open 7 Days
8.30am-9pm

so much more...

Massey Community - help bring more awesome to the world

Do you believe that all girls and young women should be valued, inspired and empowered to take-action to change their world? GirlGuiding NZ does. This non-profit organisation has spent over 110 years providing adventures and challenges in which girls can discover their passions, contribute to their communities and form friendships in a safe and positive environment. This enables girls and young women to develop into confident, adventurous and empowered leaders of the future.



To help them on their journey they need inspiring mentors and leaders.

So, we are calling all go-getters, brainstormers, mentors and adventurers to volunteer with us.

Bring your enthusiasm, skills and energy and play a part in creating some of a girl's best experiences. As Emma, a GirlGuiding NZ Unit Leader says, "The girls make me smile all the time - but also give me a completely different perspective which keeps me learning."

To start the year with a bang, we need volunteer leaders in Kumeu, Waitakere, Henderson and Te Atatu Peninsula.

Join us in 2020 to empower the next generation of girls and young women!

Find more information at girlguidingnz.org.nz/volunteers.

Need something lifted or shifted?

Kumeu based Hiab hire. 7 days
26 metre reach



Call us for all your lifting requirements.
Phone A P George; 027 229 2919

In Brief Updates

Hobsonville Hospice Shop

The Hobsonville Hospice Shop will be holding a birthday party on Thursday 16 April between 5pm and 8pm to celebrate being in the community for four years. On the opening night we will be taking 50% off all items. There will be an amazing cake to share with all that attend. Come and celebrate the start of our 50% sale and bag an incredible bargain. From 17 to 19 April we'll deduct 50% off selected items. All profits will support Hospice West Auckland at 6, Clark Road Hobsonville. Hospice - Living every moment. He rā hōu, he oranga ngākau.



Hazardous waste can spark fires

Gas cooker canisters, lighter fluid cans, or a motor vehicle cambelt wrapped around a packer mechanism are the probable culprits in another recycling truck fire recently. Auckland Council is again warning Aucklanders of the dangers truck blazes pose to waste contractor employees, nearby traffic, and passing pedestrians.



"Hazardous waste, including flammable and combustible items, should never be placed in kerbside rubbish and recycling bins," says Councillor Richard Hills, Chair of the Environment and Climate Change Committee. "Because of the compacting equipment in collection truck hoppers, there is a significant chance of a fire

occurring when items are crushed by the compactor."

Auckland Council advises that anything that is flammable, toxic, explosive, corrosive, or radioactive, should be taken to transfer stations that specialise in managing hazardous waste. Common examples of hazardous waste include most chemicals, paint, acid, gas cooker aerosol canisters, gas cylinders, and many battery types, including lead, mercury, nickel, car, and zinc-based batteries. These can be taken to an authorised battery recycler (see article in the March Westerly).

Lithium-based batteries used to power items such as mobile/cell phones, hearing aids, power banks, laptops, electric vehicles, power tools, and vapers are also hazardous items, which cannot be put in our rubbish or recycling bins.

Stimulating indoor activities

It's been a lovely summer weather-wise, although the current circumstances may find you staying at home more often. Or you may have a loved one at home or perhaps in residential care. They may want some new indoor activities in addition to their regular TV shows. Puzzles are a fantastic source of entertainment and mental stimulation. Jigsaw puzzles are a traditional favourite and those who do them get immense satisfaction and enjoyment. The pictures on jigsaw puzzles can be absolutely brilliant, detailed and colourful. And if, when you think of jigsaws, you think of a million tiny pieces that are difficult to hold, there are jigsaws with a reasonable number of larger than normal (XL) pieces. Mindjig has a range of wonderful puzzles, including Holdson jigsaw puzzles, ranging from 12 to 500 XL pieces. Take a look at www.mindjig.co.nz, or feel free to phone 09 600 3251, or call/text 022 480 3022.



Countdown Massey

Last year we made the tough decision not to renew the lease for our Countdown Massey store, and Massey's last trading day was 15 March. Our team has done a great job serving the local Massey and Royal Heights community for many years. We've worked with all





Tile Wright®

- Bathrooms
- Kitchens
- Splash Backs
- Waterproofing

Josh Wright
027 260 8225
Tilewright@outlook.com



MURIWAI GOLF LINKS

Andrew Jackson
General Manager

Mobile: 021 2253907 Ph: 09 4118454
muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz
P O Box 45 Waimauku 0842, Auckland, New Zealand

In Brief Updates

our Massey team members to offer them ongoing employment with Countdown in another store so they can continue their careers with us.

Since Countdown Massey first opened we now have stores in Northwest and Westgate, as well as our other West Auckland stores such as Hobsonville, Lincoln Road, Te Atatu and Te Atatu South. At the heart of this decision is our long-term commitment to making sure we have fantastic Countdown stores in the right places for our customers. We know that Countdown Massey and our team here are loved by our loyal customers and we're sad to be leaving the area. Customers can continue to shop with Countdown at our Northwest and Westgate stores or online at countdown.co.nz.

COGY x BBQ = appetite

West Auckland COGY Club had our regular outing in Waterview Reserve. We enjoyed the BBQ, too. Read more on kokocogy.wix.com/gocogyblog/. West Auckland COGY Club welcomes everyone for light exercises. If you are not confident for walking 20-30 mins, you are welcome to use our COGY, pedal wheelchair. Next meeting will be on Saturday 18th April. gocogy@gmail.com for details.



Kea Clubs

Kea Clubs provide safe and nurturing environments for children to have fun and develop their creativity...



A Kea Scout is our youngest Scouting member. A Kea is aged between 5 and 8 years old.

As a Kea you will interact with nature and learn to share through co-operation and teamwork. Keas meet weekly at local Scout Halls and engage in both active and quiet games, stories, creative crafts, play-acting and singing.

The Kea motto is: 'I Share, I Care, I Discover, I Grow.'

As a Kea you will:

- have lots of fun and go on awesome adventures
- play heaps of games and make lots of friends
- earn Award badges

- learn the Kea Promise and Motto
- learn to sing the Kea Song and Kea Yell
- take part in National Events such as Keas Day, Founders Day and Mudslide Day

We often see a young Kea join the group as a very shy individual, and quickly develop social skills that make them part of a team; we then see them grow into young adults as they progress through the sections and become very confident outgoing adults.

Kea's helps the youth learn social skills that they will use for their entire lifetime.

If you have children interested in Scouts, Please visit www.scouts.org.nz, or email me. (zl.waitoru@zone.scouts.nz)

We are always looking for adults 18 years and over to join our groups as Leaders to help us develop and grow the youth into inspiring adults, if you are interested in becoming a Leader, please let me know.

Craig Paltridge. Waitoru Zone Leader.

Scam spotting

An online scam is any scheme designed to trick people out of money or steal their personal information that uses, or is delivered via, digital communications. Here are a few tell-tale signs you might be being scammed:



Contact that is out of the blue - even if the person says they're from a legitimate organisation like the bank, an embassy or your internet provider.

Getting told there's a problem with your phone, laptop or internet connections.

Being asked for passwords - legitimate organisations never ask for passwords. Needing to verify your account or details - don't respond or click on any links in the communication even if it looks like it's from a real organisation.

Trying to get you to move outside of an online trading or booking website or app (like Air BnB) - don't pay outside of the normal website or app processes.

Offering money or a prize in exchange for something up front - they might say that it's a "processing" fee or something similar.

Being asked for money by friends/partners you've met online - this is very common, do not pay.

Unusual ways to pay for something - scammers try to use payments that can't be traced such as pre-loaded debit cards, gift cards,

KUMEU TYRES LTD Main Road, Kumeu

New Tyres
Truck Retreads
Used tyres

Wheel Alignments
Great Service
Fleet service

Phone Neil 09 412 9856

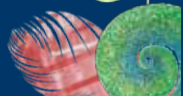


Colwill
Kindergarten



COME SEE US!

19 Kintara Drive, Massey
(09) 833 9794
aka.org.nz



In Brief Updates

bitcoins, iTunes cards or money transfer systems.

Asking for remote access to your device - never do this unless you have actively asked for the service they are providing.

Pressuring you to make a decision quickly - this could be to avoid something bad (e.g. account being closed, trouble with the IRD) or to take advantage of something good (a deal or investment).

For further advice go to netsafe.org.nz.

Easter story time

There will be a special Easter story time session at the Manawa, the library at 11 Kohuhu Lane Westgate. This will be at 10.30am on Saturday 11 April. The Easter Bunny will be there with some treats. This will be suitable for children aged 4 - 8 years, but everyone is welcome.



SeniorNet West Auckland

We have been running some refresher classes on the iPad, and on transition from Windows 7 to Windows 10 which have been well received so we will be running them again soon. You should be a member to attend these classes. To join SeniorNet the membership is \$25 for a single member, and \$45 for a couple. This can be paid on-line, full details on our Web site www.seniornet-west-auckland.org.nz where you can find our class details too.

Our April open meeting at Kelston Community Centre (135 Awaroa Road, Sunnyvale) is on Tuesday the 21st starting at 10am. Our guest speaker at this meeting will be James Duncan who is the Tramways Projects Coordinator at MOTAT and will speaking on the history of the Auckland Trams from 1902 until 1956. This will be followed by morning tea. Entry is a \$2 raffle ticket which could win you one of three prizes.

Our Help Days are on the 2nd and 4th Tuesday of the month between 10am and 11 am. If we are able to help we do ask for a donation of \$5. The tutors will stay longer if needed. We have been asked to add a different day to our schedule but unfortunately it is stretching our small band of tutors a bit too far. They do our classes as well as having other interest outside of SeniorNet. So as much as we would like to be able to offer more Help Days we can't at the present time.

These days can also be used to call in and find out more on what we do, or pay your subscriptions. Those members who have paid can also pick up their membership cards (you will need these to

get your discounts from Noel Leemings). Our room is upstairs in the Henderson RSA, 66/70 Railside Avenue, Henderson. The office phone number is 09 837 7600 the office is not always manned so please leave a message and we will get back to you.

Mum Camp - better than a girl's weekend!

Mum Camp at Muriwai was designed by mums to give mums a boost and a chance to connect with other like-minded women.

A group of Muriwai mums created "Mum Camp" back in 2015 as the sort of weekend they would like to go on - supportive, fun, inspiring...with really good food!

It's like school camp, for mums - but with all the little luxuries of a girl's weekend - amazing food cooked by talented chef Rosa, pamper packs, choccies on the pillow. Plus inspiring parenting speakers, time to relax in the gorgeous bush surrounds, get creative at one of the art tables, or paint your nails while you chat with like-minded mums.

The speakers include respectful parenting and creativity guru Pennie Brownlee, along with other specialists who will provide strategies for dealing with those challenging moments, and bringing the joy back into being a mum.

Mum Camp is for mums of children of all ages, and is run not for profit so it is as cheap as a weekend retreat will ever get. Check out the Mum Camp Muriwai on Facebook for flyers on "What to Expect", biographies of the key speakers, photos from the last two Mum Camps, and answers to frequently asked questions.

Mum Camp 2020 tickets are limited to 45 places, and cost \$250 including everything. Book via Facebook at Mum Camp Muriwai.



Waitakere Grey Power

I would like to give a gentle reminder that Waitakere Grey Power Annual Subscriptions are due. They are \$20 for a single member and \$30 for a couple. Please note our bank, Kiwibank stopped cheques on 28 February 2020. Please either pay by telephone banking, online banking or come into our Office in the Te Atatu South Community Centre and pay by cash. We can no longer accept cheques from all banks. Our friendly office volunteers will be only too happy to help you. Our office hours are 9.00 am to 12.00pm, Monday to Friday.

Special thanks

We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

Countdown Westgate	Catalina Farmers Market
The Warehouse Westgate	Luckens Road Dairy
Mitre 10 Mega Westgate	Massey Library
Countdown Hobsonville	Whenuapai Dairy
Countdown North West	Hobsonville Point Dairy
Mike Pero Hobsonville	Season's Market Massey

FREE trial swimming lesson for new customers

Call us now to book:

Newmarket - (09) 529-0177

One Tree Hill - (09) 582-1111

Albany - (09) 414-5484

Hobsonville - (09) 666-0240



Hilton Brown
SWIMMING
Lessons for life

In Brief Updates

We had our first General meeting of the year on Wednesday 19th March 2020 and our Guest Speaker was Amy Richardson from Ryman Healthcare in Lincoln Rd, Henderson. She spoke about the facilities that will be available when the retirement village opens later this year. We have had one Zone Two Grey Power Meeting in February at Birkenhead RSA hosted by North Shore Grey Power where two remits were formed and passed to go to the Grey Power Federation Annual General Meeting in Christchurch in July.

We are always keen for new members to join. If you are keen to join or help out in our Office please phone our Office on 09 838 5207. We are the largest advocacy organisation in the country. Our strength is in numbers of members throughout the country. Article written by Mate Marinovich President Waitakere Grey Power Association 247 Edmonton Rd, Te Atatu South 0652 Auckland.

Kip McGrath Education Centres: A reputation for excellence

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and our brand is now a global institution with over 40,000 students in 20 countries. New Zealand Kip Centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with NZ school programmes. We were recently awarded the Reader's Digest Gold Award for educational tuition in NZ.

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

At Kip McGrath you will see your child...

- enjoy learning
- develop confidence in his/her natural ability
- make real progress and achieve better results at school
- finally 'get it' and smile

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

Learn French, Spanish or Italian

Bonjour, hola, ciao!

Have you always wanted to learn French, Spanish or Italian but never got around to enrolling in that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. ABC Language Tuition offers after school language classes, one on one language tuition and adult language classes.



Our qualified teachers create individual tutoring programs using Kip McGrath methods.

