

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

Property market report
Tech Tips

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

Slate Gastro Pub & Pool Bar

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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 2021



Greetings

People reckon they are good listeners. Hearing isn't the same as listening, and the listening has to work well. Many people come to the conversation with an agenda, or they want to be doing something else. And that emotion is then felt by the person speaking. Being present and looking at the speaker helps you see the body language, which is obviously missing in a phone call, or in an email exchange. Turn off the TV and your phone, close your screen, find somewhere quiet.

It's sometimes tempting to interrupt, and tell them that you know how they feel (which you don't) or give advice like telling them what they should do. You don't have to solve their problem. Advice is cheap. It's not listening. Just let them talk, just say 'yes' to show them you are in tune, or ask short questions to clarify. Be as open-minded as possible, and don't judge or feel you need to respond with your own thoughts. Even if what they say doesn't make sense, accept that's how they feel. People react to what they think is going on, even if it's not accurate. A person is valued and feels respected when they are heard.

What's in April's Westerly? For many of us an end to Covid may seem to be round the corner, even if the way we do things has inevitably changed, but spare a thought for many of the clients of the Citizens Advice Bureau, who have been struggling with the impact of Covid on their lives. Do you have an old computer or similar e-waste? Check out an opportunity to dispose of it, and for a good cause. But if your computer issue is that it isn't working, there is the offer of a special rate for Westerly readers to get help. Read about tips to keep your computer safe in any event.

Another good cause is Growing for Good, a boost to the environment by schools, and a local school has received funds to help. See if you can spot a tagged Monarch butterfly - why would this happen? Have you visited Scott Point recently? Building activity in all directions, with a new retirement village opening shortly which has just been named after a distinguished New Zealand aviator. Support football this winter with the new local club.

Keep well and have a good month.

John, editor



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ENQUIRIES / FEEDBACK:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W www.thewesterly.co.nz

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People & Places

Slate Billiards and Gastropub

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

Located outside the Northwest Shopping Centre, Slate



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

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

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

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

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

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

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

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

As an introverted, shy kid, from North Canterbury, Matt's neighbour and pool hall owner Mike Bowen took Matt under his wing at age 12, introducing him to the sport. Not into your regular sports, Matt

soon discovered a love for pool, and Mike eventually became his mentor. "I started competing in regular Wednesday afternoon junior events held at the local pool hall where the prize was \$50 cash, which is huge for kids at that age, so about 50 or 60 kids would compete," says Matt.

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

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

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

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

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

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

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



Geoff Dobson MEDIA

P 027 757 8251

E geoffdobson2017@gmail.com



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Community News

At last a start!

You can't discover anything without making a start. Discoverers was set to begin on Sunday 29th of February, but Covid 19 lockdown meant that its launch had to be postponed.

However, a month later on the 28th of March, Discoverers got under way in the Baffin lounge at the Headquarters building in Hobsonville Point.



The group explored the significance of Jesus riding into Jerusalem to confront those who had oppressed the citizens of Palestine in his day.

At the April 25th meeting of Discoverers, the focus will be on the teachings of Jesus regarding the attitudes and values that help us withstand the stresses and strains that we experience from time to time.

Discoverers is committed to having all ages work together to explore issues by using a variety of methods to ensure that every participant is able to contribute.

Discoverers meets on the fourth Sunday of each month from 3-30pm to 4-30pm in the Baffin lounge, Headquarters building 214 Buckley Avenue Hobsonville Point.

For more details, see the "Discoverers" page on Facebook, or contact Barry Jones 022 068 3873.

Come and be grossed out these school holidays

At Te Manawa Library, 11 Kohuhu Lane, Westgate there will be free events between Tuesday 20th and Friday 30th April. The theme is 'Grossology'. Join us and spy something gross.



Tuesday 20 April at 10.30am we will be finding out how many gross facts people know in our Kahoot! quiz.

Wednesday 21 April at 10.30am we have booked in Science in a Van to do a session with us. Their event last holidays was really popular.

Friday 23 April at 10.30am and 2pm, we will be showing movies on the big screen in the auditorium. BYO snacks and water bottles

Wednesday 28 April at 10.30am, we will be reading some gross stories then having some 3D colouring activities.

Friday 30 April at 5.30-7pm, we will be celebrating the holidays with a disco and treats.

These events are drop-in sessions but there will be some extra bookable events advertised on our facebook page and instagram. All our events are free.

Ecofest West returns for its tenth year

EcoFest West 2021 is on its way. This annual community festival, now in its tenth year, runs from 20 March to 18 April 2021 and celebrates our beautiful environment by sharing practical ideas to make sustainable living easy, for a better future.

Organised by EcoMatters Environment Trust, EcoFest West is Auckland's biggest environmental festival and features more than 120 events hosted by a range of organisations.

EcoMatters Environment Trust's CEO, Damon Birchfield, says, "The festival has been designed to inspire environmental action amongst all Aucklanders. It champions our unique environment, supports collaboration, and celebrates our local communities."

"This year's programme includes interactive workshops to deepen your connection with nature, community events that celebrate and restore our natural environment, and experiences that share ways to live more sustainably in our neighbourhoods."

Events categories include Waka Hourua/Clean Transport, Kīnaki Kai Reka/Foodies' Fix, Te Whaihanga/Makers' Mayhem, Torohē Nuku/Explore Nature and Mauri Noho/Conscious Living. Covering a wide range of topics and subject matters, most events are free or low-cost and whānau friendly. Many events will also be available at any Covid-19 alert level through webinar or other digital options.

Festival highlights include:

- Explore the coastal scenery as you Walk and Collect Photos of Wildlife, from Green Bay to Blockhouse Bay Beach with Stephen Thorpe from iNaturalist.

- Join the Growspace Seminar, a presentation of a radical permaculture design for an urban public park with multi-talented



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Community News

designer and fabricator, Baptiste Natali.

- Get the kids involved and learn to Make Your Own Mini Worm Farm from recycled materials with Blockhouse Bay Library.

- Take part in the Twin Streams and Tapas Ride for a cruisy Sunday afternoon bike ride along the Henderson Creek Path and the Oratia Stream to Bodega Eatery.

- Support Māori business at Te Māketē, a market held every month at Hoani Waititi Marae. Enjoy live entertainment, modern and traditional Māori cuisine and artists.

New to the festival is the EcoFest West Speaker Series 2021: Ngā Karanga o Ngā Wāhine Toa. A collection of live events and webinars, the Speaker Series offers an opportunity to hear from four wāhine toa, or women leaders, as they reflect on their learnings from 2020.

Whether joining the live event at EcoHub in New Lynn, or watching the live Zoom webinar, visitors will hear from Dee West, Dr. Nicole van der Laak, Dr. Karlo Mila and Robin Taua-Gordon. Each of the speakers have been active in conversations about sustainability, science, environmentalism, and carbon divestment through a range of mediums and forums.

To see full details of all EcoFest West events, please visit www.ecofest.org.nz.

EcoFest West is brought to you by EcoMatters Environment Trust, with events hosted by a range of organisations, generously supported by the Henderson-Massey, Waitākere Ranges, and Whau local boards.

Te Manawa

Check out some of our senior programmes taking place here at Te Manawa in 2021. 11 Kohuhu Lane, Westgate

The Good Friends' Group

Te Manawa invites our seniors to come together, have a cuppa and meet new people with similar interests and to socialise.

This free drop-in programme held every Tuesday morning 10.00am - 11.30am in our Hinengaro room on level 2. Tea, coffee and biscuits provided.

For further information please email temanawa@aucklandcouncil.govt.nz or pop in and have a chat with one of the programming team

Tai Chi for Seniors

Tai Chi for seniors' (50+) sessions help participants of all abilities and fitness levels to learn in a fun and friendly way that improves their health, fitness, wellbeing, and inner balance, manages stress,

and prevents falls.

This programme is held at Te Manawa every Tuesday 12 - 1pm (school term only) in Hinengaro room on level 2. Small cost of \$8.00 per person. For more information please contact Juliana directly arohataichi@gmail.co.nz or text 021905742. www.arohataichi.co.nz

Caffeine & Craft

New craft programming started at Te Manawa from the 3rd February 2021. Come along and join this new community-based group. If you are looking to learn a skill or if you are seeking help with a current craft project this is the perfect group for you. All welcome

Every Wednesday 10am - 1pm Level 1 Creative Space

Tea and Coffee will be provided

For more information regarding this programme please email Temanawa@aucklandcouncil.govt.nz.

Gym Zone

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



Our helpful staff will be more than happy to discuss term options that might suit your child. If space is available, we can offer you a trial class to have a go. From beginners to competitive gymnasts, we have a class that can suit.

Gym Zone is also a great place to host your next Birthday Party. We have both self-cater and fully catered options for you. www.gymkids.com

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In Brief Updates

Country dancing? Come and try it

This is a sociable form of dance that caters for all. Everyone is welcome – there is no need to bring a partner, but if you know others are interested, bring them along. No previous experience needed. All dances are taught and danced to great music. (It is a world-wide organisation, which enables you to join dancers in most countries throughout the world.)



We are Waitemata Scottish Country Dance Club, and meet on Tuesday evenings at Kelston Community Centre, corner of Awaroa Road and Great North Road, Glendene.

Ring Esther 09 838 7263 / 027 1060 466 for more information or just come along.

Have a separate bank account for tax

If you are in business one of the most useful things you can do with your bank accounts is set up a separate account for tax. Having a separate bank account and regularly putting money into it will help you to pay your tax bills on time and avoid costly penalties and interest. For example, when your invoices are paid, if you are GST-registered separate out the GST portion of your invoices into your tax bank account. And likewise when you complete your payroll,

transfer the PAYE owing into your tax bank account. You can also put extra into the account when your cashflow is healthy towards your provisional tax.

Late fees and interest on tax owing can have a real sting on small businesses, and those tax bills seem to come around far too often. Using a separate bank account helps you to avoid accidentally spending that tax owing on other business expenses. Plus if your tax bank account is a high-interest one you can put the interest accrued towards other bills (eg. ACC or insurance).

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

Football clubs come together out West

After successful collaboration last year, Norwest United and Waitakere City football clubs have amalgamated to form a new club - West Coast Rangers.

The club will continue to operate from two locations, with activities split between the Huapai Reserve (domain) and Fred Taylor Park - the clubs' two home grounds respectively.

The driving force behind the decision is a desire to provide a strong professional coaching setup that can deliver a pathway for young players in the North and West of Auckland to develop their skills and play at a high standard without leaving to play at clubs on the North Shore, Football Director Andy Dunn (pictured) says.



"By offering a training and playing framework with quality coaching from qualified and experienced coaches we can develop young people in our community to be the best football players and people that they can be," he says.

This year, the club has made a big investment to bring in experienced coaches, including Harriet Steele who has been part of the Football Ferns coaching setup at two World Cups to support the women's programme, and former Wellington Phoenix and Auckland City players Albert Riera and Angel Balanga to support the men's youth and senior setup.

West Coast Rangers' goal is to offer its community a great experience, and be a welcoming and inclusive club for all players whether you are a kid that wants to make the All Whites, or you are a 30 something who wants to have a fun, competitive social game with friends.

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In Brief Updates

The programme starts with 'First Kicks' for four to eight-year-olds on Saturday mornings, and runs up through the age grades, with both boys' and girls' teams at each level to under-17 level and then on into competitive and social senior teams.

In a change from previous years, the season is now aligned to terms two and three of the school year, with 2021 fixtures starting on May 8 and finishing September 25 - although some teams do start training earlier.

The first competitive fixtures for senior teams were scheduled to start on March 27 for men's, and March 28 for women's, with games most weekends at Fred Taylor Park and the Huapai Reserve.

Spectators are welcome to come along to see the club and give the teams some support.

Registrations are open for all age grades.

Visit www.westcoastrangers.co.nz for more information.

Monarch butterflies

Jacqui Knight set up the Moths and Butterflies of NZ Trust and leads a team of volunteers at the Blockhouse Bay Recreational Reserve where a habitat for butterflies has been developed. She has been tracking monarch butterflies for a number of years, and this involves attaching tags to butterflies within hours of emerging from their chrysalises. A sticker with a unique identification code is carefully placed on the strongest part of the monarch's hind wing, recording its sex and time of release. There are people all over the country tagging monarchs to learn more about their overwintering behaviour.



"There is research into protecting mammals but very little is known about our insect species. If we lose our pollinators, as a species, we'll be doomed. The first monarch you tag is a bit nerve-wracking," Knight says. "But it's not at all harmful to touch the wings. Children at preschools are tagging them. Their wings are more resilient than you think, but you have to do it the right way." There's more information at www.mb.org.nz.

Primary schools are increasingly creating butterfly habitats in gardens while learning about the process of metamorphosis.

Seniornet West Auckland

We started off the year on a high but once again we have been in lockdown. Unfortunately we cannot operate classes, workshops or

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Help Days unless we are at Covid Level One, it is very hard to try and explain the workings of, for example, a Smart Phone and keep 2 metres apart.

Our workshop "Taking Your Smartphone to a New Level" in March was filled very quickly so we have arranged another one for 15th April, Thursday at 10am. Cost will be \$10 for the 2 hour session. Please ring Pam on 09-8272156 to make a booking. Leave a message and she will get back to as soon as possible. If we have to postpone this workshop due to Covid we will run it at the next possible date, so you won't miss out.

Our classes and workshops are held at the Henderson RSA, 66-70 Rainside Avenue, Henderson, if you need to contact us please ring the Office on 09 837 7600. Our office is not manned every day so please leave a message and we will ring you back.

Enjoy retirement living with panoramic sea views

Summerset at Monterey Park's brand new villas, apartments and serviced apartments offer the experience of luxury living in the thriving Hobsonville community. Our homes are warm, modern, finished to the highest standard and are now available for you to make your own.



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

We have Open Days in April at Summerset at Monterey Park, Sunday 11 April 10am - 3pm and Wednesday 21 April 10am - 3pm. Also this day is guest speaker Debbie Dorday from 3pm. One of New Zealand's best-known entertainers, Debbie Dorday ran Auckland cabaret club Burgundy's for 12 years.

1 Squadron Drive, Hobsonville 09 951 8920.

Grey Power

Waitākere Grey Power Association Office in the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South is open on Monday to Friday 9.00am until 12.00pm. This is a reminder to pay your membership subscriptions before 30th April 2021. Single \$20 and couple \$30 if you haven't already done so. Just phone our office

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In Brief Updates

on 09 838 5207 or call in during office hours and you will be helped by one of our volunteers. We gladly welcome new members.

Grey Power is an advocacy organisation promoting the welfare and well-being of all those citizens in the 50 plus age group. We monitor what the government is doing and how that will affect our members - meeting with influential people including politicians, to make our views known.

Grey Power is dedicated to the welfare, interests and concerns of the many people who are over 50 years and is a neutral but assertive voice of influence in the political arena with no party political affiliation.

Indoor bowls

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



Countdown doubles Growing for Good grants

Countdown is hoping to encourage Kiwi kids to start the new school year with an environmental project at their school or early childhood centre, with its Growing for Good grant funding doubled to \$50,000 for the 2021 round.

In its third year, Growing for Good grants aim to help foster New Zealand's next generation of budding environmentalists, and inspire Kiwi kids to learn about and preserve the environment.

Last year's successful projects have seen schools revitalise their skink garden, build greenhouses, install automated watering systems for their vege patches, a number of schools build chicken coops, and many others plant fruit trees and vegetables including our very own Hobsonville Point Primary receiving funds to help build their own



gardens.

Countdown's General Manager Sustainability, Kiri Hannifin, says that every year they're flooded with hundreds of applications and after a turbulent 2020, it's more important than ever to look after what we have here.

"As a food-focused business, we know what a critical role our environment plays in Aotearoa's long-term sustainable future, and our tamariki are as passionate and concerned about it as we are.

"Teachers, parents and children are so proud of their Growing for Good projects and we love getting regular updates. It's fantastic to provide more funding this year and hopefully it helps inspire lots of budding young environmentalists for many generations to come," says Kiri Hannifin.

An invitation to share

Hello, I'm Jonathan. When I worked in a secure dementia home I was really in awe of the caregivers, registered nurses, and my fellow activity coordinators. The love and patience they showed day after



day was really wonderful to see, and I know that their roles were really demanding. Likewise if you are caring at home for a family member living with dementia, or caring for a client in their own home, you don't need me to tell you how challenging, and I'm sure at times exhausting, life is. I started Mindjig with my wife Julie to provide a resource of helpful products for people living with dementia. Every month Julie writes and sends out an email newsletter and article. I would like to invite you to get in touch to share your experiences, be you in a private home or working in a rest home or dementia facility. We can include what you have shared in our newsletter, and keep you anonymous if you wish. We have been told by customers how isolated they can feel caring for a loved one with dementia, and hopefully an outlet will be of help to all of us. Thank you for the job you do, and we'd love to hear from you. Contact us by email at info@mindjig.co.nz, phone 09 600 3251, phone or text 022 480 3022. Our website is www.mindjig.co.nz.

Anna Jeffs Private Investigator

Anna Jeffs is the Director of Fox Private Investigators Ltd.

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

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deteriorate to the point that road lighting is impaired at nights, and your local garage will fail a W.O.F.

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Activities in the Massey Birdwood Settlers Hall

The Massey Birdwood Settlers Hall was built in 1956 and has hosted many activities, groups and organisations over the years, benefitting the community of Massey and the wider West Auckland community.

Most users are long term and innovations over the years have enabled the users of the hall to build their own base of followers and go on to benefit in turn the Massey and West Auckland community.

Many of those innovations would not be possible without the support of the TTCF and the Waitakere Licencing Trust.

Storage, Wi-Fi, electronic signage, kitchen facilities, tables and chairs, health and safety issues, regular maintenance keep the hall up to date.

The Hall, with a grant from the TTCF was one of the first organisations in Massey to have a defibrillator installed, back in 2009.

Massey Primary School have been using the hall for over 40 years by hiring out the main hall on Friday nights for Housie. The Redhills Community Kindergarten have been using an area in the facility since the 1980s. The Westside Fellowship Church have been based in the hall for 15 years.

Aikido and Kung Fu have been in the hall for many years and have been joined by another martial arts group Bujinkan Ninjutsu.

St John Massey Youth group are now using the hall on a Wednesday evening.

English Language Partners base classes in the hall and the Waitakere Cake Decorating Club have been using the hall as their home for ten years.

If you would like a home for your group contact the Secretary of the Massey Birdwood Settlers Association, John Riddell by email masseybirdwood@gamil.com or visit their website www.masseybirdwoodsettlers.org or check out their Facebook page.

New rules for mortgage advisers mean greater transparency

The new Financial Services Legislation Amendment Act (2019) took effect as of the 15th of March 2021 and introduces major changes to how the entire financial services industry operates.

These changes have been in development over the last few years and have involved input and feedback from the industry to take what was previously best practice and enshrine it in the law. The Act also requires Financial Advice Providers to be licensed, with a strict new regime governing the issuance of those licenses.

The new legislation has been designed to bring more transparency to your interactions with financial advisers of all kinds, with the goal of helping you select a provider that best meets your needs. A further aim is to ensure that everyone receives advice that is relevant and suitable for their situation - something we take pride in at Simply Finance.





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In Brief Updates

The biggest difference you may notice as a client is how your adviser provides you with disclosure, but there are a raft of other changes that have also taken place in the background; the team at Simply Finance have been working hard behind the scenes to respond to these changes.

Whether you are looking to buy your first home, re-finance your existing home, or grow your investment portfolio, the team at Simply Finance can help - call today on 022 397 7827 or email brian@simplyfinance.co.nz.

Get into the spirit

The NZ Spirit Festival 2021 is running at the Kumeu Showgrounds on April 22-25 after being postponed in March due to COVID-19 restrictions.



It's branded "an earth-friendly gathering passionately grounded in the indigenous heritage of Aotearoa" featuring local and international talent based around music, dance, yoga and knowledge sharing".

More than 150 workshops, performances, art installations and ceremonies are spread over the four days celebrating music, art, culture and movement.

It's expected to include the likes of Tiki Taane, Laughton Kora, Maisey Rika and many more.

Inspired by the successful Bali Spirit Festival, NZ Spirit Festival promises a vibrant celebration of well-being in all its forms, including healers, stalls, food, and a kids' whanau zone.

The NZ Spirit Festival is an alcohol and waste-free event.

Visit www.nzspiritfestival.com for more information.

Tech tips

Here are five tips to get your tech current and your online practices up to date.



1. Accept updates. They may be annoying, but are an essential part of a good online experience and ensure your devices are in good condition.