<input checked="" type="checkbox"/> Maths	<input checked="" type="checkbox"/> Spelling
<input checked="" type="checkbox"/> English	<input checked="" type="checkbox"/> Comprehension
<input checked="" type="checkbox"/> Reading	<input checked="" type="checkbox"/> Writing

Call today to book a **FREE ASSESSMENT** or visit kipmcgrath.co.nz

WESTGATE 831 0272 : MOBILE 021 121 8570

Kumeu Arts Centre is where all the adult language classes are offered. Check out the term 2 timetable.

French, Spanish and Italian classes at different levels are held during the day and evening.

Book your spot now: www.abclanguage.co.nz

ABC Language Tuition offers after school Language classes in several primary schools in the west.

Homes are for living not working


The Hangar is a purpose-built co-working office space located on the water's edge in Catalina Bay, Hobsonville Point. Home to a number of business owners, entrepreneurs and remote workers, The Hangar offers a sophisticated modern workplace that gives businesses room to grow without the stress of a home office that doesn't "switch off" or the overheads of a full commercial office space.



In a 2019 study by Forbes magazine those who worked from home noted the downsides: 49% of remote workers noted their biggest struggle was wellness related. More specifically, 22% can't unplug after work, 19% feel lonely and 8% can't stay motivated.


Benefits to The Hangar members

- Networking opportunities - The Hangar members share spaces and have opportunities to network with like-minded business people
- Member events - Friday drinks, monthly yoga and regular business seminars or workshops are on offer




FOR ALL YOUR WATER WORKS


SPECIALISING IN ALL TYPES OF PLUMBING & DRAINAGE




PLUMBING




DRAINAGE




GAS



PUMPS



WATER TANKS




FILTRATION

LOCAL, RELIABLE & REASONABLE

New housing,
alterations & repairs

Domestic & Commercial



P 09 412 6322
E sales@waterfx.co.nz

In Brief Updates

· A modern workplace - Access to a fully-serviced office space with technology, office supplies and a serviced reception along with high-end shower facilities, meeting rooms and silent pods

Member testimonial

"The Hangar has everything you need and it's pretty cool that we are right above Little Creatures with other restaurants and cafes close by. We love The Hangar culture and people we work around. The Friday drinks with a large bunch of people from various industries is a nice way to end the week! It also helps being able to concentrate more on our clients, rather than the issues that come with owning your own office like Wifi and printer issues, having someone on reception at all times and it's great being able to use the multiple meeting rooms and full commercial kitchen." Katie Inwood, The Hangar member and Owner of The Promo Lab

What is co-working and who is it best suited to?

Co-working is the practice of sharing a fully-serviced workspace with other entrepreneurs, small businesses and remote workers to create a fun, collaborative working community.

Co-working is all about balance and flexibility. Do you need a desk 5 days a week or only 2? Do you want a fixed desk that is setup with pictures of your pets and kids, or a flexi-desk which you can pack up at the end of each day? The choice is yours.

Co-working doesn't discriminate. You don't need to be a business owner to join, you could be a remote worker who's looking for networking opportunities and more of an office environment closer to home or a creative who just needs more space to grow.

The Hangar has built an incredible member community of locals who enjoy working from the beautiful Catalina Bay offices every day. To meet the team a grab a free trial and tour of The Hangar email Danielle@thehangar.nz.

The Trusts welcomes Allan Pollard as CEO

The Trusts have announced that experienced community-enterprise executive Allan Pollard will be their new CEO.

Allan's appointment comes after the previous CEO, Simon Wickham resigned in December after nine years in the role.



Allan joins the Trusts from Trust House Ltd, a community-owned company based in the Wairarapa where he has been CEO since 2013. Trust House Ltd operate a range of hospitality businesses

in Wairarapa, Pahiatua, Flaxmere and Porirua. They also own and manage a large social housing portfolio.

Originally from Glasgow, Allan began in the hospitality sector as a dishwasher when he was 16 years old and has worked through various roles to his current position as CEO of Trust House Ltd.

In the last five years, Allan created a transformation strategy for Trust House Ltd that resulted in the highest trading profit in the organisation's history for the 2018-19 financial year.

Allan said that he was excited for the opportunity to work with The Trusts. "The Trusts is all about giving back to the community it serves, so I feel privileged to be offered such a rewarding role. I'm looking forward to getting to know the people of West Auckland, including The Trusts team, and helping the organisation continue to be a long-term force for good."

Brian Corban, Chair of West Auckland Trust Services Ltd said that the Board, management and Trusts team were looking forward to the energy and experience Allan would bring.

"Allan is a skilled leader and manager of large numbers of people. He is highly experienced and skilled in the industry and has an excellent track record."

Allan and his family will be relocating to Auckland and he will start with The Trusts on Tuesday 2 June.

helloworld travel

At times like these with COVID-19 rampant around the world, the value of using a travel professional to handle your travel arrangements is proving priceless. As the world continues to deal with the challenges of Coronavirus, we understand you may have concerns about booking travel, or continuing with existing bookings. We are being kept up to date with the latest health advisories and developments across the globe. This puts us travel professionals in a strong position to offer the best support and advice around your travel plans. New policies are constantly being released, and many of our key airline, cruise and land tour operators have already introduced flexible policies during this period.

The following article is from Mr Nick Ray, a Lonely Planet writer based in Phnom Penh.

Let's pause and reflect for a moment on what has happened to date, according to World Health Organization (WHO) statistics. Around 260,000 people have been infected globally to date, although the numbers are still spiking in some countries, and about 10,000 people have died. This is undoubtedly a terrible hardship to endure for those most immediately affected, but it might be useful to put this in the perspective of some other statistics:

- 250,000 to 500,000 flu deaths occur annually according to older WHO statistics, some put the numbers at closer to 290,000-650,000 annually

VODANOVICH
LAW

SALES & PURCHASE OF REAL ESTATE

RELATIONSHIP PROPERTY | BUSINESS STRUCTURES

POWERS OF ATTORNEY | WILLS & TRUSTS

COMPANY & EMPLOYMENT LAW

PLEASE CONTACT IVAN

ivan@vlaw.co.nz 09 412 8000
4a Shamrock Drive Kumeu, Auckland

ALL THINGS
BERNINA

Phone 09 8326994

3/7 Westgate Dr, Westgate Outlet Centre, Westgate 0614
info@allthingsbernina.co.nz, www.allthingsbernina.co.nz

In Brief Updates

- 250,000 people have been hospitalised in the USA with flu this winter alone (and it's not over) with about 14,000 deaths
- 1,350,000 traffic-accident related deaths occur worldwide per year according to the WHO
- 228 million cases of malaria were diagnosed in 2018, of which 405,000 proved fatal, according to the WHO
- 464,000 murders took place worldwide in 2017.

This information is not shared to appear fatalistic or pessimistic, but to help rediscover our sense of perspective in these dark times. Flu happens every year in every corner of the world and all too tragically kills an awful lot of people, but we still go about our daily lives and continue to travel the world.

Traffic accidents are a clear and present danger to our lives, but we still need to drive from A to B as part of our daily lives.

Malaria has been a constant in many parts of the world for too many years to remember, but locals are forced to live with its threat (despite the availability of affordable treatments) and many visitors continue to travel to countries where malaria exists.

Murders are a horrible reality in almost every country of the world, often quite random in nature, and the total number is beyond comprehension. However, once again, we continue to explore and experience other cultures and other places.

So, let us put the C-word in its context among a myriad of other problems that face many people in many parts of the world as they go about their daily lives.

Let's not make the small medical crisis of a new flu strain become a socio-economic and political crisis that tips the world into a global recession and devastates not just the tourism industry, but every other industry on this planet.

The human cost will be too great to bear and undo a generation of progress in many parts of the developing world.

Most cases in China have now recovered, so the sooner we can all return to normal the better.

Carolyn Hedley - Owner, helloworld Travel Hobsonville. Email: hobsonville@helloworld.co.nz or phone 09 416 1799.

Progress towards predator free Whenuapai

Living Whenuapai is a community based ecology group in Whenuapai that has grown from grass roots over the past 4 years. Their focus has been on:

- Restoration to native habitat of areas of public land in the Whenuapai region
- Building community awareness to support private land owners to

ANYTIME PEST CONTROL

FLIES, ANTS, COCKROACHES, FLEAS

RATS, MICE, SPIDERS, WASPS ETC.

WEEDSPRAYING

KEVIN MORRIS REGISTERED TECHNICIAN

PHONE: 09 411 7400 MOBILE: 027 277 7143

clear invasive weeds from their properties

- Programmed predator eradication in the urban areas of Whenuapai - namely rats and possums

Funding for pest control has come from the Upper Harbour Local Board and trees and plants for reserves from Auckland Council - plus a whole heap of volunteer labour to clear and plant on a regular basis. Getting engagement from the more 'rural' areas of Whenuapai has been a challenge - up until now.

Living Whenuapai has applied for special funding from Auckland Council Biosecurity for predator control hardware to enable the establishment of trap-lines through public land spaces in the wider Whenuapai region plus the perimeter of the local Air Force Base. We have recently been informed that we were successful. Creating this partnership with Auckland Council is a big leap forward and begins an on-going initiative to allow Whenuapai to be part of the wider "jigsaw puzzle" to make the Upper Harbour Pest Free by 2050.

We are delighted the RNZAF base Whenuapai are on board with us and will be doing their own pest control within the air base grounds, whilst being highly supportive of the community initiative around them. The initiative is a win-win for all parties.

Initially there will be monitoring carried out around the Easter period to get base-line data on pest predator populations which will allow us to manage progress made over time.

Like other Predator Free programs that are happening throughout NZ, this will require a coordinated approach of monitoring, establishing trap lines, setting, checking and resetting traps and collecting and reporting data. This will allow Whenuapai to provide valuable pest predator eradication data in to the national database based on 'best practice' principals.

We have a core group of enthusiastic "predator hunters" to begin this work and Living Whenuapai is very grateful to them. As more hardware comes available and once public land is covered, we will then look to make resource available for private land-owners. The key will be to have activities on private land coordinated with the larger-scale project to make this a true Whenuapai-wide pest

Anna Jeffs

Licensed Private Investigator

Fox Private Investigators Ltd is a highly professional and experienced team of ex NZ and UK Police, ex-Army and legal personnel with over 20 years of experience.

*Licensed by
The Ministry of Justice: 13-008198*

- Surveillance
- Infidelity
- Criminal Defence Support
- Family Law & Civil Litigation Support
- Missing Persons
- GPS Vehicle Tracking
- Computer Forensics & Bug Sweeping
- Document Process Serving
- Investigations
- Undercover agents



Anna Jeffs
Director

Fox Private Investigators Limited
anna@foxprivateinvestigators.co.nz
021 036 8417

0800 4 FOX PI (0800 4 369 74)
www.foxprivateinvestigators.co.nz



In Brief Updates

eradication plan.

People interested in being involved in the Pest eradication programme, be it part of the wider program on for their own private land in Whenuapai, please email Tim Johnson on tim@livingwhenuapai.org.nz. Annette Mitchell - Living Whenuapai.

Brainfit classes for memory skills

Until relatively recently it was believed that by the age of 50 brain cells were lost daily, and forever. Without help, remembering things becomes harder with age.

However, new research shows with the right training you can regrow vital neural connections resulting in new brain tissue, increased brain size and much improved effectiveness - at any age.

A Brainfit course has been created by sisters Dr Allison Lamont and Gillian Eadie from the Memory Foundation and will be held in Riverhead in June - the Covid-19 coronavirus pandemic allowing.

It will teach you how to strengthen the six key areas of memory most important for maintaining independence, well-being, productivity and quality of life.

Participants learn and practise memory skills in a non-competitive and friendly environment.

They will learn more about the brain, how memories are created and retrieved, why tip of the tongue lapses happen, why you forget names, why you lose your keys and how to prevent memory 'let



CRAIGWEIL HOUSE
WARMLY INVITES YOU TO...

COME VISIT OUR UNIQUE BOUTIQUE RURAL CARE FACILITY

Situated on the Twin Coast Discovery Highway off State Highway 16 within reach of Muriwai Beach and the Kaipara Coast.

A caring environment nurtured by our dedicated team
Rest Home • Hospital • Secure Dementia • Day Stays

★★★ No Premium Room Charges ★★★

You're welcome to come in for a cuppa
and see us or ring us today to discuss a
complimentary day stay

09 420 8277
143 Parkhurst Rd, Parakai
info@craigweil.co.nz



Craigweil House
Home & Hospital
FEEL AT HOME WITH FAMILY

downs'.

The course helps provide more confidence and to apply these new techniques and strategies.

The next course will be held at the Riverhead Citizens Hall starting Saturday June 6, or Tuesday June 9, both at 10am-noon.

Four weekly classes of one and half hours long are offered for \$197. If interested, contact Victoria Fyfe (BA Psychology and PG Dip. Counselling) on 022 033 9552 or email Victoria@Brainfit.nz for more information.

Kumeu Show gets big crowds

The popular Kumeu Show was one of the last major events held before Covid-19 coronavirus restrictions were introduced, effectively ending large gatherings for some time.

Thousands took advantage of good weather and poured through the Kumeu Showgrounds gates on both March 14 and 15, just as news about coronavirus infections in New Zealand began to surface.

Sunday's turnout in particular pleased Kumeu Show manager Lizelle Westman who reckons it was possibly even more than the previous day's attendance.

The programme for Sunday was ramped up to help attract more people on what is usually a slower show day, with timbersports, shearing, a tractor parade, strong man contest, entertainment, dancing, trade displays and more doing the trick.

Carnival rides from Mahons Amusements again proved a big drawcard, and many visiting families enjoyed the farm animals, poultry display and other show events.

Those spoken to were aware of the growing coronavirus concerns and coming restrictions but hope everything will be sorted well before the 99th Kumeu Show next year.



\$85 = Exposure for a month

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

Graham McIntyre

LICENSED SALESPERSON
BRAND & TERRITORY OWNER

Mike Pero
REAL ESTATE



P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland

LIST WITH US & WE COULD SAVE YOU THOUSANDS...

- Lower fees, 2.95%* up to \$490,000
- Superior marketing with a FREE TV AND MAGAZINE advertisement
- Clear and consistent communication

Graham McIntyre

027 632 0421

graham.mcintyre@mikepero.com

mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)

*Our fees are 2.95% up to \$490,000 thereafter 1.95% + admin fee + gst.

Property

Commercial leases – for the tenant by Francine Cameron

It's just an agreement to lease? Do I really need to get legal advice before I sign?

Even if the agreement contains conditions you may still be tied to something you didn't fully understand. With some timely advice from your lawyer you can be better equipped to negotiate the terms and better understand the possible consequences. An experienced lawyer can give you good practical guidance on what's acceptable (or expectable). For example you may be able to negotiate a rent free period or fit out contribution.



There are a number of other important factors to consider including:

Operating Expenses (OPEX) paid in addition to rent - these usually include costs like rates, insurance, utilities and maintenance and service contracts. Are these apportioned fairly with other tenants?

Rent Reviews - How are these calculated? As a tenant you need to limit potential exposure to large rent hikes, or at least manage the timing of these.

Rights of Renewal - Frequent rights of shorter terms are suitable for some businesses, where as other business owners would prefer the security of a longer term.

Chattels/fittings - are they in good/working condition at the commencement of the tenancy and who is responsible for maintenance and service? This can include servicing of air conditioning, lifts and fire detection systems etc.

Personal guarantees - If the tenant is a Company and the Landlord asks for a personal guarantee then you will be personally liable. An alternative to a personal guarantee is a bank guarantee.

Reinstatement obligations - You are obliged to reinstate the premises to its original condition at the end of the tenancy (this could include painting and decorating, replacing floor coverings and possibly this will mean undoing your fit out and any changes you have made to the premises).

Commercial leases are an unforgiving sort of document, once you have signed you are locked in and it is prudent to do your due diligence before signing up for the Lease.

The friendly folk at ClearStone Legal have just committed to a new lease at their beautiful new premises at The Vines, on the corner of Tapu Road and State Highway 16 in Huapai. We've recently moved

from our previous space on the Main Road Kumeu (formerly Kumeu-Huapai Law Centre who we incorporated within 2018) and now have dedicated parking and a lift for easy access. Please call ClearStone Legal for all your personal and business legal needs on 09 973 5102.

Property market report

Prior to the outbreak of COVID-19, NZ's housing market had started to build up a head of steam. The pace of activity had clearly lifted - monthly house sales over the past couple of months have been running about 10% above year-ago levels. And with listings still perplexingly low, the faster pace of sales was chewing up much of the remaining inventory sitting on the market. This imbalance between demand boosted by tumbling mortgage rates, good wage growth, and the return of investor interest - coupled with weak supply saw markets in most parts of Auckland tighten up. The national median number of days to sell a house fell to 28. Annual house price inflation climbed to 8.7% YOY in February, having been scratching around barely above 1% as recently as April of last year. The short-term indicators of house prices, days to sell a house, and sales-to-listings ratio generally point to the upswing continuing. Except the game has now changed. The disruptive effects associated with the containment of the COVID-19 outbreak will tip both the NZ and global economies into recession. This backdrop of generalised economic uncertainty, plunging business and consumer confidence, doubts about employment prospects, and wealth and income declines will have implications for the property market. The historical precedent, is relatively clear. The impact of social distancing measures (will we continue to have open homes, public auctions?) presents an extra layer of uncertainty relative to past house price cycles. In the least it is likely we'll see the pace of housing activity/turnover throttle back, which will deliver a downward pressure on property prices. All of this has forecast annual house price reductions, and the annual inflation is expected to slow to zero by March 2021. Further ahead, assuming the outbreak can be restricted and economic activity recovers, we expect house price inflation to turn higher from around Q4 of this year, driven largely by recent and likely future cuts to mortgage rates.

Let's look at the sales results:

Hobsonville Residential	\$605,000 to \$1,355,000
Massey Residential	\$565,100 to \$1,477,500
Swanson Residential	\$490,000 to \$1,425,000
Waitakere Residential	\$731,500 to \$1,480,000
West Harbour Residential	\$680,000 to \$2,880,000
Westgate Residential	\$670,000 to \$928,000
Whenuapai Residential	\$850,000 to \$1,284,000

We have a big cupboard full of buyers and the banks are saying yes

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER

P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikeperero.com
www.mikeperero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland

Friendly
Legal
Experts

- Property Law
- Family Law
- Business Law
- Family Trusts
- Employment Law
- Estates
- Debt Collection
- Wills

smith
AND PARTNERS

LAWYERS

293 Lincoln Road
Henderson, Auckland
PH: 09 836 0939
smithpartners.co.nz

Property

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

Agreement for Sale and Purchase of Real Estate

The 10th edition introduced several changes that affect vendors (and purchasers) and which vendors must understand when signing up agreements even with a real estate agent (REA). Specifically from the vendor's point of view, there are significant changes to the compensation regime, and which existed in the earlier 9th edition, but are now much broader, which potentially could defer settlement to enable disputes to be determined. There are new timeframes for building and toxicology reports to match LIM reports (15 working days) introducing a longer conditional



period and for which vendors may wish to consider inserting cash-out clauses so backup contracts can be signed up and pressure put on a purchaser to go unconditional asap. Very importantly, evidence is now required when an agreement is cancelled for the non-satisfaction of a finance condition. The consent of the Overseas Investment Office (OIO) is now a general condition for all overseas buyers, providing vendors the opportunity to negotiate and determine if they wish to risk consent being declined and the contract cancelling. Where tenancies are involved, vendors need to ensure they have all documents required for settlement i.e. original leases/tenancy agreements and to ensure that the REA notes correct details in the agreement. Vendor warranties have become broader including the warranty that, as at the date of the agreement, the vendor is not aware of any threatened or actual legal proceedings.

Schedule 2 now sets out chattels that do not have an operational function i.e. blinds, curtains and fixed floor coverings. Schedule 3 lists those chattels with an operational function i.e. stoves, dishwashers, alarms, heat pumps. These are covered by vendor warranties contained in clause 7.3(2). Vendors warrant that these chattels are delivered to the purchaser on settlement date in "reasonable working order" and/or "as is" (fair wear and tear excepted). Failure by vendors to deliver chattels creates a right of compensation. We recommend that the parties note in the agreement the condition of all chattels at agreement date i.e. "as is" condition or "reasonable working order".

Vendors should always seek accounting advice regarding any GST requirements prior to signing to ensure the GST warranties are properly stated. In terms of release of the deposit to vendors, there is a new requirement that the 10 working day requirement under the REA Act (during which the deposit must be held) starts once the stakeholder (REA) obligation is at an end. Thus in some instances it may make sense that the vendor's lawyer holds the deposit and not the REA. For deposit release, the purchaser should also provide express confirmation in writing that there are no requisitions. The parties' names are protected when agents provide statistical information to REINZ. In next issue, we will go over the purchaser's obligations in part two. If you have any questions or want us to review the draft contract before signing it, contact us on 09 869 5820 or email us at gina@ginajansen.co.nz. It is highly recommended that vendors seek legal advice prior to signing any contract.

Precision Roofing

We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to variable weather conditions. Our team gives attention to detail, so all our work is Precision quality.



The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.

GINAJANSEN LAWYERS



Gina Jansen
DIRECTOR/LAWYER

Ph 0800 544 508

p 09 869 5820 f 09 929 3400 m 021 544 623

e gina@ginajansen.co.nz w www.ginajansen.co.nz

GINA JANSEN LAWYERS LIMITED

127B Access Road, RD1, Kumeu, Auckland 0891



• PROPERTY • COMMERCIAL • TAX •



Precision Roofing

And Spouting Solutions

Think Roofing, Think Precision

Free No Obligation Quotes

0800 00 22 22

Atlan Norman

Managing Director
021 044 3093

www.precisionroofing.co.nz

info@precisionroofing.co.nz

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	1,200,000	303M2	245M2	1,188,000		750,000	685M2	150M2	751,000
	1,425,000	362M2	300M2	1,335,000		620,000	727M2	90M2	650,000
	880,000	210M2	130M2	895,000		650,000	0M2	60M2	645,000
	860,000	179M2	161M2	900,000		710,000	1448M2	80M2	650,000
	985,000	225M2	180M2	987,000		800,000	941M2	93M2	811,500
	775,000	228M2	102M2	775,000		1,090,000	600M2	193M2	875,000
	1,200,000	336M2	240M2	1,270,000		560,000	0M2	80M2	656,000
	1,320,000	318M2	230M2	1,355,000		880,000	350M2	122M2	800,000
	1,225,000	322M2	240M2	1,325,000		990,000	931M2	260M2	1,130,000
	990,000	429M2	168M2	990,000		925,000	5670M2	140M2	940,000
	960,000	173M2	134M2	999,000		650,000	0M2	80M2	687,500
	715,000	117M2	97M2	727,500		600,000	1587M2	170M2	660,000
	1,200,000	809M2	230M2	1,185,000		500,000	750M2	90M2	655,000
	970,000	231M2	144M2	955,000		610,000	606M2	80M2	726,000
	870,000	173M2	162M2	899,000		620,000	0M2	100M2	700,000
	1,350,000	349M2	267M2	1,305,000		950,000	337M2	202M2	970,000
	840,000	248M2	118M2	888,000		570,000	363M2	80M2	650,000
	605,000	134M2	53M2	605,000	WEST HARBOUR	825,000	727M2	80M2	910,000
	1,225,000	300M2	253M2	1,210,000		1,000,000	714M2	200M2	992,000
	1,250,000	337M2	261M2	1,150,000		1,260,000	874M2	310M2	1,365,000
MASSEY	650,000	612M2	110M2	690,000		1,550,000	962M2	350M2	1,600,000
	630,000	801M2	80M2	707,500		3,310,000	977M2	647M2	2,880,000
	660,000	508M2	171M2	658,000		940,000	844M2	180M2	855,000
	640,000	1224M2	150M2	685,000		670,000	0M2	80M2	680,000
	630,000	1194M2	110M2	665,000		1,390,000	713M2	310M2	1,384,000
	640,000	949M2	90M2	920,000		1,200,000	630M2	254M2	1,137,000
	830,000	618M2	167M2	880,000		900,000	389M2	140M2	880,000
	600,000	0M2	70M2	565,100		960,000	736M2	154M2	1,058,000
	990,000	883M2	230M2	916,000		710,000	166M2	140M2	771,000
	830,000	452M2	149M2	863,000	WESTGATE	840,000	210M2	148M2	928,000
	1,125,000	926M2	215M2	1,447,500		710,000	333M2	127M2	670,000
	680,000	0M2	90M2	650,000		810,000	210M2	185M2	920,000

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

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

2.95% Up to \$490,000 (Not 4% that others may charge!)

1.95% on the balance Plus \$490 admin fee. All fees and commissions + GST

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.

LIST
TODAY!
TO RECEIVE A
\$6,000
MULTI-MEDIA
MARKETING
KICK START*

Mike Pero | REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Hobsonville
Phone 0800 900 700 Licensed REAA (2008)

Graham McIntyre
Brand & Territory Owner
027 632 0421





FOR AN EDUCATED DISCERNING BUYER - KORAHA ESTATE 4 3 3

By Negotiation

2 Koraha Road, Kumeu
By Negotiation

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

www.mikepero.com/RX2249624



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



NEAR NEW, HOMELY AND COMPLETE - SWANSON 3 2 2.5

By Negotiation

6 Vincent McGrath Crescent, Swanson
By Negotiation

A quality pedigree build from Fletcher Living complete with all the homely, finishing touches that makes a building into a loving home. This three bedroom home with open plan kitchen/dining, delivers an easy living lock-up-and-leave environment with all the trimmings on 350 sqm of land. The home is split level with nylon carpeted double garage and laundry leading to open plan kitchen/ dining and lounge with guest bathroom and alfresco to north facing patio and grassed area, perfect for all ages, and the pets. Upstairs has three generous bedrooms, ensuite and main bathroom which has ample sunshine and views through the community. Close to Swanson Train Station, Café, Convenience shops, park and Swanson Primary School.

www.mikepero.com/RX2274221



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SHOW ME THE MONEY - AFFORDABLE LIFESTYLE



Asking Price \$1,149,000

7 Kaipara Lake Road, South Head
Asking Price \$1,149,000

Motivated Vendor seeking proactive buyer, keen to enjoy the good life. Set high with sea views and land on the exclusive Tupare Estate. This renovated four bedroom home offers easy living on one level. Open plan living with great indoor outdoor flow to decking overlooking the idelic Kaipara Harbour make this home more than a lifestyle option but a picture paradise. Tupare Estate delivers a range of high end facilities which are free from cost under the payment of a very modest annual fee. Home owners share an enviable number of community facilities, including a large hall which may be reserved for private functions, flood lit tennis court and a comprehensive equestrian facility which includes an arena, stables, wash bay, stock yards and a loading ramp.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX2039027

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



AFFORDABLE IN WAIMAUKU ON 1236 SQM OF LAND



By Negotiation

16 Denehurst Drive, Waimauku
By Negotiation

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX2223811

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



SEAVIEWS, COUNTRYSIDE LIVING - SHELLY BEACH

3 2 1

Asking price \$649,000

18 Shelly Beach Road, Shelly Beach
Asking price \$649,000

Reduce the mortgage, eliminate the traffic congestion, live the lifestyle that is about you and your passion for the great kiwi outdoors. Everything is at your doorstep from scallops, fishing and netting to inner harbour islands and wide open spaces. This renovated and redecorated three bedroom home delivers a delightful easy living home with new kitchen and bathroom. Open plan lounge dining which extends to North East decking with commanding rural and inner harbour views. Downstairs is an over-height double garage with office/ workshop and laundry, providing plentiful space for storage. Set on 812sqm (more or less) the home is set well off the road with a range of native and exotic planting. Close to Shelley Beach Jetty, Café and Boat Ramp.