2. Do a privacy check. People are increasingly submitting more of their data - most likely without thinking - everyday. So it's important to know about the simple things that will improve your privacy and

help establish good online behaviours. Take time to go through your social media accounts. Netsafe has advice on how to manage your privacy settings.

3. Change passwords. Are you still using the same password from 2016? If so, it's definitely time to give them a refresh. If you struggle to remember passwords, why not try using a password manager?

4. Pause, verify and share. Before you share information, pause and verify it before sharing it with people. There can be dangerous consequences of sharing fake news - especially if it relates to health. Who created this post? Where did they get it from? Is it traceable? See Netsafe about fake news.

5. Have fun. Not everything about the digital world is scary and dangerous. Use it to connect with people, learn new skills, experience new things, and explore the world while staying safe.

If you're concerned about the immediate safety of you or someone else, please call 111. If you want help or expert incident advice, you can contact Netsafe: help@netsafe.org.nz, toll-free 0508 NETSAFE, Online report at netsafe.org.nz/report, text 'Netsafe' to 4282. Our service is free, non-judgemental and available seven days a week. For more information see netsafe.org.nz.

Football clubs' merger creates business opportunity

As you may have read elsewhere in this issue, after the successful amalgamation of Waitakere City FC and Norwest United FC over the summer the new club called West Coast Rangers has been born.

Combined into one, the new club will have over 1300 members and welcome thousands of players, parents and local supporters to their grounds at the Huapai Reserve and Fred Taylor Park every weekend over the football season from March to October.

The club is keen to offer local businesses the opportunity to connect with its players and supporters via a new sponsorship offering called 'The Marketplace'.

The Marketplace is designed specially for trades and service suppliers to our fast growing NorWest communities - think sparkies, plumbers, accountants, garages and more - and offers the opportunity to become the exclusive sponsor in your field.

Each Marketplace package includes promotion to the club audience through digital (e-mail, social media and web), game day activation and on-site branding at both club locations, plus you have option to support teams or engage in a bunch of extra activities.

If you want to sell your services to affluent, engaged local families who are committed to supporting local businesses, this is a great way to do it. Email contact@westcoastrangers.co.nz for more

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Tutors, Staff & Committee

24th March - 1st May 2021
WWW.KUMEUARTS.ORG

In Brief Updates

information on The Marketplace.
Player registrations are open.

New Zealand travel event

We are holding an event at Huapai Golf Club with our favourite New Zealand travel operators and invite you to come along. We will be holding this in early May so please let us know if you are interested in attending or if you would like more details.



As I write this we are waiting for the Tasman bubble announcement on Monday so fingers crossed this goes ahead. There are many waiting to travel to reunite with family and friends and we are happy to help with any bookings, just give us a call. Once you use our service you will have peace of mind that we are here for you should things go awry while you are away.

Just call us on 09 416 1799 or email hobsonville@helloworld.co.nz if you would like our help or information about travelling either within New Zealand or overseas.

Your helloworld Team of Lesley, Hayley and Carolyn. Helloworld Hobsonville is TAAZ Bonded for your protection.

Brainfit for life

Moments of forgetfulness happen to everyone, usually beginning in the early 40s. Without regular brain exercises the number of synapses (meeting points between neurons) diminishes so less information can be transmitted.

Dr Allison Lamont and her sister Gillian Eadie from the Memory Foundation have created a Brainfit course that is based on research that can improve the memory, regrow brain connections and sharpen overall brain health. It focuses on the six key memory skills Dr Lamont has researched, improving these to help prevent early onset dementia and help people stay independent for longer.

At the Brainfit Course you are able to learn memory tips and practise strategies along with like-minded groups of people. You also learn about how memories are created and retrieved.



There are 4 classes over 4 consecutive weeks and they last 1 ½ hours each. They will be held at the Hinengaro Conference Room situated at Te Manawa in the NorthWest Shopping Centre. The course costs \$207, starting Friday 4th June until Friday 25th June 12.30 - 2pm.

If the bookings are popular, I will set up more courses on different days. Just let me know by email.

Please visit www.Brainfit.nz for more information or contact Victoria Fyfe (BA Psychology and PG Dip. Counselling) on 022 033 9552, or email Victoria@brainfit.nz.

Gently Loved Markets

Gently Loved Markets in March was postponed just 6 days out due to a Lockdown, but now they have a new date - Saturday 24 April

Gently Loved Markets was born of event manager Donna Buchanan's passion for preloved, retro and vintage gems. She couldn't stand the thought of these amazing items going to landfill, so she turned her preloved clothing obsession into the Instagram page Gently Worn Co. to pass on these wonderful finds.

Donna has always wanted to have a preloved market in her community so created her own event selling clothing, accessories, and homewares for all ages. With 35 stalls there is bound to be a gem or two to discover. Grab a coffee, bring cash, your favourite fabric bag and come on a preloved treasure hunt at Gently Loved Markets.

To inquire about a stall, email gentlylovedmarkets@gmail.com

Gently Loved Markets, Saturday 24 April, 10am - 2pm, Kumeu Community Centre, 35 Access Road, Kumeu. FB & IG @gentlylovedmarketsnz.



Lions' Kumeu Book Fair in May

May 22 and 23 are the dates set by Huapai-Kumeu Lions for their next Book Fair at the Kumeu Community Centre.

The Riverhead Scout Group is assisting local Lions with the fair and will share in the profits.

Both have also undertaken



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to be a collection point for unwanted spectacles and people are encouraged to drop them in the collection box at the fair or arrange to drop them off at any other time. The glasses are professionally checked and then made available to people in the Pacific Islands, many of whom are desperate for improved vision.

At the fair there will be the usual range of books of all genres selling for \$2, and bundles of children's books at special prices.

Vinyl records, CDs and videos will be on sale for \$2 or less.

The Book Fairs are a popular community fund-raising event with something of interest for all the family.

Doors open at 9am on Saturday May 22.

Lions will not be actively canvassing for unwanted books until their October fair as they are over-stocked with good-quality books on a range of topics.

April at Kumeu Arts

'Who We Are' is a group exhibition by Kumeu Arts staff, tutors and committee members which aims to give the community more insight into the not-for-profit arts centre and gallery. Alongside the artworks on display will be accompanying interviews which explain the roles of the people involved (many voluntarily). Manager Jago Neal says the intention is to "highlight the diverse range of experience and incredible skill they each bring". Behind the main gallery in the Pod is another engaging exhibition by Muriwai resident Marlon Hart. Marlon's early years spent in the forests and by the sea around Vancouver instilled in him a deep love of nature, and culturally left a lasting impression. These



influences are evident in this series, aptly named Pacific Crossing. Also, this April are weekend workshops in painting and writing as well as children's workshops during the holidays. Visit Kumeu Arts in person or online @ kumeuarts.org. Image by Amber Emm Titled 'Pink Serenity' for Who We Are.

Importance of flexibility in the new working environment

2020 has proven that flexibility is an essential part of every business toolkit. Many businesses have decided to give up their long-term tenancies and look at new options to offer their employees flexibility and convenience.



With more people working remotely, many employees are looking for a work-space that is closer to home. Co-working spaces allow your employees to network with others and maintain a respectful work-life balance while providing a professional atmosphere.

Member Sarah Adams of Luxe Beauty quotes "I love the balance having a local workspace gives me. Working at The Hangar provides me with all the tools to grow my business, whilst allowing home to be a place to relax and be with my family".

The Hangar offers businesses and employees the flexibility to work within a vibrant, motivating environment with no long term leases involved. Office rentals, meeting rooms, and hot-desking give companies and their employees the flexibility to rent for a day, a week, or even a month.

The vibrant group of businesses within The Hangar and the greater Hobsonville Point area, is a North West presence that will only continue to grow in this already thriving community.

Recently completed offices, desks, and meeting rooms are available today. Contact Danielle, danielle@thehangar.nz, to find out how The Hangar can help your team succeed this financial 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 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at editorial@thewesterly.co.nz.

Anna Jeffs

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Safer Communities



Volunteer to assist your community

Every year we open our doors and invite the community to look inside what makes our volunteer Fire and Emergency family tick.

A blend of people with a diversity of backgrounds with a common purpose to help the community when the need is there. Unlike the paid staff, volunteer fire

fighters have the juggle of a work/family/Fire membership balance. A blending of selflessness and a desire to learn, share, join and commit to providing help in times of need.

We engage at all levels from kindy visits about fire safety to Santa visits to aged care facilities, we are more about making life better for those around us and to share a laugh, have each other's backs and be the most effective team we can be when the bells go down and the pager comes to life.

Our brigade has a generous number of female members and we actively foster and encourage their progression within the brigade as we balance a growing range of medical and emergency calls through the day and night.

Our open station is on the 10 April 2021 from 12 to 2pm. Bring the family and experience for young and old what

it takes to be a fire and emergency volunteer.

10 Township Road, Waitakere Township.

For more information on volunteering at Waitakere Fire please call me directly, Graham McIntyre, Chief Fire Officer on 027 632 0421.



Graham McIntyre

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Property

Property market report

Auckland may lead the housing market cool down, with economists picking that the new LVR restrictions coupled with the opening up of travel gateways will take the gloss off investing in an overheated real estate environment.

The Real Estate market is a simple equation of how many houses are for sale and how many buyers are looking. If we look at the supply of homes for sale and we consider the industry web site Realestate.co.nz it was showing just 15,829 residential listings in total on its site, down 24.2% compared to February 2020. That's a massive lack of choice for property buyers. In short it is the same song that the industry has been singing for the last five years. Too much red tape, too much restriction, too much money being extracted by national and local governments equals fewer homes being built.

15,829 was the lowest number of residential properties available for sale on the Realestate.co.nz website in the month of February since its records began in 2007. The fact that new listings in Auckland were up while total stock was at a record low, reflects the buoyancy of the current market and the tightness of supply.

Looking across all regions, the trends are that new listings have been growing quite strongly in Auckland, Otago/Central Otago and Gisborne, but are largely flat or showing declines everywhere else.

There are similar differences between Auckland and the rest of the country in the total amount of stock available for sale on the website. There were 7196 Auckland properties available for sale on Realestate.co.nz at the end of February, down 9.2% compared to February last year. That compares to 8633 for the rest of New Zealand (excluding Auckland), which was down by 30% compared to February last year. It also means Auckland accounted for 45% of all the residential properties available for sale on Realestate.co.nz at the end of February. Those figures suggest that while the supply of properties for sale in Auckland may still be on the tight side, it is a lot less tight than in the rest of the country.