www.mikepero.com/RX2268507



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



PRIME LOCATION, 4 BEDROOM, 2 BATHROOM - MASSEY

4 2 2

By Negotiation

22 Vina Place, Massey
By Negotiation

Large home on a large plot of land serving up a great opportunity for a Kiwi family wanting to create and style the perfect home. The home has an easy flow through open plan lounge dining to north east decking overlooking fully fenced back yard and two level play house. Offering four generous bedrooms, office nook, ensuite and main bathroom to ensure limited congestion in the mornings. Central kitchen, storage and laundry area delivers an easy transition to getting jobs done. High stud cathedral ceiling and character features, this home is unique and offers personality plus. Some cosmetic improvements would make this home truly amazing, so view with a mind-set to stamp you mark on "great bones".

www.mikepero.com/RX2250920



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRICK AND TILE - MODERN LIVING

4 2 2

By Negotiation

36 Fordyce Road, Parakai By Negotiation

Easy care home on 520 square meter section, this property is perfect for a family or an investment in a great semi rural environment. Offering four bedrooms, including master with en-suite and open plan entertaining living opening out to north west patio. A double garage with options for workshop keeps toys and tools off the street. Minutes to convenience shopping, primary school, transport, inner harbour access, park and the popular Parakai pools. It's not only a home it's a destination.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX2163650

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



RUSTIC CHARACTER, BARN AND MODERN STUDIO

6 5 2

\$1,995,000

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

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX2166107

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



3222 SQUARE METERS - BIG OPPORTUNITY IN WHENUAPAI



\$1,545,000

44 Puriri Road, Whenuapai
Asking Price \$1,545,000

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

www.mikepero.com/RX2204835



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



QUIET FULLY FENCED CUL DE SAC LIVING - MASSEY



By Negotiation

46 Zefiro Drive, Massey
By Negotiation

Set at the end of a ROW, this well cared for, well maintained, north facing home enjoys all day sunshine within a safe and secure fully fenced environment. Ideal for children &/or pets. Enjoying 609 square meters of land with loads of off street parking - up to 8 cars, a fenced lawn area which leads onto a private deck with established plantings and open pergola. The home has four bedrooms, huge Master with walk-in Wardrobe/Ensuite, family bathroom & separate WC. There are options here for extended family living or a border. Open plan entertainers living with two lounges flowing onto decking areas. Close proximity to Westgate shopping center and convenience shopping, schools a plenty in the area as well as close motorway access and walking tracks through linked local parks.

www.mikepero.com/RX2255417



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



CLASSIC KIWI BUNGALOW - BEST LOCATION

3 1

By Negotiation

62 Tudor Road, Henderson By Negotiation

Altogether a Home and Palapa (Mexican style Pergola) on an easy care and fenced 683 square meter section. It is not only what is on offer on the property it is a location that offers peace and privacy, yet is only a short stroll from shopping, restaurants, transport links and motorway access. The home is a genuine and classic bungalow that has been crafted to enjoy three bedrooms and two lounges although the hero of the home is an exquisite open plan entertainers kitchen and lounge and the infusion of a second lounge with the attached Palapa offering an extra open air living space for all occasions. A property that is fenced for dogs, cats, kids and peace-of-mind, the section has established glades of mature plantings which delivers pockets of shade and privacy.

www.mikepero.com/RX2269727



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



VALLEY VIEWS, PASTURE IN HUE - NEAR TAUPAKI

4 3 2

By Negotiation

81 Stoney Creek Drive, Waitakere By Negotiation

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

www.mikepero.com/RX2109381



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



LAND WITH VIEWS, MULTIPLE BUILDING SITES - WAIMAUKU

By Negotiation

Kiwitahi Road, Helensville By Negotiation

Hill top location, overlooking the Woodhill Valley over to the Tasman Ocean and up to the Kaipara Harbour. This truly spell binding, toe tapping and ear tingling opportunity to purchase the "full package" with over 2.9 hectares (7 acres) of rolling hill country delivering full fencing, good/ easy access. Includes a small parcel of covenanted bush which intersects with a small duck pond on the property. Delivering an ecological and naturalists playground. Title issued, no covenants affecting your plans on this north-west facing masterpiece. For additional support information please text or email me today, it's not going to be around for long, make your offer today. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX2066456



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

JOIN US!

Our growth continues
and we've got an opening
with your name on it.

Join our sales team.

If you are driven, and determined
to work with a truly innovative
company and successful team,
then contact us NOW.

Call Graham McIntyre now for
a confidential chat

027 632 0421



Hot Property



For an educated discerning buyer – Koraha Estate

An elegant, picture postcard estate on flat park-like grounds delivering space, ambience, security and convenience.

North facing, this home has been crafted to suit a family or mature couple offering an adult wing and children/guest wing. Cathedral roof line with high pitch sky-lights, open plan designer kitchen with breakfast bar and scullery, lounge area with gas fire place and

dining area, separate formal lounge and family room, a generous designer space that flows through to the covered patio and beyond to the in-ground heated pool. The home is designed to be practical and finished to a beautiful standard.

Four generous double bedrooms, private master bedroom with his and hers walk in wardrobe, ensuite with underfloor heating and Villeroy and Boch bath. All bedrooms have generous storage and/or walk-in wardrobe and a mix of bathrooms and ensuites. Separate laundry room with excellent sink bench and storage. Internal access triple car garage with separate double Skyline Garage.

No expense has been spared to deliver a relaxed, sophisticated environment with an edgy feel and an ease of living that will warm

Hot Property



your toes and deliver a gentle breeze to sooth the evening sun sets. Villeroy and Boch bathroom ware and Grohe tap ware, Bosch appliances, Vintech wine fridge, Bose surround sound are some of the investments in high quality living.

The property is extensively planted and landscaped providing distinctive hard and soft features, paths, walls and shading. This blend works together in harmony to deliver an outlook that is easy care, functional, and beautifully respected.

For viewing and more information, contact Graham now on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Home & Garden

Older stonemason swears by natural materials

Hi, I'm Dave Milina. I am a little older now and for most of my life I have been a stonemason having been taught from the old Dalmation school. I would say it's been an interesting journey. The majority of my contracting time has been spent in the public and private sector, working for Council in Parks and Reserves, and also in working with private clients.



The contracts have been massively varied in stonework and in landscaping, however what I want to tell you is this... SUSTAINABILITY is the big thing now. Sustainable materials and natural materials are big. After all these years, I now work mainly with two materials - rock and aged mulch.

By using dry stacked rock, a hillside covered in kikuyu is being transformed into a landscaped area ready to plant vegetables and fruit trees.

Using natural materials to create beautiful landscapes is deeply satisfying. Talk to me to find out more. Dave Milina 027 1962 19 161.

Monthly spotlight – drainage

Drains should be kept clean and clear for them to work effectively. Drain maintenance goes a long way in keeping your drains in good working condition and reducing the chance of a blockage. Laser Plumbing Whenuapai can provide regular maintenance checks to prevent blockages from occurring. And if a blockage does occur, Laser Whenuapai has specialist equipment to clear out stubborn blockages.



Our qualified drainlayers can perform a full range of drainage repairs and replacements, from new drainage through to storm water and waste water works. We offer CCTV services as well as a state of the art 24/7 drain unblocking service for any unforeseen emergencies.

We are also your local specialists in plumbing maintenance, hot water systems, repairs and installations and all aspects of roofing.

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

Get in touch with Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz for all your service needs. We are open five days a week from 7am-4:30pm and conveniently located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

Autumn in the garden

Autumn is an important season in the garden. It's a great chance to get both your garden and lawn in order before winter, and it's also a great time for planting your spring bulbs so later in the year your garden will come to life with amazing colours and fragrances.



Lawn care - Give your lawn a final mow around the beginning of May. Don't cut the grass any shorter than 5 cm as longer grass can make better use of less sunlight over autumn and winter. A longer lawn will also help resist those pesky weeds and moss.

Use a hose-on weed and feed spray like Kiwicare Turfclean and Green to clean up broad-leaved weeds. Autumn is also a great time to fertilise because it protects your lawn through the winter months, and ensures it stays healthy and green throughout the year. A bag of Tui Lawn Force Slow Release Fertiliser will help you tick that job off your lawn care list.

If you are looking for your first lawnmower or just need to upgrade your current one I seriously recommend that you check out our range of battery powered mowers from EGO, Masport, Lawnmaster, Makita, Jobmate and DeWalt. Talk to one of the team in our Power Garden department and they can help you select the right mower for you and your lawn.

Spring bulbs - something to look forward to - An easy reminder of when to get your bulbs planted is when daylight-saving ends on April 5th. Autumn is best, as the bulbs require cold soil to remain dormant. Bulbs can be planted in the ground, or in containers. If possible, try to plant them in areas where you will enjoy the amazing scent, especially from the Hyacinths and Freesias.

Bulbs like well-drained, rich soil so add some Tui Bulb Mix and Tui Compost to prepare your soil. If there's any clay, use some gypsum to help break it up. There is a huge variety of bulbs and the more varieties you plant the better as this gives you a longer flowering season, as well as a surprise every time a new bulb pops up.



**Henderson
Reeves**
creating smart legal solutions

P 09 281 3723 F 09 438 6420
E auckland@hendersonreeves.co.nz
PO Box 217, Waimauku 0881
www.hendersonreevesauckland.co.nz

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER



Mike Pero
REAL ESTATE

P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland

Home & Garden

Whether in a pot or in the ground, you don't need to water them much as they'll get enough from the winter rain. Just remember to feed your spring bulbs when you plant, once they sprout and after they flower. Tui Bulb Food has the right mix of NPK, rich in Potassium (K), for flowering.

If you would love to try your hand at planting some spring bulbs but need some advice our friendly Garden Centre team and ready and waiting to help.

ur hand at planting some spring bulbs but need some advice our friendly Garden Centre team and ready and waiting to help.

Leaves a problem?

With the arrival of autumn, we are seeing the usual influx of falling leaves that cover walking paths and driveways. With a bit of rain, paths and drives become slippery and dangerous. Fallen leaves play an important role in nature, providing a rich natural compost to plants and trees. Nature needs them, but it is nice not to have them on the paths & walkways. Generally, leaves are a pain to collect, so make life a bit easier and safer with this quality



Japanese made petrol powered leaf blower. This must be the lightest and easiest to start leaf blower on the market. A simple walk up and down your path and blow those leaves back to the garden and under trees and shrubs where they can do their composting job. The Shindiawa EB221 is on special at Grasslands Kumeu saving \$50.00. 20 Shamrock Drive, Kumeu Ph 09 412 7880.

Attracting birds to your garden

Many gardeners are nature lovers as well, and one of life's pleasures is seeing your garden provide food and shelter for native wildlife all year round. Birds, skinks, geckos, butterflies, bees, wetas, the list goes on.



Whether you have a large garden or small, there are plenty of plants to attract and feed the birds especially during winter and spring when the tui and our native wood pigeon will travel long distances in search of food. Food sources are scarce during the winter, so by planting a couple of different varieties of plants now, and your neighbour planting a couple more, soon you will have birds visiting throughout the year.

Awa Nursery has a range of plants to help you on your way to creating

WYATT

LANDSCAPE SUPPLIES

0800 638 254 or 09 422 3700

Call: 09 411 9604
948 State Highway 16, Waimauku
 (just after the Muriwai turn off)

Locally owned & operated

www.wyatts.net.nz

For all your landscaping needs

stock up now for summer and autumn

Free

loan trailers
for use

Trade

Metal
supplies

OPEN 7 DAYS! Mon-Fri: 7.30am-5pm Sat: 8am-4pm Sun: 9am-3pm

WE CAN DELIVER

- Sand
- Metal
- Shell
- Pebble
- Scoria
- Mulch
- Garden Mix
- Topsoil
- Compost
- Tirau Gold
- Pine Bark
- Cambian Bark

Home & Garden

a food haven for the birds. Kowhai, titoki, karaka, flax, wineberry, corokia, cabbage trees, Fuchsia procumbens, putaputaweta, lacebark, Muehlenbeckia, and pohutukawa are just some popular natives to encourage the birds, providing nectar, fruit or seeds. There are many more, and we also have plenty of exotics you can consider. Encouraging insects for birds to feed can be done by providing a good layer of mulch or leaf litter on your garden. The skinks will also benefit from this. Be sure to provide fresh and clean water in a safe location away from cats.

Now is the time to plant, and large or small, there is bound to be something at Awa Nursery that will fit in your garden to help feed the local wildlife.

Fence palings

Stronger and sturdier and available now at all Western ITM Stores... 150x25mm fence palings are now at 19mm prices.

Planning on cleaning up your back yard or shed? All Western ITM Stores stock Green Gorilla general waste bags. These super handy 3 cubic metre bags hold up to 1 tonne. Supplied flat packed and collection is included in the price... \$169.99 incl GST.

About to build your dream timber deck? Looking for an arsenic and chrome free alternative? Exclusive to Western ITM is GenDECK™... GenDECK™ is the new standard in decking that's better for you and better for the environment. GenDECK™ is ACQ H3.2 treated pine timber which comes complete with a 50-year warranty and in two profiles 100x40mm and 150x40mm (smooth four sides).

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



Western ITM Kumeu - 154 Main Road Kumeu.

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

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

Your business + solar power = excellent power bills

Daytime hours are the most productive hours for solar power. Most businesses operate in the daytime. They usually have big, sunny, productive roof-spaces where a solar system can 'make-power-as-the-sun-shines'. If you are using that power, as it's being made, you aren't getting charged on your power bill.



We have installed a system on our Silverdale warehouse, plus a battery backup so we don't lose power in a black-out. Our results shine out from the \$10 power bill we've just received.