And supply is a lot closer to catching up with demand in Auckland than it is in the rest of New Zealand, something that was also suggested by Statistics NZ suggesting strong growth in residential building consents was being driven by activity in Auckland City. With loan-to-value ratio mortgage lending restrictions once again a feature of the housing market and many forecasters picking upward pressure on interest rates to eventually start kicking in, a market cooling may well be on the horizon. And when it does arrive, Auckland will feel these effects first.

Let's have a look at sales in the last month:

Hobsonville	\$600,000 to \$1,560,000
Massey	\$690,000 to \$1,602,000
Swanson	\$941,000 to \$1,800,000
Waitakere	\$1,000,000 to \$1,535,000

West Harbour \$810,000 to \$1,620,000

Westgate \$961,000 to \$2,300,000

Whenuapai \$716,000 to \$1,800,000

If you would like a better real estate experience from a proven professional with over 16 years in market at the highest level, contact me today, Graham McIntyre, phone 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Could you be in a de facto relationship?

By Francine Cameron, Solicitor at ClearStone Legal. Do you keep spare clothes in your partner's car or flat? Do you have a spare toothbrush at your partner's house? Do you have a child from a previous relationship? Are you considering buying a property with your partner but have unequal deposits or income? Do your partner's friends and family think you're "together?" Have you become extra cosy with your flatmate?

Some of these might seem like trivial questions, but in the eyes of the law you could be in a de facto relationship, without you even realising it. This means if you and your partner go your separate ways, or you pass away, your partner could be entitled to half of your property (or more to the point what you thought was "your" property, but has now become "relationship property"). This can have major consequences, not only for you, but for other family members - including your child or children who could lose their inheritance (despite what your Will may state).

Being in a de facto relationship isn't always black and white. You can find yourself in one without knowing it, and it can be a gradual move that way, rather than suddenly happen due to a specific event (such as a wedding or officially moving in together). It can sometimes be difficult to determine when "dating" ends and a de facto relationship begins. You might think one way, but the court may decide the opposite.

In deciding whether a de facto relationship existed, the Family Court considers each case on an individual basis and considers nine factors of the relationship with different emphasis on each factor. In general, when a de facto relationship falls within the definition of the Property (Relationships) Act 1976, and lasts for at least three years, if the relationship ends (due to death or a break-up) there is a presumption of 50% sharing of property. Property can include the family home, savings accumulated during the relationship, kiwisaver/superannuation, joint bank accounts, assets/liabilities which were for mutual use and benefit (eg a car, furniture or credit cards) and assets acquired during the relationship etc. This can

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Property

result in your partner making a claim against you (or your estate - despite what your Will might state).

If you've contributed more money to a major asset than your partner, you could lose your contribution. If you think your relationship could fall into the de facto category (in the future or right now) and you want to consider some options to best protect yourself, have a chat with us at ClearStone Legal (incorporating Kumeu-Huapai Law Centre). We can help you understand how you may be affected and help you out with a range of options. This may even include buying an asset (including a home) together but keeping your individual financial contribution/s reserved as separate property. Call us today on telephone 09 973 5102 to make an appointment and discuss this further.

Changes to Trust Law – what does this mean for you?

Did you know New Zealand has one of the highest rates of trusts per capita in the world? For many decades New Zealanders have had a strong desire to ensure their family's assets are protected by placing them in a trust for safe keeping.

On 30 January 2021, the new Trusts Act 2019 ("Act") came into effect, signaling one of the biggest updates New Zealand trust law has seen in recent years. However, what does this mean for you?

The key areas of change are: **Mandatory duties:** The Act lists a number of duties which all trustees must abide by. These duties include: knowing the terms of the trust; to act honestly and in good faith; and to avoid any conflicts of interest.

2. **Disclosure of Information to Beneficiaries:** trustee must now disclose 'basic trust information' to beneficiaries who request it. This includes disclosing whether a person is a beneficiary of a trust, and the contacts details of a trustee. There are circumstances that may allow trustees not to provide disclosure to beneficiaries - we can help you to determine whether these apply to your trust.

3. **Trustee Liability:** There is a limit on trustee exemption and indemnity clauses. The terms of a trust deed must not limit or exclude a trustee's liability for trustee dishonesty, willful misconduct or gross negligence.

If you have a trust, now is a good time to consider whether it is fulfilling its original purpose, or whether the reasons for setting up the trust are still relevant, and whether you need to take any steps to ensure your trustees comply with the Act. If you have any concerns about how the changes may affect you or your trust, please contact Henderson Reeves Lawyers on 09 281 3723.

Henderson Reeves are a people focused, full service, local law firm, who believe in creating smarter legal solutions.

Sorting out your relationship property

The Property (Relationships) Act 1976 ("PRA") applies to couples who are married, in a civil union partnership, a de facto relationship, as well as same-sex couples. The PRA presumes an equal contribution by each partner and aims to achieve a just division of relationship property when the relationship ends. A partner's contribution is not limited to financial contributions but also other things such as looking after the children, the household or property belonging to the couple.

Couples may prefer that the PRA does not apply to all or some of their relationship property. This could either be in anticipation of or during a relationship, or at the end of a relationship. A contracting-out agreement would then be necessary to achieve this. The PRA sets out certain formalities which are required for a valid contracting-out agreement. These requirements include that: each party must have independent legal advice before signing the agreement; the signature of each party must be witnessed by a lawyer; the lawyer witnessing the signature must certify that he or she explained the effect and implication of the agreement to that party.

At times couples try to save money by doing their own agreements without involving lawyers. This can often result in higher legal costs when having to approach a court to validate such agreement. There is also the risk that creditors may still have a claim to some of your assets which you may have thought were taken out of their reach.

Feel free to contact us if you need any advice on PRA or any other legal issues at info@kempsolicitors.co.nz or 09 412 6000.

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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,050,000	247M2	196M2	1,260,000		810,000	648M2	177M2	1,316,000
	770,000	151M2	117M2	1,000,000		1,075,000	451M2	230M2	1,100,000
	980,000	200M2	210M2	1,220,000		840,000	467M2	165M2	975,000
	1,050,000	214M2	185M2	1,165,000		790,000	918M2	240M2	1,602,000
	1,400,000	450M2	267M2	1,715,000		850,000	890M2	120M2	865,000
	1,175,000	325M2	222M2	1,350,000		670,000	620M2	120M2	1,003,000
	980,000	200M2	210m2	1,250,000		630,000	381M2	117M2	950,000
	1,050,000	201M2	176M2	1,207,000		1,175,000	893M2	310M2	1,238,000
	1,000,000	225M2	205M2	1,300,000		710,000	625M2	100M2	900,000
	1,050,000	218M2	162M2	1,190,000		670,000	692M2	135M2	1,011,000
	700,000	114M2	90M2	775,000		720,000	1012M2	170M2	790,000
	1,300,000	343M2	270M2	1,560,000		500,000	872M2	100M2	730,000
	940,000	175M2	174M2	1,270,000		620,000	587M2	110M2	825,000
	1,000,000	225M2	205M2	1,280,000		750,000	696M2	170M2	1,030,000
	970,000	181M2	185M2	1,150,000		780,000	615M2	160M2	1,105,000
	990,000	204M2	162M2	1,168,000		670,000	710M2	100M2	1,170,000
	980,000	187M2	175M2	1,175,000		540,000	306M2	91M2	786,000
	931,000	108M2	101M2	931,000		930,000	727M2	190M2	1,151,000
	1,130,000	547M2	210M2	1,300,000		705,000	1085M2	100M2	1,455,000
	1,125,000	309M2	199M2	1,240,000		920,000	743M2	187M2	1,150,000
	1,325,000	357M2	252M2	1,550,000		640,000	614M2	90M2	770,000
	1,289,000	261M2	219M2	1,420,000		530,000	175M2	80M2	700,000
	770,000	170M2	110M2	966,000		1,130,000	380M3	259M2	1,300,000
	1,050,000	250M2	196M2	1,225,000		650,000	696M2	90M2	875,000
	970,000	237M2	187M2	1,200,000		590,000	450M2	90M2	780,000
	710,000	138M2	92M2	850,000		570,000	370M2	130M2	770,000
	1,250,000	416M2	190M2	1,470,000	WEST HARBOUR	780,000	469M2	153M2	1,120,000
	1,200,000	306M2	231M2	1,361,000		1,200,000	612M2	240M2	1,570,000
MASSEY	760,000	123M2	132M2	810,000		920,000	841M2	120M2	1,085,000
	650,000	550M2	120M2	901,000		830,000	835M2	170M2	1,302,000
	760,000	1158M2	120M2	1,000,000		1,200,000	790M2	220m2	1,531,000
	880,000	809M2	200M2	1,188,000		1,200,000	702M2	230M2	1,400,000
	625,000	1168M2	110M2	1,108,000		1,290,000	766M2	215M2	1,380,000
	580,000	6632M2	90M2	798,000		710,000	140M2	112M2	880,000
	605,000	611M2	90M2	989,000		780,000	622M2	80M2	850,000

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

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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.

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

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

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



FLAT CONTOURED SECTION OF 2684SQM NEAR SWANSON

By Negotiation

2C Northfield Road, Waitakere By Negotiation

Often sought and seldom found this gentle contoured and well-presented site delivers an impressive canvas for the buyer looking for space, tailored house and barn options and an impressive landscaping plan. Services at the gate and off the road driveway established, this is a ready to go opportunity. Situated in Waitakere Township and a short drive to Waitakere Primary School, Park, Convenience Shopping and transport links being bus or train. Swanson Train Station is close by, as is Bethells Beach and the fantastic walks within the Waitakere Ranges. If you are looking for a slice of special, this is exactly that.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX2710977

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SEA VIEWS, 4 ACRES, AFFORDABLE LIFESTYLE

4 1 1

By Negotiation

7 Kaipara Lake Road, Helensville By Negotiation

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. A well presented community of premium lifestyle blocks. This gentle flowing estate of 1.6 hectares (4.12 acres).