We've been in the solar business for almost 10 years and still get a kick out of seeing solar produce results like these. Technology is becoming far more efficient and that's something we enjoy keeping up with, so all of our happy customers get excellent power bills too...

Solar curious? We are making up free reports for businesses this month, highlighting the return, savings and overall picture on how solar works.

Contact us on: info@solarcraft.co.nz or phone us anytime! PH: 0508 272389 W: www.solarcraft.co.nz.

April in your garden

As the cooler months settle in, now is the ideal time to get your winter vegetable garden underway, plant your bulbs for spring flowering and establish or repair your lawn.

Autumn is the best time to plant new trees and shrubs so they can get established over the cooler, wetter winter months.

In the flower garden, remove spent summer flowering annuals and



Got a Wastewater System or Septic Tank?

We can help you keep it clean and healthy to meet new council requirements.

WE'RE LOCALLY OWNED & COMMUNITY FOCUSED.

0800 HYDROVAC
www.hydrovac.co.nz



Kane Franklin
Registered and Certified Drainlayer

Phone 0275 565733
Email kaneage0@gmail.com



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

Home & Garden

plant your favourite winter flowers. For best results prepare the soil by digging in Garden X Compost.

There's still time to get your spring bulbs planted. We have all your favourites in store along with specialist bulb food and bulb mix.

Dead head established roses and start planning for your new season roses. These will begin arriving in late May so prepare new planting sites now, with Palmers Garden X Compost.

In the edible garden, refresh your herbs with parsley, winter mint, chives, rosemary and other winter herbs from Palmers seasonal range.

If you're sowing a new lawn, or replacing an existing one, now is the time. We have a great range of lawn seed from hardwearing for playgrounds to easy care. Mix in Saturaid with your lawn seed and spread over the area, this will improve water penetration through the soil and reduce dry patches.

Palmers Westgate | Corner of Maki and Northside Drive, Westgate
Open 7 days from 8.30am.

Phone 09 810 8385 | www.palmers.co.nz.

Buying a Signature Homes House and Land Package

A Signature Homes House & Land Package is an easy, secure way to buy your new home. We bring together a block of land and a home design that suits the section, resulting in a large range of

sites and homes available to you. We have House & Land Packages to suit budgets and tastes - all at fixed prices for peace of mind, transparency and surety of costs.

You will stay in budget: For many people the dream of building is often overridden by the fear of what can go wrong - from cost blowouts to uncertainty about inclusions or the suitability of land. New homes offer great value for money and are available at a fixed price with no hidden costs.

As a first home buyer you won't need the 20% deposit banks usually require: House & Land Package new builds are exempt for the NZ Reserve Banks LVR, which means first-home buyers can obtain finance for a lower deposit than the 20 % typically requires of first-home buyers, or the 30% for property investors.

You will have guaranteed peace of mind: With one of our House & Land Packages, your new home is built for you and covered by the best building guarantees in the country.

Your home will reflect your personality: There is no such thing as a cookie-cutter Signature Home. You will be able to personalise your home by deciding on everything from flooring to tile, fixtures, fittings and kitchen and bathroom colours. Every Signature client receives one-on-one time with an interior designer to fine tune your ideas and make your home uniquely yours.

Your home will be healthy: The quality of new homes with modern building and material technologies ensure you can count on a warm, dry home for many years to come.


Call our team at Signature homes West Auckland to discuss your option; obligation free 0800 020 600 www.signature.co.nz/west.

House & Land Packages



Country Living, Turn Key!






\$1,165,000

House 181m² | Section 629m²     



Wood Valley Wonderland!






\$1,185,000

House 186m² | Section 18510m²     



Tick The Boxes In Huapai






\$890,000

House 144m² | Section 357m²     



Architectural Kiwitahi Haven

Price By Negotiation

House 207m² | Section 297070m²     

View more House & Land Packages at signature.co.nz

Contact Dean Pritchard for more information

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

Signature[®]
HOMES EST. 1983
YOUR HOME. YOUR WAY.

Home & Garden

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 bacteria laden than before you started?

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

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

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

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

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

I've been a franchisee of The Pro Group for 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.



Waimauku Garden Club

Autumn has arrived. Cooler mornings and evenings and hopefully everyone has water.

February saw our group head south to the Nathan Homestead where the ladies provided us with tea, coffee and a muffin, very welcome after our early start.

It was such a beautiful day we were able to sit outside before walking around the gardens, admiring the Homestead from outside and looking at the Water Tower.

Although grounds were dry there seemed to be an abundance of colour and shape.

Inside the Homestead they had an art exhibition on, potters at work and a couple getting married, as well as people at The Butlers Cafe. A busy place. Nice to see the venue being used.

sustainable
LANDSCAPES



rock retainer walls | entranceways | ground shaping & digger work

Dave Milina

E: info@sustainablelandscapes.co.nz

M: 0275 196 219 | O: 09 414 4503

www.sustainablelandscapes.co.nz



As the day got hotter we bused across the motorway to the Auckland Botanical Gardens to have lunch. Some lunched at the Miko Cafe while others enjoyed their picnic lunch outside on one of the seats. It was a hot walk around the gardens and on the look-out for the sculptures as well. It was well worth the visit.

Events coming up: March 19, Windsford Garden, Drury and Addenbrooke Garden, Bombay.

April 16, Ardmore and Clevedon

May 21, Maungaturoto.

Contacts: Ann 021 035 7406, Bette 021 145 1854, Diana 027 478 8928, Judith 027 272 9994, Moira 027 498 9152, Veronica 027 755 4645.

SPS Plumbing Services Limited

Hi I'm Scott, the owner/operator of SPS Plumbing Services Limited.

I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying Plumber with 15 years' experience.

I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in Orewa and will work in the greater Auckland area.

I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes and dishwasher and washing machine installation.

SPS Plumbing Services Limited - Scott Sutherland, Certifying Plumber. Phone 0274 300 251 www.nocowboys.co.nz/businesses/sp-s-plumbing-services.

SOLARCRAFT
- SOLAR POWER SYSTEMS -
COMMERCIAL & RESIDENTIAL

W: WWW.SOLARCRAFT.CO.NZ
P: 0508 272 389
E: INFO@SOLARCRAFT.CO.NZ

'OFF-THE-GRID, IN-THE-CITY'

SOLARCRAFT
SOLAR POWER SYSTEMS MADE SIMPLE

Custom
Design
&
Installation

Central's Tips

April 2020



It's time to replenish the garden by conditioning the soil with plenty of compost and sheep pellets. Sow a green cover crop to add nitrogen.

It's lawn time, apply fertiliser to existing lawns to give them a pre-winter 'pep' up.



Sow hardy vegetables

Brassicas like broccoli, cabbage and bok choy can go in now as well as root vegetables like carrots, beetroot and parsnip.

In the Edible Garden

- **Sow a green crop:** doing this adds nitrogen to the soil ahead of new food crops. Sow blue lupin and mustard seed in beds that are not being used over winter. Cut the foliage down when the crop is at knee height and leave it to decompose on the soil
- **Plant seedlings of hardy brassicas** such as broccoli, cabbage and bok choy
- **Sow carrots, beetroot and parsnip**
- **Control powdery mildew** on the leaves of zucchini and cucumber that are still producing vegetables with a homemade spray: 1 cup of milk and 1 tsp of baking soda to 1 litre of water mixed together and sprayed to cover the leaves
- **Curly parsley** makes an excellent decorative focus in the vegetable garden in winter. It can be grown as a very small potager hedge or garden edging.
- **Time to plant edible hedges** such as feijoas and bay trees, or the smaller NZ cranberry, Myrtus ugni which is a lower grower

The rest of the Garden

- **Fertilise lawns with ProLawn Turfmaster Gold.** This product is a premium lawn food that encourages grass growth. Feeding lawns now will ensure they're in good shape before the cold weather hits
- **Cut back finished perennials** such as daisies, lavenders and catmint. Spread compost around them. For plants that become fully dormant, tidy up dying foliage and mark their crowns with a small stake. That way they can be lifted and divided in winter to make more plants
- **Soil conditioning** is top of the list for this time of the year - dig through fresh compost and sheep pellets - gets plenty of soil biology going and replenishes nutrients and organic matter that has been depleted over the growing season



Plant edible hedges

Feijoas and bay trees make great hedges and add great flavours to your kitchen.

Project for April

Concreting Time

The dry autumn season is perfect for getting on with concrete projects. Do it now to ensure dry accessible areas in winter. Basic concrete mix is 1 cubic meter of Builders Mix to six 40kg bags of cement.

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





We dig great lawns.

Get your lawn looking great! Whether you're sowing a new lawn, or repairing and maintaining your existing turf, talk to our friendly team at Central Landscape Supplies Swanson, we have a range of lawn products to suit your needs.



Visit your local yard: Central Landscape Supplies Swanson

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

Pets

Kids' safety programme delivered in Te Reo Maori

It seems to be every week we are hearing about a dog bite incident. In February there was another young boy bitten very badly outside an Auckland School. So what can we do to prevent these from occurring?

Education is key to reducing dog bites; teaching not just children but the whole community about dog safety.

There is one organisation that is doing just that. Kids Safe with Dogs Charitable Trust. Not only do they go into schools to educate children but they have an online Canine Body Language course that is for every member in our community.

This week Megan and Buster went to Royal Road Primary School in Massey to educate children on how to behave around dogs.

Royal Road has an excellent Te Reo Maori programme and with the assistance of one of the teachers they delivered the Three Golden Rules in both English and Te Reo Maori. Each child received a 12 page activity book that is written in both languages.

The students who did the same programme last year received a different activity book that also talks about the 5 Freedoms helping our younger generation to become more responsible dog owners.

One of the founders of the charity Joanna Clough also attended to see the delivery of the new Te Reo Maori programme.

Joanna is currently in discussion with over 50 local boards and councils around New Zealand who are interested in delivering the programme using their Animal Management and Dog Control officers. "The interest has been exceptional", said Joanna. "We have



invested 10's of 1000's of dollars into developing the programmes and we have had them peer reviewed by Massey University to ensure that they are age appropriate".

It's because of the investment we have made that we know that creating good, solid programmes based on the latest research both here and overseas is expensive and time consuming. Which is why we are giving the programme to the councils for free".

Not every council is interested so in those regions Joanna is looking for someone to take over the charity and look after Auckland and any other areas that need the programme.

Joanna is also the director of The Dog Safe Workplace, which educates companies where workers are required to enter properties where dogs are present.

"I just don't have enough hours in the day to do both, so if we can assist the Local Boards and Councils, educate the community and reduce the number of dog bites it would be a win-win-win".

For more information you can contact Joanna on jo@dogsafeworkplace.com or 027 473 7244.

Stories from a pet photographer

The most beautiful time of the year for photos is fast approaching us. As the trees start turning a gorgeous array of reds and oranges, and the leaves start dropping, I love getting out into some of Auckland's parks to capture dogs and their owners amongst the stunning colours.

One of my favourite photoshoots from last autumn was with a beautiful doggy duo called Starsky & Gypsy (pictured). These two are such good buddies and depend on each other for reassurance and comfort, which is so beautiful. They absolutely loved getting to fossick through the crunchy fallen leaves, and were super stars when it came to posing for my camera. The resulting photos were gorgeous.

Auckland Domain is one of my favourite shoot locations at this time of the year with so many beautiful mature trees, as well as having the Winter Gardens right there to pop into. It's also a bonus when the fallen leaves are blanketing the ground as it provides a nice little pop of colour, and an opportunity to create some really fun portraits.

Book in a professional photoshoot for you pets and family today. Visit my website for bookings and more information - Kirsty www.dogandco.nz.



CLEARSTONE LEGAL

Incorporating Kumeu-Huapai Law Centre

We are proud and excited to announce ClearStone Legal has relocated to new offices. We are now situated at the new business centre called The Vines on the corner of Tapu Road and State Highway 16 in Huapai.

We also have our other office at 547 Te Atatu Road, Te Atatu Peninsula, Auckland.

You can contact Debra and Jane on 09 973 5102 or drop into the office, Tuesday to Friday 9 am - 5 pm.

**1A Tapu Road,
Huapai, Kumeu
09 973 5102**



**Debra Barron, Principal
Jane Barclay, Legal Executive**



RYAN JACKSON

M: 027 498 6202. E: ryan@treehouseprint.co.nz

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

Pets

Kanika Park Cat Retreat

Make this fluttery feather cat toy. Give these fun feather teaser toys a try.

Do you love searching the Internet for fun DIY projects – especially ones that include your cats. Give this a try!

What you'll need;

- Scissors
- Felt
- Iron
- Jingle bell
- Satin cord
- Jewellery jump ring

Instructions;

1. Cut out one large and one small feather shape from two different coloured pieces of felt.
2. Cut out several notches on both sides of the feather shapes.
3. With a hot iron, press a crease down the centre of each feather.
4. Add a jump ring to the jingle bell.
5. Cut a 1-yard length of the cord and run it through the jump ring.
6. At the bell, tie the cord around the feather stems with a double knot.
7. Knot both ends of the cord, so it doesn't fray



Curious cat alert! Because of the jingle bell and cord, this should be a supervision-only toy.

We have a wide variety of toys here. Contact Kanika Park Cat Retreat 09 4115326 | 027 550 1406 | info@kanikapark.nz.

Kumeu Kennels where dogs have FUN!

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

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



It ain't what you do **it's the way**
that you do it !

the Westerly magazine was created in October 2015 and has published more content about this area and its surrounding neighbours than any other community media organization over this period.

The magazine has a free-to-publish editorial philosophy that encourages businesses, clubs, schools, sports teams, not-for-profits and rate-payer groups the freedom and flexibility to submit information, updates, events and have healthy debate. Submissions must be in by the 15th of the month prior.