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX2486586

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CONCRETE SLAB CONSTRUCTION - COASTAL LIVING 4 2 2

By Negotiation

11L Clearwater Cove, West Harbour
By Negotiation

A premium, seldom available coastal home, set meters from Hobsonville Marina, cafes, convenience shopping and safe inner harbour boat ramp. Extensive coastal walkways provide easy opportunity for an exercise balance and a short walk to regular ferry to Auckland. This four bedroom, two bathroom, double garage home with two living areas, has excellent entertaining space and work from home options. A home you can put your homely touches to and with a small grassed area and fenced it's safe for the little ones. These homes are not on market for long, and the current tenant has expressed an interest to stay on. Close to Marina View School, parks, shopping, ferry and boat ramp.

www.mikepero.com/RX2710437



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRICK AND TILE - EASY CARE - MARINA VIEW SCHOOL ZONE 3 2 2

By Negotiation

2 / 25 Sailfish Drive, West Harbour
By Negotiation

A genuine and honest offering, that will encourage you to sell your lawn-mower and your weed-eater as this property has been designed for easy living, maximising the impact of raised bed gardens containing a mix of citrus, vegetable and flowering plantings. The home is brick construction and tile roofing with aluminum joinery delivering the perfect mix of low maintenance. A three bedroom home that has a modern and relaxed flow. From the double garage or front door, a central reception invites you up a few stairs to a generous open plan kitchen-dining-lounge with access to a north facing - all weather patio. All the bedrooms are off a central hallway, good sized, with the master having a walk-in wardrobe and an en-suite, in addition to the main bathroom and separate w/c.

www.mikepero.com/RX2764989



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027 632 0421

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AFFORDABLE LIVING - AVAILABLE FOR IMMEDIATE POSSESSION 3 2 1

By Negotiation

129A Colwill Road, Massey
By Negotiation

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

www.mikepero.com/RX2768266



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HOUSE AND MINOR DWELLING - THE GOOD LIFE 5 2 3

By Negotiation

147 Mangakura Road, Helensville
By Negotiation

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

www.mikepero.com/RX2721189



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027 632 0421

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FLAT LAND WITH REGENERATION NATIVE GLADE AND STREAM

By Negotiation

275 Rimmer Road, Helensville By Negotiation

Seeking an extra special slice of paradise, without covenants? We are offering 1.6 hectares of very interesting land offering an elevated building site that looks down over regenerating native with a natural spring feeding into a gentle stream along the driveway. An established orchard and pockets of planted colour provide a beautiful backdrop for a new build or relocatable to be established. Flat building site of about 700sqm delivers some fabulous options to create a sanctuary that is both private and stunning. If you seek a small lifestyle block that has everything you need for paradise, look no further. A short drive to Helensville and Parakai for convenience shopping, inner harbour access and transport links.

www.mikepero.com/RX2745988



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HILLTOP WAIMAUKU - PRECAST AND WEATHERBOARD 6 6 3

By Negotiation

911 Old North Road, Waimauku By Negotiation

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

www.mikepero.com/RX2769416



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Central's Tips

April 2021



April is all about soil replenishment and nourishment ahead of winter vegetable gardening. Traditionally it's time to plant hardy brassicas, carrots, and herbs and to sow a crop of Broad Beans. Green crops are good for bare areas. Sowing lawns will be easier now there's some rain.

Best time to plant trees and shrubs

With the soil still being warm it's a great time to plant trees and shrubs.

Dig the hole twice the width of the root ball, loosening the soil at bottom.



In the Edible Garden

- **Replenish the soil** after summer crops have been removed. For bulk, add Garden Mix or dig in compost, for nutrients add sheep pellets or Organic Boost, a granular fertiliser
- But, if you're not planning a lot of vegetable gardening over winter, **sow a green cover crop** such as lupins or mustard seed in the space. Once mature it can be cut and left on the soil to break down adding valuable nitrogen
- **Winter herbs that make a difference to soups and stews can be planted now:** thyme, winter savoury, bay trees, rosemary and plenty of parsley
- **Hardy brassicas can go in now:** broccoli, cabbage and bok choy plus grow carrots, beetroot and silverbeet
- **Broad beans are an easy crop to grow through winter** – they will grow quite tall and require some staking. Traditionally older New Zealand gardeners liked to get them sown around ANZAC Day
- **Celery is one crop than can be picked by the stalk through winter** – it gives winter comfort dishes some extra flavour

The rest of the Garden

- **Nature's planting time** – the soil is still warm and there's moisture in it, so it's the ideal time to plant shrubs and trees
- **Fork organic compost around the garden** and through raised beds to condition soil. Lightly fertilise trees and shrubs
- **Plant spring flowering bulbs** in the ground or in pots; potted bulbs can be left in a shadier spot with an occasional water, then brought round to shine after they've come through the soil
- **Sow poppy and sweet pea seeds** – get them in now for great spring flower displays
- **Sowing lawns:** the temperature of the soil is optimum around now, use Turfmaster Starter fertiliser when you apply seed and water regularly
- **Fertilising existing lawns** allows them to build resilience ahead of winter. Apply Turfmaster Gold to your lawn and water in

Project for April

Get concreting while autumn offers up warm, dry weather.

Lay a path or driveway, construct the base for a shed or cement posts ready for a fencing project. We recommend 6 x 40kg bags of cement to 1m³ of Builder's Mix.

For everything you need for your next concreting project, visit www.centrallandscapes.co.nz



GET THE RIGHT PRODUCTS & THE RIGHT ADVICE!



Everybody digs a great lawn.

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www.centrallandscapes.co.nz • 598 Swanson Road, Swanson

Hot Property



Brick and Tile – easy care – Marina View School zone

People buy in West Harbour for a range of reasons and stay for long time, enjoying the community and the convenience that the area offers. Construction in the area was in full swing in the 1990's and over the last thirty years a calm maturity has enveloped the area. Enjoying excellent schooling, safe walkways, parks and convenience centers, the suburb is popular to a diversity of cultures and families

of mixed ages.

A genuine and honest offering, that will encourage you to sell your lawn-mower and your weed-eater as this property has been designed for easy living, maximising the impact of raised bed gardens containing a mix of citrus, vegetable and flowering plantings. The home is brick construction and tile roofing with aluminum joinery delivering the perfect mix of low maintenance. A three bedroom home that has a modern and relaxed flow. From the double garage or front door, a central reception invites you up a few stairs to a generous open plan kitchen-dining-lounge with access to a north facing - all weather patio.

Hot Property



All the bedrooms are off a central hallway, good sized, with the master having a walk-in wardrobe and an ensuite, in addition to the main bathroom and separate w/c.

Very good off-street parking for a boat or motorhome and additional vehicles. The home is a short stroll to Hobsonville Marina and Hobsonville Road convenience shopping and cafés. Options for schools, parks, motorway access and inner harbour boat ramp.

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

Solarcraft - new 'off-grid in a box'

More people are moving off the grid these days, for varying reasons...

Hooking up to mains power may not be possible, your house or bach site may be too far away from the road and/or far too expensive to set-up, Tiny houses and container homes are becoming more popular (often in remote spots) and some people just prefer never to pay a power bill, ever again!

The Solarcraft 'off-grid in a box!' applies to any of these situations. Not only in remote spots, this could even happen in the middle of town! They are...

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Want to know more? Visit www.solarcraft.co.nz/services/off-grid-in-a-box OR contact us any time info@solarcraft.co.nz or phone us any time! PH: 0508 272389 W: www.solarcraft.co.nz.



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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

Unfortunately February's trip to Clevedon had to be cancelled but March 18 sees us off to Gordonton visiting Woodlands Estate and Willowglen Cafe. Eating, garden walking and a tour of the historical Woodlands Homestead.

April 15 - close to home, being hosted by the Van de Elson's at Good from Scratch at Muriwai.

May 20 - The Tip Top Factory and Eden Gardens for lunch and a stroll around the garden.

June 17 - The Riverhead for Mid-winter Christmas.

July 15 - The Bridgeway for a movie followed by lunch at the Northcote Tavern.

Come join us. Contact: Ann 021 035 7406, Diana 027 478 8928,

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Home & Garden

Donna 021 233 0974, Judith 027 272 9994, Moira 027 498 9152.

Planting advice

It is planting season with many plants heading out the gates at Awa Nursery to our customers gardens. We thought it might be an opportune moment to pop up some planting advice in order to achieve the best results for your plants and trees.



- Soak the root ball by putting the tree in a bucket of water until the air bubbles stop, or pour a bucket of water over it.
- Dig a hole twice the size as the root ball if possible.
- Put plant food tablets in the hole to encourage the roots to grow out and provide anchorage for the plant. This will get the plant off to the best possible start.
- Take the tree out of the bag and put in the hole making sure that the trunk is straight, and the tree is slightly higher than ground level. Use a good garden mix to fill the hole and compact the soil around the roots.
- Water well
- Mulch, making sure the mulch does not go higher on the trunk than the original soil level.
- In clay soils, drainage is vital. Fork the edges of the hole to help

the drainage and replace with good garden mix.

- Stake tall trees if they are being planted in a windy site. Make sure the stake is away from the root ball. Use a tree tie that will break down over time to prevent the tree from being ring barked.
- Feed with balanced fertilizer spring and autumn and top up mulch to help conserve water and discourage weed growth.
- Water trees regularly until established. Give big trees a good bucket full of water every second or third day during summer until established. Light hosing and showers will only encourage the roots to the surface and delay the growth of anchoring roots.

Phone Awa Nursery: 09 411 8712, email info@awanursery.co.nz or visit www.awanursery.co.nz.

How to tell you're due a septic tank empty

This is a common question we get at HydroVac. How often your septic tank needs emptying can be hard to gauge - it depends on things like how big your tank is, how many people use your toilet/s, whether you use a lot of cleaning products that may



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Home & Garden

affect the good bacteria in your tank and more.

But there are a few telltale signs you can look out for:

- You can't remember it being emptied and you've lived there 3 years or more
- You notice damp spots in your backyard/property
- You can smell septic odours – in your home, above the tank or from the vent pipe
- Drains in your home are slow to drain
- You suspect something other than human waste or toilet paper has been flushed down the toilet

Some septic tank manufacturers require you to empty your tank every six months as part of your warranty so it pays to check.

If you're in the West Auckland area and need a septic tank empty, please contact the friendly and experienced team at HydroVac. We're locals and we care about the community we live in. www.hydrovac.co.nz or 0800 493 768.

Need a plumber?

We have an awesome team in our Maintenance Plumbing department.

Meet Laser Whenuapai's Office Manager - Samantha Wing.



If you have booked in a plumbing job lately, you would have spoken to Sam, our amazing Office Manager. Sam not only looks after all the Laser accounts and office administration, but also manages the Maintenance Plumbing team. We couldn't function without her. So, if you need a plumber, give Sam a call and she will arrange a plumber to attend to all your plumbing needs.

Meet Dave and Paul - our Maintenance Plumbers.

Dave and Paul are our super experienced maintenance plumbers

and can assist with all your plumbing needs.

With over 20 years' experience, both Dave and Paul are very thorough and meticulous, and never leave any mess behind. You can rely on Dave, Paul and any of our Laser Plumbing staff to offer complete plumbing solutions.

Do you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes? Or do you want new installations, refurbishments or gas installation? Whatever your needs, one of our great team of plumbers, like Dave and Paul, are here to help you with this and much more.

Laser Whenuapai offers more than just plumbing services. We are your local specialists in hot water systems, roofing and gutters, and all drainage services. We offer a state-of-the-art drain unblocking service as well as an on call plumber - available 24 hours, 7 days a week for any plumbing emergencies - as unfortunately, these can come at any time.

Contact Laser Plumbing & Whenuapai (and Sam, Dave & Paul!) for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110 or whenuapai@laserplumbing.co.nz

We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai. For more information, visit our new and improved website - whenuapai.laserplumbing.co.nz.

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

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Look out for those weeds

In many lawns the rain and sunshine is giving the grass a good boost. Keep up the regular mowing and even increase the frequency of your mows to keep things looking great. You'll also notice the weeds - you'll see them in your paving stones, on paths, in your gardens and in all sorts of nooks and crannies. Conditions that grow great grass are also perfect for the weeds - warm, moist ground and sunny days. And the weeds seem to grow even faster than the grass.

What to do? There's a large range of products available in the garden shops. Systemic sprays - taken up through the leaves and transported throughout the plant so the entire plant including the roots dies; Non-systemic - where all parts of the plant that the product touches will die ie not the roots. And on through to organic extracts of plants and even steam treatment. Or even the golden oldie system 'Hand-weeding' - using a hoe for the small stuff and



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Home & Garden

your hands in the dirt for the big ones (there's nothing quite like the feeling of warm soil on your hands).

Systemic will kill the entire plant giving you a longer term result, non-systemic kills contact pieces, so roots remain and the plant regrows quickly. All methods will need repeated application - it's just a matter of how frequently and (if hand weeding) how much effort you need to keep things looking nice. It's always easiest to do a little and often, rather than big and infrequent.

So enjoy the warm weather, the lush growth all around, and maybe even try a bit of hand weeding - your garden will thank you for it.

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

West Haven tide chart

Date	High	Low	High	Low	High
Thu 01 Apr	-	04:41	11:05	17:09	23:35
Fri 02 Apr	-	05:32	11:56	17:59	-
Sat 03 Apr	00:27	06:26	12:49	18:51	-
Sun 04 Apr	01:21	06:23	12:44	18:46	-
Mon 05 Apr	01:20	07:24	13:41	19:47	-
Tue 06 Apr	02:22	08:28	14:43	20:53	-
Wed 07 Apr	03:26	09:31	15:47	21:59	-
Thu 08 Apr	04:26	10:31	16:50	23:00	-
Fri 09 Apr	05:21	11:25	17:47	23:53	-

Sat 10 Apr	06:12	12:15	18:38	-	-
Sun 11 Apr	-	00:39	06:58	13:00	19:24
Mon 12 Apr	-	01:21	07:42	13:42	20:06
Tue 13 Apr	-	02:00	08:22	14:21	20:44
Wed 14 Apr	-	02:37	09:01	14:58	21:21
Thu 15 Apr	-	03:14	09:39	15:34	21:56
Fri 16 Apr	-	03:51	10:16	16:11	22:32
Sat 17 Apr	-	04:29	10:54	16:48	23:10
Sun 18 Apr	-	05:11	11:33	17:28	23:52
Mon 19 Apr	-	05:56	12:16	18:12	-
Tue 20 Apr	00:39	06:46	13:03	19:02	-
Wed 21 Apr	01:31	07:41	13:56	20:00	-
Thu 22 Apr	02:29	08:40	14:55	21:03	-
Fri 23 Apr	03:29	09:38	15:58	22:05	-
Sat 24 Apr	04:26	10:36	16:59	23:03	-
Sun 25 Apr	05:22	11:31	17:57	23:57	-
Mon 26 Apr	06:15	12:24	18:52	-	-
Tue 27 Apr	-	00:48	07:08	13:16	19:44
Wed 28 Apr	-	01:39	08:00	14:07	20:35
Thu 29 Apr	-	02:30	08:53	14:57	21:25
Fri 30 Apr	-	03:21	09:45	15:48	22:16

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

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Pets

Dog&Co.

"I've got too many photos of my dog"... said no one ever. It's time to create some everlasting keepsakes of the four-legged family members that we hold so dear. If there is anything that the recent lockdowns and Covid scares have taught us, it's that family really is everything, and our pets will always be at the core of our families. I am a professional pet photographer and I'm passionate about capturing photographic art of pets and their families to treasure forever. I offer both on-location photoshoots at the stunning locations we have around Auckland (Muriwai and Riverhead Forest are favourites), as well as studio sessions for more classic, minimalistic portraits on a black or white backdrop. So whether you want some solo portraits of just your pet, or if you want to involve your pet in your family photos, get in touch and let's create some magic. Check out my website for information on booking and pricing, as well as a photo gallery of my work www.dogandco.nz or email me at kirsty@dogandco.nz to contact me directly.



Cheeky local business offers to train the White House staff

Many of us would have read in the papers or heard on the news that President Joe Biden's dog bit one of his Secret Service Staff.

Well Jo Clough, the Director of The Dog Safe Workplace thought what is the worst thing that could happen? They may actually say "Yes".

So she emailed The White House offering the unique services of her company. The Dog Safe Workplace. The company has an online training course that educates workers who may come into contact with dogs during the process of carrying out their daily duties.

As she said: "in today's environment with lockdowns all over the world there are so many industries that still have to get out and do their jobs. When I read the story I thought, well the worst thing that they can do is say no or ignore me", she laughed. "So I sent them an email, yes I am still waiting for a response, but imagine if I get an opportunity like this. It won't just be good for our company but it will once again show that New Zealanders are forward thinking, proactive people who are not scared to go after what they want."

"Watch this space..... I will let you know how we get on."

If you have workers that could potentially require training send Jo

an email she will definitely be able to help.

jo@dogsafeworkplace.com.

Cat lovers urgently needed

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



Kanika Park Cat Retreat

What is a healthy diet for a cat?

Your cat needs constant access to clean drinking water in addition to a well-balanced, meat-based diet - cats cannot be vegetarian!

Top tips for feeding cats:

- Without drinking water, your cat could become severely ill within hours. Give your cat constant access to clean drinking water. Note: Cow's milk is not a substitute
- Cats need a well-balanced, meat-based diet to stay fit and healthy - they cannot be vegetarian. Make sure their diet is suitable for their age, health and lifestyle.
- Most human food does not meet the nutritional needs of cats, some are poisonous, e.g. onions
- Cats naturally eat several small meals per day. Make sure your cat is feed every day and try splitting their food into several small meals (unless advised by your vet).
- How much your cat needs to eat depends on age, lifestyle and health.
- If a cat eats more food than they need they will become overweight and may suffer. Equally, if a cat is eating too little, they will become underweight. Adjust food according to the needs of your cat.
- If you provide a litter tray, make sure it is well away from their food and water. Most cats will not eat if their food is placed too close to their toilet site.



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Pets

- Talk to a vet if your cat's eating and drinking habits change - it could be a sign they're ill.

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

Pup Runner in Hobsonville Point

Pup Runner in Hobsonville Point will take your dog on an adventure that is catered to you and your best friend's needs. Walks include time for sprinting and running to burn all that pent-up energy, time for sniffing and socialising at the local dog park (subject to your choice of timeframe), and the bonus of ongoing training. Lea (Pup Runner founder) is crazy about dogs, to the point that her family and friends feel a teeny bit left out...She understands how difficult it can be when those heart-melting puppy eyes are begging for an excursion, but you're just too tired and busy to take him out...and he tugs so much, and the stroller, and the time...we get it, you feel terrible, and really wish that you could give your pup' what he deserves. Feel bad no more. Pup' Runner will make sure your pup' comes back lazy and ready to cuddle (or hey, if you have to go away for more than a while, Lea will make sure your pup won't be sulking in a corner when you come home). Check out her website <https://puprunner.wordpress.com> to get more info, book a walk or pup' sitting session!



SPCA Doggy Daycare

They're man's best friend, giving us love and loyalty without boundaries. So it's only fitting that dogs be given the care they need during the hours we're unable to provide it ourselves.

SPCA Doggy Daycare in Hobsonville is the first of its kind for New Zealand's beloved heritage organisation. Opening its doors in July 2019, the facility is purpose-built to house a day care service alongside a new SPCA adoptions centre; the second centre in Auckland together



with Māngere.

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

SPCA Doggy Daycare is not just a place where dogs can be babysat while owners are at work, it guarantees engaging enrichment activities, socialisation and exercise throughout the day. The daily routine includes both high and low energy activities, so whether your pooch has a penchant for snoozing or loves doing zoomies all day, they are sure to be catered for.

Alongside the modern facility, passionate staff are thoroughly trained in robust and safe processes for the dogs in their care. The generous staff to pup ratio means dogs get the attention they crave.

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

All future profit that comes from the SPCA Doggy Daycare will directly support the amazing work SPCA are doing around the country. Enquire at www.spcan.z/daycare or give the team a call on 09 869 6700.

Dog and cat grooming in Hobsonville

This is a family pet grooming business which was established in 2013 by Kristina and Alena. Kristal Pet Grooming is a full service grooming salon located in Hobsonville. We welcome cats, dogs and other pets. We range from tid-ups to full grooms and even provide dog show grooms. Our groomers bring more than 15 years of experience while providing compassion, patience, and safety to your pet. We do everything we can to create a positive, and happy, stress-free environment. Our groomers have the knowledge and skills of animal handling, if your pet is afraid or it is their first time - do not worry, cosy atmosphere and the caring hands will calm your pet. Our goal is to ensure that every pet and pet-parent leaves us with the feeling of having experienced an outstanding level of customer service and the highest possible level of care. Find us at 6 Rawiri Place, Hobsonville, 0210 253 8286, kristalpetgrooming.co.nz and on Facebook.