After reviewing the community social media pages recently, and reading the comments and discussion, I have to say that the magazine's content is significantly positive, up-beat and deals with many of the facts rather than a barrage of unsupported opinion and ranting.

If you have an organization that wants to get a message out to this community, please, drop me an email to graham@thewesterly.co.nz or call me on 0800 900 700 to discuss, what your wanting to achieve and what your considerations are. Editorial is free and advertising space starts at a very low \$85 plus GST for the month. Editorial and advertising is seen in 10,000 print copies, online, and by email pdf. It is not only the best localized content in the area, it is also the most relevant to the local community.

Tell us what way **you want to do it!**

Food & Beverages

High Tea in the garden

Some occasions deserve more than just a cupcake. Try Café Botannix Westgate's High Tea menu and feel just a little bit fancy for the afternoon. In our garden setting, surrounded by the lush greenery and fragrance of the garden centre, you'll enjoy a fine selection of scones, delicate sandwiches and sweet treats with your choice of drinks from our premium selection.



For just \$30 per person, enjoy our delicious selection of treats with a regular tea or coffee. Or for \$35 per person, enjoy with a glass of bubbles, beer or wine.

Treat yourself, family or friends to High Tea. Bookings require at least 24 hours' notice. To book, please call Café Botannix Westgate on 09 810 8385 or email emma@cafe-botannix.co.nz and please inform us if you have any dietary requirements.

Open 7 days from 8.30am. Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix/

Have yourself a good eats Easter

Aside from indulging in all that chocolate over Easter, how about treating yourself to a decadent breakfast?

Try NoShortcuts Feijoa & Ginger jam with cream cheese on bagels for something superbly scrumptious - you could also try it on hot cross buns for something different.



The good news is feijoa is hailed as the new 'super fruit', full of antioxidants, is low on calories and loaded with vitamins such as Vitamin C.

And, combined with real ginger, this handmade jam is packed full of locally grown fresh produce with no nasties and comes in a recyclable glass jar.

NoShortcuts chutney, relish, pickle and jam can be found at Countdown Hobsonville, Organics Out West, Farro Fresh Mairangi Bay, New World Albany, Milford and other stockists. Check for details

Come and check out our new
Delicatessen, Coffee, Juice & Ice Cream Bar

BORIĆ Food Market

1404 Coatesville - Riverhead Highway, Auckland
www.boricfoodmarket.co.nz

at www.noshortcuts.co.nz, or visit Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

Westbrook Winery

Westbrook Winery is celebrating 85 years of wine-making in NZ this year. This month we are also celebrating a small drop in temperature, finally. The leaves on the vines and trees have already started to change colour - autumn in the Ararimu Valley is truly beautiful. It's been perfect weather for vintage which is wonderful when all of the fruit is hand-picked. The wine-making team are on early starts and late finishes at this time of year but it's a small sacrifice to make when the wines they create are so crazy-good! We have created another delicious seasonal autumn platter, which matches perfectly with our legendary multi-award-winning Waimauku Chardonnay. Come and visit us - there's plenty of space to sit and enjoy the surroundings, some lovely wine, food and wine-tasting. Bookings must be made for groups of six or more and are highly recommended for all visits. For more information please go to www.westbrook.co.nz or call the Cellar Door 09 411 9924.



Turbo charged lemon honey drink

This is an awesome hot drink to help clear the sinuses, soothe a sore throat and add some great nutrients from fresh produce to help keep you healthy this winter.

Ingredients: 1 whole, fresh lemon (unwaxed) cut in half; 2-3 teaspoons raw honey (add more if you are using very sour lemons such as Lisbon); 2 x 8cm (approx.) sprigs of fresh thyme; 2 cloves of garlic, sliced. You will need a large mug that holds approx. 300-400ml and some boiled water.



Method: Squeeze the juice from the lemon into a mug, then add the

Kumeu Produce Market

Produce Retail & Wholesale Specialist

p. (09) 412 9998
f. (09) 412 9398

407 State Highway 16 Kumeu
PO Box 104100 Lincoln North

Food & Beverages

lemon halves to the mug. Add the remaining ingredients, topping up the mug with boiled water. For a sore throat, add three to five whole cloves. For a blocked nose or sinuses, add 2.5 cm of fresh chilli, chopped. Stir well, then cover the mug with a saucer and allow to stand for 10 minutes before enjoying.

New Zealand Herbal Brew is an online herbal tea store based in Kumeu. Visit our website: NewZealandHerbalBrew.co.nz.

Book Allely Estate for your next special celebration

It's autumn and our gardens are still looking incredible. Did you know we host lots of private functions? Milestone birthdays (21sts, 30ths, 50ths, 60ths and the like), engagement parties, wedding anniversaries, family reunions, corporate parties and more - we love being a



part of these special events. One of the main benefits of booking with us is that we have a dedicated (and free) Events Planner who helps organise everything from the menu to the venue set-up. Speaking of menus, our 2020 menu is amazing - our chefs here really are talented at what they do. Guests always leave raving about our food. If you've got a special occasion coming up, check out Allely Estate - we can host your guests in our beautiful gardens, historic renovated villa or permanent marquee. Plenty of options to suit all kinds of celebrations and budgets. www.allelyestate.co.nz.

Just Jess Cake Co

Just Jess Cake Co is a local, home based and registered A grade cakery. Based in Hobsonville Point and owned by Jess Owen - a 25 year old caker, custom cookie and donut maker. And that's right - it's called Just Jess, because there's just her (for now!). Specializing in beautiful buttercream cakes, Jess will work with you to create something gorgeous for your next event and can even accompany this with all your sweet needs including her custom-stamped cookies, or fluffy fresh donuts. Just Jess's donuts have earned themselves a bit of a following all over Auckland, with people lining up at her door for her famous 'donut day' pre-orders or following her from market to market throughout the summer. Jess not only makes a range of deli-cious and stunning treats, but she also has her own line of cake-decorating tools for the every day home baker and modern caker, to help you replicate her dreamy but-tercream cakes at home. Website: www.justjess.co.nz - pricing and online store.

Graham McIntyre

LICENSED SALESPERSON
BRAND & TERRITORY OWNER

Mike Pero
REAL ESTATE



P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland

Peko Peko

Healthy modern Japanese food restaurant at 102c Hobsonville Rd. We are dedicated to providing fresh and healthy Japanese food, using only free-range chickens and eggs, homemade sauces, no refined sugar, no msg, gluten-free options, vegan-friendly options and our place is a kids-friendly. Please check our Facebook and Instagram page at [pekopekonz](https://www.facebook.com/pekopekonz) 09 416 1197.



Soljans Estate Winery

Even if you just live 10 minutes away, our online shop has all our wine available to be delivered to your door. With free shipping on 12 bottle cases there's no need to leave the house. Have a look for yourself at www.soljans.co.nz or call us on 412 5858 to make an order over the phone, for pick up or delivery.



If you're feeling adventurous, check out our new menu on our website too, then come along to our café and enjoy a relaxing lunch any day of the week.

New menu available from the 1st April 2020. Café open 11am - 3pm weekdays and 9am - 3pm weekends. Call us on 09 412 2680 to book your table.



**four simple ingredients
make good bread...
flour, water, salt & time**



Good, honest, traditional sourdough, baked daily.
Great Coffee, Bread, Cakes, Sandwiches, Catering.

Catalina Bay Farmers Market

Fri-Sun 8:30 - 2:00

Bakery - behind Farmers Market

Wed-Sat 7:30 - 1:00

www.gourmetgannet.co.nz



Health & Beauty

Pre-season training

For an injury free winter sporting season now is the time to take a serious look at your pre-season training programme.

- Any current injury should be assessed and treated by a physiotherapist prior to commencing training to avoid ongoing problems
- A warm-up is essential, this must include stretching the muscle groups appropriate to your sport. As each individual is different overall muscle balance must be taken into consideration
- Suitable footwear should be worn as this reduces the likelihood of injury to the spine and legs
- To avoid injury tailor your training programme to your current fitness level. Set realistic goals and gradually increase the training intensity

We can assist if you have any queries with the above, phone us at Massey Physiotherapy on 09 832 3619.

The sisterhood of motherhood

"A daughter is a treasure...and a cause of sleeplessness" stated Ben Sirach. My daughter Lauren was born in October 2017. "Sleeplessness" for me is an understatement. Being a doctor, I thought I knew what "sleeplessness" meant. During the early months, the memories of 12 hour nights on call and trooping through hospital corridors at 3 am seemed like a breeze. Unfortunately, for the first year of Lauren's life, I can scarcely remember getting more than 3 hours of uninterrupted sleep. Sleep became an obsession for my husband and me.



I try not to be too negative about parenthood, there are amazing points too. All of those fantastic milestones. Thankfully, we are past the dark days of no sleep, but I look back and still remember the dread of getting into bed and getting too warm and comfortable, then having to drag myself out of bed an hour or so later, in order to settle a crying baby.

This said, one unexpected plus of being a mum, for me, was the amazing friendships I made. I don't know how I would have survived the haze of sleeplessness without knowing I was going to be catching up with my mum friends. We would meet for coffee and compare how little sleep we'd had the night before, chuckling at the craziness of it. After all, sometimes humour is the only way to deal with the difficult things in life.

I am forever grateful for the mum who offered to look after my baby for a couple of hours so that I could have a rest; and the mum who came round and cooked for me in the early days after a hard week of managing a colicky baby. I will be eternally thankful for the mum who lent me her baby's swaddle to help Lauren to sleep. And the two mums who invited us out for walks with their babies, just to get me out of the house and into the sunshine.

And let's not forget that Lauren was a healthy baby. I can only begin to imagine how difficult things could have been if I'd had twins; if she'd been born early; or if for any other reason she'd had to spend some time in hospital. These scenarios greatly minimise Lauren's colic, mild feeding difficulties and sleeping problems. I take my hat off to all the single mums.

Having no family living close, my friends became my family. A camaraderie for which I will be forever thankful. The friends who had had babies before me became big sisters, giving advice on feeding, settling and retaining sanity. As friends we all looked after each other - sometimes when you are so wound up with looking after a baby it is hard to remember to look after yourself. That said, do not forget to visit your doctor if you are struggling. Post-natal depression is an extremely common condition which is very treatable. You are not alone.

So please think about this: If you see a mum and baby out and about, offer to buy her a cup of tea. Check she is OK. Don't judge her. Many of us have insight as to what it's like to be a new mum. These small positive interactions make a big difference. Most of all, be kind. Dr Isabelle Duck is a GP at Silverdale Medical.

Improve your posture with the "Bruggers Relief Position"

If you sit a lot during the day chances are your posture may be suffering. The most common signs of poor posture is rounded shoulders and a forward movement of the head. This puts lots of stress on the mid to upper back, the shoulders and the neck. The Bruggers relief position is a simple stretch that you can do to try and counteract the "poor posture".



It is simple to do; Sit on the edge of your chair, tilt the pelvis forward, lift the chest up and pull the shoulder blades together. Turn your arms outwards and finally tuck your chin in. Now take 4-5 deep breathes (approximately 30 seconds). This stretch is designed

HOBSONVILLE Call 09 390 4184
PODIATRY or 022 044 1741

hobsonvillepodiatry.co.nz



Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

Counsellor

Robin Sutcliffe 027 3620 396

Member of NZ Association of Counsellors



Appointments at Waimauku and Westmere

Please see my profile at

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

Health & Beauty

to be done every half hour (or at least once an hour). For more information on this great stretch, visit the blog post on our website. www.elevatechiropractic.co.nz/blog.

Home remedies – Shoe Talk how to make a natural foot soak

In this current world environment having some relaxation tips and way to release stress is even more important so if you like to pamper your feet and prefer to use natural products then read on for Shoe Talk's recipe on how to make a foot soak you can use at home.

Supplies needed

1 cup lemon juice

¼ tsp cinnamon powder

2 tbsp olive oil

¼ cup milk

Water

Tub

Instructions - Fill a tub with warm water and put the lemon juice, cinnamon powder, olive oil and milk in it. Mix well.

Relax and put your feet in the tub and let them soak in the water for 10-15 minutes.

Now, wash your feet with a mild soap and dry them with a towel.



Free social walking group in Hobsonville

Have you been contemplating getting into better exercise habits but just not sure where to start?

Why not come join our FREE social walking group.

Exercising with others creates accountability, provides social support and increases motivation. Not only does it boost the positive endorphins that you gain from exercise, it also encourages long term adherence and therefore better results.



Shoe Talk™ we talk shoes

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

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

We will be walking every Saturday morning at 9am, kicking off on the 18th of April. All ages and abilities welcome, meet at the Hobsonville Memorial park (across from the Countdown). Just look out for the white KinetEx flag.

Bring a friend along and come join a group of friendly, like-minded locals for a walk. Guaranteed to leave you feeling great for the rest of the day.

Contact Yolanda on 021 251 6102, or yolanda@kinetex.co.nz for more information.

Get your personalised anti-viral plan: Free

There is no "one-size fits all" solution to virus protection. That is why I am offering you your very own personalised Anti-Virus Protection plan. Free for a limited time.

I feel upset that many people are looking to profit from the Corona virus health scare by ramping up the prices of face masks and hand sanitiser. It is just not ethical. That is why I am offering my knowledge for free. Just my small way of helping to create health and calm in our current craziness. It might take me a few days to get back to you depending on demand. But first in, first served.

Your Personalised Plan: No two people are the same, which is why for best safety and effectiveness I will write a plan for you based on your medical conditions, allergies and any medicines that you take. This will ensure that we do no harm, and that you have the most effective solution for you.