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Food & Beverages

Salty River Farm

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

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

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

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

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



Peko Peko

We pride ourselves to serve our food all homemade and we cover your family/friends favourites. There are meats, seafood dishes as well as vegetarian/vegan options in our meal and drink menu. We started desserts too and we are enjoying having many dine-in customers recently! Our space is not huge so we recommend to book your table before heading to us especially Friday nights. We look forward to seeing you. Peko Peko Japanese Restaurant 102c Hobsonville Rd,



Hobsonville. Phone 09 416 1197 check our Facebook page for more information.

Jesters Westgate

Calling all Boss Hogg lovers - your favourite is back in town. The Jesters Boss Hogg pie features succulent BBQ pork belly in a spare rib sauce and it's oh-so-tasty. Grab it now from one of the two Jesters Westgate pie vans or drop into Jesters Westgate today.

If you would like the Jesters Westgate pie van to call on your business or if you have a catering event coming up, please contact Tony on 021 510138 or email amljesters@gmail.com.



Jenna-Maree Cakery

Easter has arrived at Jenna-Maree Cakery! Instore this month, you will find Easter cookies, cake pops, cabinet cakes, cupcakes and chocolate Easter bunnies!

All of our usual delicious treats are still available, Birthday cakes, cupcakes, macarons, slices, cookies and scones along with a variety of Gluten Free / Dairy Free & Vegan options.

If you are after one of our decadent cheesecakes (raspberry, lemon or dark chocolate) its best to preorder online as when these are instore they sell out very quickly! www.jennamareecakes.co.nz/shop/desserts.

We love designing and creating custom celebration cakes but we also have a range of single and tiered cakes that are available to purchase directly from our online shop. The tiered swiss dot cake has been a very popular choice lately, you can also customise colours from our online shop cakes or add on extras to your cake such as macarons.

www.jennamareecakes.co.nz/shop/tiered-cakes

Visit our website where you can order online or pop instore anytime to discuss options.

We look forward to seeing you!



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Food & Beverages

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Red Fog IPA

Hallertau's new seasonal beer is a big fat Red IPA with juicy caramel and biscuit flavours combining with Jammy berry hop characters and a cleansing bitter finish. Don't forget Wednesday is Burger Night at Hallertau when you can choose from a selection of 4 Burgers including our classic beef and a vegetarian option. It's a snip at \$25 and comes served with any Hallertau numbers beer or a glass of local wine.



Good food from The Source

Kumeu local Robert Watt and sister Andrea are the driving force behind The Source Bulk Foods store at 49 Main Road, Kumeu.

The siblings are the New Zealand franchisor and opened their first store in Milford in September 2017. Today they have six stores nationwide including Kumeu, Milford and Mt Maunganui which they own themselves and the other three, based in Taupo, Auckland's Eastridge and Christchurch are franchised.

It's our opportunity to make a positive difference within the local community, and our responsibility to nurture the global community for future generations, they say.

By rethinking the way we shop, we're contributing to the sustainability of our environment and supporting organisations, charities and communities that are leading the push for a better, cleaner world. Your help so far is just the beginning.

Choose from more than 400 bulk food products with all your favourite quality ingredients. Browse our affordable range of vegan, paleo, organic, gluten friendly food options and delicious assortment of healthy treats. From locally sourced honey, kombucha, organic milk, oat milk to cooking oils, natural cleaning products and



personal care products, The Source Bulk Foods can help you create a healthier home inside and out.

We encourage all our customers to bring their own refillable bags and bottles when shopping in-store.

"Most people, when they think of zero-waste, instantly think of plastics, and while reducing the amount of single use plastic is certainly something we advocate and facilitate, we also champion food waste reduction.

"We celebrate customers who come into our store and buy as little as one teaspoon of turmeric for a recipe they are making just as much as we celebrate those who want to bulk-buy litres of coconut oil. It may just mean a \$0.42 sale for us, but it also means there's not an open packet of expired turmeric destined for the bin in a few months' time."

Robert believes it's this intention that distinguishes his business from other bulk food brands. "We like to think of ourselves as educators, our staff love to help our customers in different ways, inspiring them with new recipes and gift ideas, or nutritious alternatives to standard ingredients - and we really get a kick from seeing our regulars walk in with their refillable jars."

Visit The Source Bulk Foods Kumeu, 49 Main Road (open Monday-Saturday 9am-6pm, Sunday 10am-4.30pm), phone 09 412 2492, email kumeu@thesourcebulkfoods.co.nz or www.thesourcebulkfoods.co.nz for more.

Homemade Lemon Pepper

This recipe has come about after several attempts to create a lemon pepper seasoning that has lots of flavour and in particular, a 'zing' from the lemon. You can use either already dried or fresh ingredients or a combination, whatever you have on hand. Sprinkle liberally on to meat, fish, salmon, oven-baked chips or veggies.

Ingredients: 1/4 cup black peppercorns, hand crushed, 1/3 cup freshly grated lemon zest, 1/4 cup dried onion pieces, hand crushed, 1/4 cup dried garlic pieces, hand crushed, 2 Tablespoons pink Himalayan salt, 1 teaspoon dill seeds, hand crushed, 3 Tablespoons coriander seeds, hand crushed, 1/4 cup fresh thyme, chopped, 1 1/2 Tablespoons fresh dill leaves, chopped.

Method: 1) Mix everything together in a bowl. 2) Dehydrate for 3 hours @ 50C. Stir every hour to prevent clumping. 3) Allow to cool before storing.

Notes: * Hand crush the larger ingredients using a mortar and



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Food & Beverages

pestle as you want some pieces to be very small and others to be a little larger. * Use the oven on the lowest setting (probably around 50C) try it with fan-bake, but check regularly to make sure it doesn't 'over cook' everything. * Try using fresh onion and garlic instead of dried versions. *Store in an airtight container.

For more herbal recipe ideas or to purchase Organic Herbal teas, visit our website: www.NewZealandHerbalBrew.co.nz.

The Beer Spot

After a hideous year for the hospitality industry and small business in general, The Beer Spot - Huapai is thankful to locals for their support in these trying times.

Celebrating two years trading and back-to-back wins for Best Informal Dining venue at the North West Country Business Awards, The Beer Spot - Huapai counts keeping its entire complement of staff as its greatest achievement in the last year.

"It's a thrill to have your business model recognised by other successful local business leaders, but it's nothing compared to seeing people walk through the doors to enjoy The Beer Spot experience," says Jason Payn, co-owner and founder of The Beer Spot, along with his good friend Laurence van Dam.

"The outpouring of support from the local community has been incredible. They're the only reason we've been able to keep our doors open and our great staff at work. Without our customers, we're nothing," Jason says.

The Beer Spot was established in 2016 at Northcote. There are now five sites across Tamaki Makaurau in Northcote, Huapai, Morningside, Panmure and Whangaparaoa.

Each site is home to 'The Tap 40' wall - 40 taps of ever changing beerilicious goodness, sourced from any one of the 200-plus local, independent breweries around New Zealand, and Whangaparaoa is the first site to have The Wine Spot.

It's the same concept, but with 40 New Zealand wines available on tap.

The Wine Spot serves its offering through inert gas cabinets which prevents the wine from oxidising in the bottle.

"It means we can offer you a reasonably priced tasting from say, a \$500 bottle of pinot noir," Jason says.

Each site also features a different food truck every week.

The Beer Spot group celebrates its fifth birthday in April, launching two birthday beers.



Visit [thebeerspotnz](https://www.thebeerspot.co.nz) on Facebook or www.thebeerspot.co.nz for more information.

The Beer Spot owners, from left, Adrian Wills, Laurence van Dam, Jason Payn, Ashton Welsh. Photo Rich Parsonson - Cinedesign.

Questions we're often asked about Allely Estate

We've been operating as a Kumeu venue for hire for many, many years now and we often hear the same questions from people interested in holding a wedding, celebration or corporate event here. These are some common questions we get asked about Allely Estate:



Q. We want a garden wedding/party/corporate event but what if it rains? (Typical Auckland!)

A. We're lucky that we have a plan B and even a plan C! Our spacious villa with its beautiful wooden floors is great for intimate gatherings and our permanent marquee can hold hundreds of people, so don't worry if the weather isn't what you want!

Q. Food is really important to me - I don't want an average buffet...

A. We hear you - food is important to us too! Our chefs are very very talented. In fact, other than our gardens, the other thing guests most go home raving about is how good their meal was! Our fare isn't your average buffet blinder - check out our website for our standard menu to see how good our dishes really are!

Q. I don't want our wedding day and photos to look the same as other couples - I want it to reflect us.

A. We get that. The beauty of Allely Estate is that you get to put your own stamp on the venue so it reflects who you are. It's so neutral that you can easily theme it in the way you want, whether that's with flowers or lights or draping, or having your ceremony under the trees or in front of the hedging or on the patio in front of the villa. You have OPTIONS! So many of them!

Q. How much does it cost to use your events planner?

A. Nothing! It's a complimentary service when you book with us. We know you have a lot on your plate planning a wedding or event so it's important to us to help you, to make the process stress-free and streamlined. Athina is very experienced - she can connect you with trusted suppliers and help you bring your vision come to life. Bouncy castles, travelling farms, face-painters, bands, DJs, stylists, outdoor games, photo booths, gelato trucks, team-building games



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Food & Beverages

- she has good contacts for them all! And her organising it means you don't have to...

Q. I was just after a reception venue for my wedding - we want to have the ceremony somewhere else.

A. That's cool with us - happy to fit in with you! We'll just make sure it's a reception to remember!

Have more questions you'd like answered? Send us a message or give us a call - we'd love to help! www.alleyestate.co.nz or 09 412 7206. Photo by - Kate Robinson Photography.

Thai Night

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



Soljans Estate

For as long as we can remember we have celebrated harvest through our Berba Festival. Inviting anyone and everyone to come and join us in our excitement for the new vintage and having harvest underway. Last year, we can all agree, was a bit different, and for the first time we had to cancel Berba, but this year, we are back and better than ever.

"Berba", defined as "Harvest" was a festival that started in Croatia back in the 18th century to celebrate the picking and gathering of grapes. Five generations later, still 100% family owned and currently managed by the third generation Tony Soljan, our family believes in continuing the tradition and celebrating our heritage.