If you are healthy (no allergies, no medical conditions and taking no medicines), then you can safely take my No More Colds or Viruses Optimal Health Solution straight off the shelf. This consists of my Anti-Viral Immune-Boosting Herbal Tonic plus a Wellness Multi. The combination of these two little beauties will seriously interfere with

Fraser Dental

For all of your dental and orthodontic needs

Free Dental For Teens (Year 9 to 18 years)

- Dental Exams, X-rays, Fillings
- Dental Hygienists
- Crowns and Veneers
- Teeth Whitening
- Orthodontics
- Dental Implants
- Dentures
- Wisdom Teeth
- Sleep Dentistry
- Dental Anxiety Management

www.fraserdental.co.nz (09) 416 5050
1 Wiseley Road, Hobsonville

Health & Beauty

the ability of viruses to survive. More importantly, they will have your immune system fit and ready and able to control anything that gets thrown at it. In other words, you will be stronger, and the virus will be weaker. Boom!

Pop into the pharmacy and get your questionnaire (I'll need to know things like what medical conditions you have, whether you have allergies to anything, and what medicines and supplements you currently take). Or if you are wanting to stay at home then email help@MasseyUnichem.co.nz and we will send you a questionnaire. I will then email (or leave at the pharmacy) your very own GAME PLAN Prescription for Wellness. Martin Harris Massey Unichem Pharmacy 396 Don Buck Road Massey 09 833 7239 martin@masseyunichem.co.nz.

Cottage Health

Cottage Health is situated on peaceful Herald Island.

Three dedicated, qualified health practitioners work from this quaint space.

Services available are reiki, kinesiology, homeopathy, yoga therapy and prenatal yoga and The Journey work.

Deborah Joy is a qualified classical homeopath and Journey practitioner. Homeopathy is a 250 year old science that works on all levels, for all stages and is safe and effective alongside allopathy.

Dawn Cansfield specialises in kinesiology which can be used to test for allergies and build immunity and is a reiki 3 practitioner which is excellent for deep relaxation and healing.

Magenta Hyde offers private one on one yoga therapy sessions for woman throughout any stage of their pregnancy including pre and post-natal.

Offering relaxation, stress management, emotional balance and supporting the body through all the physical changes.

Email. cottagehealthclinic@gmail.com or phone 021 038 1261.



Boost your immunity naturally

When most people think of boosting their immunity, they may think of particular foods they should eat, or supplements they should take. But what if there was more you could do?

What if you knew how to boost your immune system from the inside

Zash Hair
 HAIR BY CARLA
 77 Waitakere Road, Waitakere, Auckland 0614
 Phone: 021 814 663 zashhair

out, just by changing your thoughts and managing your emotional state?

Firstly we need to recognise that every system in the body, (reproductive, cardio-vascular, digestive, immune etc), are all directly affected by what you think and how you feel.

The 60,000+ thoughts you have a day, and (apparently) 42,000+ emotions a human can feel, have a direct impact at a cellular level inside your body, instantly changing internal chemistry. For example, feelings of fear create stress hormones which inhibit healing, whilst feelings of trust release hormones which turn on the body's self-healing mechanisms.

Every thought (and feeling) going through your mind has a direct impact at a cellular level inside your body, affecting the state of your physical health. The good news is, you have the power to change all of this.

Take back sovereignty over your thoughts and feelings, and watch the changes inside your physical body. If your body is responding to every thought and emotion you have, what thoughts and feelings do you choose today?

Kim Knight, Chronic Illness and Stress Management Expert. www.kimknighthealth.com www.emotionalalchemyacademy.com.

Wart or corn?

Is it a verruca (wart) or a corn? This is a very common question that we get asked by our clients at Hobsonville Podiatry.



Verrucae, also known as plantar warts, are a manifestation of the human papilloma virus (HPV), in the form of non-cancerous skin growths on the soles of the feet and toes. For this reason they are often confused with corns, yet they are quite different. Corns are simply layers of dead skin caused by abnormally high areas of pressure on the foot, whereas a verruca is caused by a viral infection changing the structure of the outer layers of the skin.

What is the difference between a verrucae and a corn?

- 1) A verruca is painful when pinched whereas a corn is painful when it is pressed.
- 2) A verruca often has little black dots (the blood supply) on the top of it whereas a corn appears yellow and glassy.
- 3) Both a corn and a verruca can have hard skin surrounding or covering them.
- 4) Verrucae typically appear and regress spontaneously over the course of weeks or months whereas corns are often long standing.
- 5) Verrucae can present anywhere on the feet whereas corns present under high areas of pressure on the foot.

Kumeu Chiropractic
 adjust ♦ adapt ♦ thrive
 Dr. Chris McMaster ♦ Dr. Nolene McMaster & Associates
 412 5536
www.kumeuchiropractic.co.nz
 8 Shamrock Drive, Kumeu

Health & Beauty

Treatment for a verucca: Treatment of verrucae therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside.

Generally topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options.

Treatment for a corn: Can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning. For corn and verruca treatment (and other lower limb queries) give the team at Hobsonville Podiatry a call on 09 390 4184.

Do you have a community services card?

How well does your child see? Do they have difficulty reading? Do they squint? Do they rub their eyes a lot?

Did you know that if you have a Community Services Card your child is entitled to at least \$287.50 towards an eye exam and glasses if your child is 15 years or under?

At Hobsonville Optometrists, we specialise in childrens' eyecare.

Please phone 09 416 3937 to make a morning appointment and allow at least an hour 413A Hobsonville Road, Hobsonville.



You need to get your fight on

In 1996 Tina and I sat in the audience at the San Francisco Convention Centre as the US Surgeon General announced a statement that was a game-changer at the time. The message was 'Lack of exercise has a greater impact on your health than the top cardiac risk factors all together'.



That is, not exercising is more dangerous to your health than high cholesterol, high blood pressure, obesity, diabetes, smoking AND

physical inactivity combined. The benefits are numerous. Once you have studied a little you quickly realise that 'working out' is the Super Drug of the century. Exercise BUILDS YOUR IMMUNE system. If by chance you need any further motivation let me finish with the stirring words of Pastor Helen Burns who visited Auckland last month "You need to get your fight on!"

Paul Richards- Chief Executive Officer, Club Physical.

Denture and oral hygiene routine:

Nightly before bed using warm soapy water and a tooth brush thoroughly brush the denture, focusing on the fitting surface. Use a soft-bristled toothbrush with toothpaste on natural teeth and to clean your tongue, cheeks and roof of your mouth.

Try not to sleep with your dentures in. Place the dentures in water or a mild denture-soaking solution overnight.

If you have or tend to get a hard yellowy build-up or some heavy staining that you struggle to remove, you can use a specialised denture cleaner. Caldent or Tats Denture Cleaner are both available through DT Denture Clinic and are excellent at removing stubborn stains.


Things to avoid on your dentures:

Abrasive cleaning materials. Avoid stiff-bristled brushes, strong cleansers, toothpaste, these are too abrasive and will damage your dentures.

Bleach-containing products. Do not use any bleaching products because these will weaken dentures and change their colour.

Avoid hot or boiling water that could warp your dentures.

DT Denture Clinic offer a specialised denture cleaning service were we can put the shine back into your dentures in an hour. We are offering half price denture cleaning in April 2020. Call to make an



HOBSONVILLE OPTOMETRISTS

Glasses & Gifts

Frank G Snell B.Sc., B. Optom
Optometrist

Unit A, 413 Hobsonville Road, Hobsonville 0618
Ph: 09 4163937. E: hobsonville@eyeteam.co.nz

DT DENTURE CLINIC
DENTURE SERVICES AND REPAIRS

Attention Denture Wearers Expert Treatment, Individual Needs

We offer:

- Full Dentures
- Partial Dentures
- Same Day Relines, Repairs and Tooth Additions
- Mouthguards
- WINZ Quotes

Make a booking to discuss your
FREE treatment plan.



67 Brigham Creek Road,
Whenuapai
www.dtdentureclinic.co.nz
P: (09) 416 5072

Made in NZ with imported materials

Health & Beauty

appointment with DT Denture Clinic on 09 416 5072.

Planning a wedding? Or a special occasion coming up?

Wedding season is in full swing and Fresh & Flawless would love to help you look and feel your best on your big day. Get in touch with Lauren today, hair and makeup bookings are open for 2020/2021. Fresh & Flawless is fully mobile for hair & makeup jobs and has a beautiful studio on Matua Road in Huapai for your beauty needs, offering gel polish, spray tans, eyebrow wax and lash/brow tinting. www.freshandflawless.co.nz lauren@freshandflawless.co.nz



Do you or someone you know play rugby?

Have you had a recent sport injury?

Common rugby injuries: UCL/RCL sprain and Fractures.

Common netball injuries: PIP joint sprains including collateral ligaments and volar plate injuries and Finger fractures.



At the Hand Institute: We are specialists in dealing with injuries of the upper-limb anything from the elbow to the fingertip. We can initiate your ACC claim you do not need to see your GP first. We can send you for any diagnostic x-rays and provide splints and casts when required. Help you with rehabilitation to get you back to your previous activities as soon as possible.

Call the Hand Institute today to arrange an appointment 09 412 8558 or www.handinstitute.co.nz.

Osteopathic treatment and COVID19

The pandemic is now official and New Zealand with the rest of the world is making a serious effort to stop it. The quarantine is in place and large gatherings are being cancelled. It has been recommended to avoid public overcrowded places and keep a distance of at least 2 metres between people. We expect further restrictions to be imposed if (when?) the number of cases starts rising up. Are you still safe coming to see an osteopath for help? Should you cancel the visits? After all, osteopathic treatment involves close body contact between the practitioner and the patient and there is a risk of transmission between the patients and practitioner and vice versa.



Here at the Family Osteopathic Clinic we are working on the best possible ways to prevent or lower the risk of disseminating the bug. We are starting to use disposable wide paper towels to cover the whole couch that we change for every patient. There is hand sanitiser available for patients to use while with us. We are cleaning our hands right left and centre. We have ordered UV disinfection lights to clean the air in the building. We even ordered disposable face masks for our patients to use (6 weeks later they haven't arrived and looks like they won't, sorry). If things get worse we will start wearing surgical masks and goggles ourselves.

However, we are asking our patient to cancel their visit or not to make one if

1. They have recently come back from overseas or have been in contact with someone under quarantine
2. If they are sick with high temperature and cough, or they have been in contact with similarly unwell person, especially if they had contact with a confirmed COVID19 case.
3. If they are worrying about getting the bug because of their

Westgate 
MEDICAL CENTRE

Westgate Shopping Centre, Maki street

**Urgent Care
Clinic**

**Open 7 Days
8am to 8pm**

**For all urgent medical
and trauma needs**

Xray, Pharmacy, Physio on site

833-3134

www.wgmc.co.nz

Take Your Eyes to For Eyes!

- Advanced scanning equipment for early detection of cataract, glaucoma and macular degeneration
- Specialty assessment of child and adult reading difficulties
- Specific-tint lenses for Irlen Syndrome
- Lenses to correct red-green colour-blindness



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

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

Health & Beauty

advanced age or ill health - stay home, just in case.

Of course, we are carefully following the regulation authorities and may have to go under quarantine in which case we will open again as soon as it is allowed. See you at 39 Hobsonville Rd, phone 09 416 0097.

Well, well, well...staying safe from Covid-19

We all know about regular hand washing and covering mouth and nose when coughing and sneezing, but what else can one do to Not Catch It?

At For Eyes in the Kumeu Village, we want zero spread of the Covid-19 virus. We are a small independent practice far from the crowds which makes for a lower risk. And we won't hesitate to self-isolate if needed.

We disinfect all surfaces patients come into contact with: equipment, chin and forehead rests, hand-controls, chair armrests, etc. with 70% Isopropyl alcohol - approved as the most effective disinfection agent available.

An important note: Conjunctivitis ("pink eye") has been reported in some Covid-19 cases. So if you have conjunctivitis together with symptoms of fever, cough or shortness of breath, please phone Healthline's dedicated COVID-19 number 0800 358 5453.


Phone For Eyes on 09 412 8172 for an appointment with Matthew or Molly Whittington.



How to keep your teeth healthy through Easter

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

- Drink lots of water after eating chocolate to help dilute the active sugars, slowing down the acid buildup and tooth decay process
- Avoid brushing teeth for at least 30 mins after eating
- Try sugar free chocolate & chewing gum
- Avoid adding extra stress to your teeth with carbonated drinks



Gillian Wiltshire D.O.
Registered Osteopath
ACC Accredited

36 Sunny Crescent
Kumeu
Auckland 0810
Ph/Fax (09) 412 5977
0212330413
gill.wiltshire@gmail.com

- Eat all the chocolate in one sitting rather than slowly over a few hours
- Finish with some cheese to balance the PH in the mouth

I hope these tips help you maintain your gorgeous teeth through the holidays.

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

PINC & STEEL Cancer Rehab

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapist's Laura and James who are here to support, guide and rehabilitate people through every stage of their cancer journey.

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

We tailor all our sessions specifically for your needs from 1:1 physiotherapy to group classes. We are here to help those with any cancer type and various sources of funding are available to those who need.

To find out more about physiotherapy and cancer and how we can help you please contact Laura at NorthWest Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.



KUMEU GYM

GET FIT IN YOUR COMMUNITY

- Fully Equipped Gym
- Designated Cardio Area
- Group Fitness Classes
- Smart Training
- Personal Training
- Indoor Netball Leagues 4 Nights a Week
- Pita Pit Onsite



Providing fitness in Kumeu for 30 years

Ph. 412 8932 | www.kumeugym.co.nz

Area Columnists

The importance of imagination in early childhood

Years ago one of my daughters invented this theory. When I asked her why she thought the sky sometimes turned pink she pondered the question, and then, out of the blue informed me that the ponies are to blame. Ten years on, she still gazes at the sky and with a slight giggle says, "Look the ponies are here Mum." I love this memory as it reminds me of the importance of allowing children to have the freedom to speculate and to develop their theories about the world around them.



We are living in a society where we feel pressured that our children need to be 'productive' all the time. That somehow being a good parent means enrolling our children in a range of structured after preschool activities and/or sports. We may consider that our role is to provide constant opportunities, entertainment and experiences to prepare our children for their future. But the current developmental theory and research supports our children's need for downtime. Our children need opportunities to be bored, for just being, and simply playing.

It is silly to think that we have to defend our children's right to play (REAL play, not activities directed by adults), but here I am defending it again, right here and now.

In the world of child development and academia, you may hear people use phrases like "critical thinking skills" and "creative problem-solving capabilities". What they are referring to is your child's imagination. The way to impart our children with imagination is to provide them with opportunities to develop it for themselves when they are very young. If we want to raise the next generation

of thinkers, problem-solvers, entrepreneurs, inventors we need to foster our children's imagination and creativity.

Written by Kelly Warren, Curriculum Advisor for New Shoots.

If you're interested in learning more about New Shoots Children's Centres, you can visit www.newshoots.co.nz.

What you need to start or run a business

More important than passion is the need for a Business Model - how you make money while selling your solution (your product, service, and experience bundle).

The Seven Factors of a successful Business Model are:

F1 - A Job to be Done - you are fulfilling a need with your solution.

F2 - A Complete Solution - is provided through a Unique Value Proposition.

F3 - Prospective Customers Agree - their job to be done is best satisfied with your solution.

F4 - Prospective Customers Are Prepared to Pay - the price that you need.

F5 - Prospective Customers Exist - in enough numbers for growth and sustainability.

F6 - Customers Advocate - because they are so pleased with your solution, they sell your solution for you.

F7 - Enduring Transient Competitive Advantage - is the ultimate goal, as a sustainable competitive advantage is rare long-term.

For details, see The 1-Page Business Model and more at DontThinkCheck.co.nz and call Glyn Davies, Business Resultant®, M: 027 459 6397.

Looking for short term tenancy?

Are you needing accommodation while working in the area on short term contract, in between house moves or relocating? Our tenants will be given unique Terms and Conditions, subject to negotiation, and depending on the length of stay and time of year.

Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach and is on a private 10



SPECIALISING IN ALL TYPES OF
PLUMBING & DRAINAGE



PLUMBING



DRAINAGE



GAS



PUMPS



WATER TANKS



FILTRATION

LOCAL, RELIABLE & REASONABLE

New housing,
alterations & repairs



Domestic & Commercial



P 09 412 6322

E sales@waterfx.co.nz

Don't Think, Check!®

Don't gamble for business success.

For complimentary information, visit:
www.DontThinkCheck.co.nz

For advice, call or email:

Glyn Davies

Business Resultant®, M: 027 4596 397

Glyn.Davies@DontThinkCheck.co.nz

Area Columnists

acre block of land, nestled in native bush of the Waitakere Ranges of Auckland's Wild West Coast. It is suitable for a single person or a couple, no children or pets. We are 40 minutes from Auckland Central or the Airport, 25 minutes from Kumeu (avoiding SH16), 12 minutes from the Swanson train station, 10 minute drive to the beach or Lake Wainamu, or the local golf course.

The single bed roomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of bush, sand dunes and the sea. We have upgraded the sofa bed in the lounge with a luxurious Queen size tilt down bed. Easy to access and tilt away when you want to sit on the sofa.

We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat, away from the office or workplace.

For further information, please contact Lyn and Alan 09 8109 584, 021 1557 443, bushsandandsea@gmail.com. We can be viewed on www.bushsandandsea.co.nz.

Working from home

With the coronavirus becoming a major talking point, and self-isolation talked about, many companies and staff will be thinking about whether staff should work from home.

While they can, that does not mean that health and safety can cease to be considered.

Working in the PJs is less risky than working in the office, but there are still risks which your employer or PCBU needs to consider.

There are a number of things to consider when an employee is working alone:

- security - working alone may put an employee at increased risk from other people that they interact with (e.g. customers) or strangers (e.g. risk of violent attack)
- social isolation - employees working alone are at risk of social isolation, managers should make sure that there are regular opportunities to keep in touch and to bring the person together with the rest of the team (even if this is by email, telephone conferences, video conferences etc.)
- organisation isolation- employees working alone must receive the same information, training and development opportunities, and consultation as other employees. Managers should invite these employees to attend when there are events, both social and work related
- technological isolation - employees working alone should have access to the same or more advanced technology as other employees (depending on the job requirements)
- safety - the employee's physical safety related to their job tasks, for example, an electrician working alone, will have different risks to an administrator working alone, but both have risks. Working alone means if something goes wrong or there is an accident etc, there may be no one else there to help the person.

There is a general duty under the Health and Safety at Work Act

We're locals like you



Being local is really important to Matt and Rachael. They've lived here their whole lives, raising a family and being part of the G.J. team for over 7 years. With their extensive experience at G.J.'s, you're sure to get great service, the care and knowledge of a local, and the support of a national franchise. G.J.'s really do offer the best of both worlds.

So if you're thinking of building, talk to the Rodney West team first and find out why more people trust G.J. Gardner Homes than any other builder.



09 412 5371 gjgardner.co.nz

G.J. Gardner. HOMES

Area Columnists

2015 to eliminate all risks to health and safety, and if risks cannot be eliminated, they must be minimised as far as is reasonably practical. Some of these duties are outlined in more detail in the Health and Safety at Work (General Risk and Workplace Management) Regulations 2016.

Health and Safety at Work (General Risk and Workplace Management) Regulations 2016)

Risks when working alone should be assessed and minimised or eliminated on a case-by-case basis. Industry guidelines and codes of practice often provide specific help with this.

Examples of sensible options to promote the safety of employees working alone include:

- a first aid certificate
- an effective means of getting help quickly in an emergency
- regular contact with another person (e.g. another worker) or, if regular contact is impractical, they should check in with another person at regular intervals.

The regulations say that an employer must have an effective means of communication with an employee who performs remote or isolated work.

For further help with health and safety contact John Riddell from Securo by email securo4@securo.co.nz or www.securo.co.nz.

Understanding your customer – part 2

In my column last month I talked about understanding the problems you are solving for your customer, and building an avatar of the customers that you should be working with, versus the customers that you should not be working with.

Once you understand who your A customers are, the next step is to understand why they buy from you, and what keeps them loyal to your business – we call these loyalty hooks.

Some of these might be:

- If you didn't care, and I didn't get great service, then I would leave
- If you wouldn't customise to what I want, then I would leave
- If you were not accessible, or you changed your location, then I



would leave

- If you weren't a one stop shop, then I would leave
- If you could not handle our volume, then I would leave.

Understanding the loyalty hooks of your best customers, and conversely the deal breakers for your best customers allows you to focus on being the best in those areas, and therefore attract more great customers that are great for your business.

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

Worrying times

As the Covid-19 coronavirus pandemic takes a grip here and globally, national 'doctor of the year' for 2020 Dr John Elliott of Kumeu is in the thick of helping deal with it.

Like many people, the Kumeu Village Medical Centre-based GP is worried about the impact of the virus on health, society and the economy.

Recently awarded the Medtech General Practitioner of the Year award from around 480 entrants at the NZ Primary Healthcare Awards, John's already helping test suspected Covid-19 cases in a 'drive-through' scenario at the centre's rear carpark.

Dressed in personal protective equipment (PPE), John tested about 16 people at the drive through in the first week of operation, taking swabs from the back of the nose and throat of patients.

John says people who come for Covid-19 tests must meet set criteria, which includes specific countries they may have visited recently or contact with suspected Covid-19 carriers and certain symptoms such as high temperature – even though another milder virus is doing the rounds too.

"These are worrying days," he adds. "When there's any community transmission I believe it will become very serious."

The Government has set four alert levels – the highest at level four in case the disease is not contained with people confined to homes, businesses (except essential services) and schools shut, rationing, travel restrictions and major reprioritisation of healthcare services planned.

John hopes it doesn't get to that and he is confident New Zealand can contain and mitigate the virus providing everyone plays their part.

He's disturbed, for instance, to hear that people are panic buying – and even abusing shop staff – despite supermarkets and others saying there's plenty to go round if everyone shops normally.

It says something of the man that John doesn't like talking about himself, although many others sing his praises, and he often steps in when needed such as covering for ill colleagues.



Steven Baxter
Painter & Decorator
1168 Old North Road
Waimauku
Auckland
0882

☎ 027 201 7001
☎ 09 411 5136

Baxters Decorating 

baxtersdecorating@gmail.com
www.baxtersdecorating.com



- HEAT PUMPS & AIR CONDITIONING
- DUCTED & HOME VENTILATION SYSTEMS
- SERVICING & REPAIR
- FREE ASSESSMENT & QUOTE

Office 09 912 0553,
admin@clarksonaircon.co.nz,
www.clarksonaircon.co.nz

Area Columnists

And his work in the medical field and related services extends to more than just being a general practitioner.

Along with 20 years' service at the Kumeu Medical Centre this month, John has been involved in the Order of St John for about 45 years and chaired the Auckland-Waitemata Rural Alliance - the biggest in New Zealand - for more than five years since its inception as a way to increase rural healthcare.

"John always keeps the health of his community at the centre of his actions but is also aware of the bigger picture in primary care," his GP of the Year citation reads.

He helped turn around the previously limited visibility of rural issues held by district health boards (DHBs) and instigated better rural testing procedures and other services.

The rural alliance, which initially covered more than 57,000 patients - provides advice and improved care and services across rural areas in the Auckland DHB and Waitemata DHB, particularly focused on patient-centred care, service delivery, integration and sustainability issues.

The citation adds that John has brought strong advocacy, guidance, support and negotiation skills as alliance chair, making the most of limited resources.

The alliance covers from West Rodney to Warkworth and includes Great Barrier and Waiheke islands.

Humbled and honoured by his recent national award, John says it's also representative of all the volunteers and others he works with.

He's also proud to be following in the footsteps of his father Sir Randal and grandfather Sir James.

In fact, it's a family tradition to not only be involved in the medical field but other related organisations like St John.

Sir James was a Wellington doctor who became Wellington Hospital's first house surgeon, served on the Anzac hospital ship the Mahino, edited the NZ Medical Journal, became the Chancellor of St John and was knighted for services to medicine, the community and St John.

His three sons also excelled in the medical field, with John's dad recognised for his service to medicine, ophthalmology as a distinguished eye surgeon, St John (holding its highest honour) and the community with a knighthood.

Sir Randal served in the Malayan conflict and did two tours of Vietnam at the NZ Quinon Hospital.

He was instrumental in getting seat belts in vehicles and was an advocate for both road and eye safety.

Son John was also based in Wellington for a time, although did much of his medical training in Dunedin and Christchurch before finishing off in the capital, initially training in neurosurgery and winning a scholarship which took him to Rhodesia (now Zimbabwe) in the middle of a war.

That gave John considerable expertise in trauma and all aspects of

medicine, leading to a life in general practice "which I still consider the most challenging and far reaching medical specialty".

He's been back to Africa several times since but felt he'd done enough and was more needed here as his luck in dodging bullets and land mines was going to run out.

John chairs the St John Helensville Area Committee, is an Officer of St John, and a past chairman of the ProCare Clinical Governance Committee while remaining ProCare Cell Group chairman for local GPs' education and networking.

He also had a role in the review of primary response in medical emergency (PRIME) services to establish emergency medical area in remote areas.

John has had a mentorship role with many other GPs and, as alliance chair, has been involved in helping other New Zealand groups by sharing terms of reference and a work plan while assisting with applications for health and care.

"My major role is being part of the team at the Kumeu Village Medical Centre, going to work every day with the intent of providing the best medical services to our patient group that we can."

His other major interests include hospice work and the care for a number of residential facilities.

"I have always believed that the sophistication of a society is judged by the way it looks after those most in need.

"Kindness, loyalty and compassion all seem a bit old-fashioned but remain of pivotal importance to me and those who I work with."

John says the motivation to get involved in the things he does outside the Kumeu practice is to represent all volunteers he works with and New Zealand general practice staff, describing them as "vastly undersung, hard-working and dedicated" and who he much admires.

Maintaining an often understated sense of humour, John illustrates that by saying his favourite definition of leadership is "disappointing one's followers at a rate which they can tolerate".

It's also typical of his devotion to duty that he has to cut short his interview and subsequent follow-up for the Kumeu Courier because he has to man the Kumeu Village Medical Centre clinic on a Saturday morning and then is called away to cover for a sick colleague.

As for coping with Covid-19, John says it's a matter of following the right procedures.

Visit www.covid19.govt.nz/ for more information about the virus and the Government's alerts and response.

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland

The **Picture Framing Company** LTD.

We will frame anything!

- ✓ Competitive prices
- ✓ Professional Framers
- ✓ Knowledgeable Team
- ✓ Friendly Service
- ✓ Integrity
- ✓ Quality



Established in Kumeu for 20 years
Ph 412-6224 · www.pictureframing.co.nz · 14A Shamrock Drive, Kumeu

FINISH SUMMMER IN *STYLE*

\$699.00



EGO
56V LAWMOWER SKIN
342233

\$119.00



HOZELOCK
HOSE REEL W/ CART 20M
240358

\$34.98



BLOOM
SPADE AND FORK KIT
320951

\$22.99



KIWICARE
LAWNPRO TURFCLEAN & GREEN 2L
309294

\$45.94



TAURUS GARDEN
COMPOST BIN 240L
235400

\$275.00



JOBMATE
STEEL PEETROL LAWMOWER
249924



\$20.00



DAFFODILS
FILL A BAG
139963

\$12.98



TUI
SHEEP PELLETS 8KG
307385

\$14.98



TUI
NOVATEC PREMIUM FERTILISER 1.5KG
166577

Mitre 10 MEGA Westgate & Henderson
Northside Drive & Lincoln Road
Monday to Friday: 7am to 7pm
Weekends: 7am to 7pm



Get inspiration, advice and exclusive offers when you register with your AirPoints number.

Join online at mitre10.co.nz/register