Over Easter weekend, April 3-5, we will be celebrating harvest in true Soljans style.

That includes grape stomping, winery tours, good food, award winning wine, face painting, Croatian dancing, live music, wine deals and this year to top it all off - happy hour!



Head to our website and facebook page for more info and up to date daily schedules as we get closer to the date.

Berba is free for people of all ages, so come and join us in the celebrations.

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

Westbrook Winery

Westbrook Winery is thrilled to announce the arrival of our brand new Blanc D' bubbly. It is D-for-Delicious! Here is what winemaker James Rowan has to say about the latest addition to the Westbrook family...

Blanc D' is an evolution... wines of the Blanc... a blend of Chardonnay and Pinot Gris, 100% barrique-fermented in neutral French oak, with extended lees ageing and partial malolactic fermentation.

It is all about texture, lift, and vitality from bubbles, pressure-sealed under screwcap. With vibrant effervescence... laced with the frills and whistles of lily musk and fronded fennel... lively with the timbre



Natalia's food journey

I am a proud 23-year-old New Zealand Māori. I've worked in hospitality for quite some time now, and time and time again, I love seeing how food can bring people together. My favourite part is always the joy associated with food, and that I can play a small role in someones day with my food. That is what fuels my passion.

The beginning of 2020 offered a big game-changer for me to chase my passion full time. I was a part of the few that had lost their job due to Covid 19 but now I am an at home based business and have a A grade registered Kitchen based in Swanson, west Auckland. I offer special occasion customised cakes, sweet treats, savoury items and can do small catering jobs. so now I'm finally making moves to achieve my ultimate dream of owning my own cafe! You can find me on Facebook and Instagram @nataliasfoodjourney or my website: www.nataliasfoodjourney.co.nz

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Fingers caught in the reign, a fall off your horse, jarred wrist while riding? Pain still lingering weeks later? Don't be afraid to have it checked. We can help at the Hand Institute.



We accept ACC referrals (and can initiate new claims) and provide a comprehensive assessment for all fingers, thumb, wrist and elbow injuries. We can send for x-rays (if required) and manage the injury with casting, splinting, strapping and important early motion exercises to prevent ongoing pain, stiffness and weakness. Call us now on 09 412 8558 to get that hand sorted.

Self-love: The greatest gift you can give yourself

Most of us have had our share of unwanted 'excess baggage' due to life experiences. There are times when things happen to us that are not so positive, such as been bullied at home or school, shunned from a religious organisation, fired from a job, been told you're not good enough etc., all these things and more can add up and take a toll on us. However, despite these things, we have the opportunity to turn the negative into a positive. It doesn't matter what people think of us, it is what we think of ourselves that counts.



The most important quality you can give yourself is LOVE. That's right, love. Self-love is vital, it is the most important gift you can give yourself. Love will make you strong, it doesn't matter what any person may say or do, by having self-love, you will always have love in your life and no one can take that away from you.

Astramana™ Healing Services has many different tools to help you with self-love. Some tools we offer are:

Reiki Healing Classes - During the first level of Reiki, you will learn how to do self-healing. This will help you work on yourself and give

you the ability to do a healing session on yourself and work through various issues you may have. The ultimate gift you can give yourself is Reiki, which in turn gives you self-love.

Hypnosis - If there is something holding you back from loving yourself, maybe a hypnosis session will help you with removing the negativity and stripping back the past so you can move forward with self-love.

Past Life Regression - A journey back in time will allow your soul to take you on a journey to the past that may have affected your current lifetime. A Past Life Regression session can help heal past issues and provide answers as to why you have certain feelings and hopefully lead yourself to self-love.

Astramana™ Healing Services founder Jason Mackenzie has worked and learnt from many incredible teachers worldwide in order to offer you as many choices as possible in order to bring healing and self-love into your life. Contact us if you would like to bring self-love back into your life astramana@gmail.com or visit our website www.astramana.com.

It's my gut's fault I'm fat!

Strictly speaking it's not our gut that might be making us fat but our gut bacteria.

Bacteria in our gut 'tells us' to eat sugary or fatty foods (yep you heard me it is not your fault that you wanted to eat that custard tart). They also determine how much energy (calories) we extract from the food we eat. What this means is that they determine how much weight we put on or keep on.



Changing your gut bacteria can reduce abdominal fat and reverse pre-diabetes in particular by increasing the number of a specific bacteria called Akkermansia.

Two things that have been shown to increase Akkermansia naturally are:

- 1) Eating foods rich in polyphenols such as colourful fruit and vegetables, cocoa, dark chocolate, berries, grapes and herbs.
- 2) Fasting - Akkermansia feed on the mucus on your gut wall so constantly eating and grazing will decrease their number. You have to stop eating to allow them the time to digest the mucus and for the bacteria that thrive on food to be killed off. So stop snacking and maybe try intermittent fasting.

Processed, refined foods, eating high amounts of saturated, poor quality fats and drinking lots of alcohol reduce Akkermansia.

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If you have answered yes to any of these book in today to see So Hee Kim at Hobsonville Physiotherapy phone 09 416 4455, email physio@hobsonvillephysio.co.nz.

The Doctors Massey Medical

Born in Malaysia, Janice is Malaysian Chinese, and can write and speak fluently in Mandarin, Cantonese, Malay and of course English. She is comfortable to consult in Mandarin, Cantonese, Malay or English.

Janice came to New Zealand to pursue her medical degree and graduated from the University of Auckland in 2012. Since graduation, she has worked in all 4 major hospitals in greater Auckland region (Auckland City Hospital, North Shore Hospital, Middlemore Hospital and Waitākere Hospital) with various levels of experience in Surgery, Psychiatry, Medical Subspecialties, and especially more experience in General Medicine as a medical registrar.

Since becoming a GP, Janice enjoys getting to know her patients well, forming relationship with great trust, and being the specialist of their overall health. She believes that good healthcare should be patient-centered, with good clinical decisions made collaboratively with patients, based on their values. She has great interest in chronic



care disease (diabetes, heart and lung disease) and women's health. She is currently also pursuing further post-graduate studies in Women's Health at University of Auckland.

Janice is married with a son and young baby daughter who she enjoys spending the most time with on her weekends. Her other passions include reading, aerobic classes and watching movies with her husband.

Janice is accepting new patients, and works on a Monday, Tuesday, Thursday & Friday. Please ring The Doctors Massey Medical 09 831 0170 to register with her, we are located at 394 Don Buck Road, Massey, Auckland.

Goldilocks in health and wellness

Sugar is bad, fat is bad, cholesterol is bad, inflammation is bad! Yeah, but nah. These are not bad things in appropriate amounts, but in the wrong amounts they can lead to disease and ill-health. It's a bit like the arguments over whether money is evil - which we know depends how it is acquired and used.

So like Goldilocks, having just the right amount is best.

Body fat is essential.

Body fat is not just a storage vehicle for excess calories. Body fat is actually a very powerful organ that secretes essential hormones that influence many other systems in the body, such as the brain, the liver, pancreas, reproductive health, and muscles. Like any organ, we should aim to have healthy rather than dysfunctional fat.

Trouble is, sometimes this system goes haywire and good fat goes bad. When this happens, hormones can be produced by fat cells and produce inflammatory chemicals that put the body into a state of stress. Depending on your genetic weakness, these inflammatory chemicals can trigger arthritis, eczema, asthma, heart problems,

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hormone problems like polycystic ovarian disease, and mental illness.

The good news is that by tweaking your nutrient intake, you can reduce the risk that fat hormones (called adipocytokines) can cause havoc in your body. From a dietary perspective, matching calorie need with what you eat is important. This will reduce the likelihood that fat cells will grow and multiply. Reducing the level of inflammatory foods and increasing the level of anti-inflammatory and antioxidant-rich foods works very well. I don't have space here to write out a full anti-inflammatory diet, but if you visit Massey United Pharmacy, the team can provide you with suggestions for how you can eat an anti-inflammatory diet.

Key nutrients that help to balance hormone release from fat cells include Nigella sativa (black cumin), alpha lipoic acid, cinnamon, chromium, magnesium, taurine, vitamin C, berberine and zinc.

Where to find help:

Most people find changing their diet challenging. If you would like some help / coaching on how to change your diet to create a healthier you, then book in to see one of the practitioners in our Nutrition Medicine Clinic (www.NutritionMedicine.nz). Massey Unichem Pharmacy Martin Harris 396 Don Buck Road, Massey 09 833 7239.

Pure Allies

April 2021, goodness we're a quarter way into the year already, and it's been a strange quarter.

In our family bubble we spent lots of time walking and doing a bit of family self-care, lots of massages with our Pure Allies balms. There's plenty to choose from, relaxing to energising (not that I would use that on my kids!) And we also have two specific pain relief balms. As winter nears, this balm is a real useful treatment for winter sports injuries and just the general pains and aches that cold weather can bring to our bodies.

We'll also be blending up our chest balms for the change of season and winter, colds, sore throats and runny noses.

That's all from me today, I could ramble on all day about our luxurious products, but you know where to find me if you need any more info.

Allie - pureallies@gmail.com.

Let us introduce our new team member

As Hobsonville and the surrounding North West suburbs grow, so too does Hobsonville Podiatry. We are thrilled to welcome our newest team member, TaeHyun Kim. Kim joins our team as a new graduate Podiatrist, who is passionate & enthusiastic about helping people move pain free. Kim enjoys treating a wide range of complaints, but has particular interest in treating painful ingrown toenails, corns and heel pain.



Kim was born in South Korea and moved to New Zealand in 2013; he speaks Korean and English fluently. Kim enjoys spending his spare time at the gym and particularly enjoys weightlifting and bodybuilding.

Kim is in the clinic Monday - Friday and looks forward to helping our wonderful community.

You may love coffee but your teeth probably don't

We Kiwis love our coffee - over half of us are regular coffee-drinkers. But coffee contains tannins, (also found in wine and tea), and these stain your teeth just as readily as they stain your clothes. One cup of coffee per day is enough to stain your teeth. Coffee is also highly acidic and therefore encourages the bacteria in your mouth to grow - attacking your teeth and causing the enamel to erode. To combat the effects of coffee on your teeth, we recommend seeing a dental hygienist every 6 months as they can expertly get rid of most of the stains built up on your teeth. And if your teeth need some extra help to remove coffee and other stains, professional teeth whitening is very safe, effective and long-lasting. Teeth whitening can be performed in our clinic or we can equip you with the products to

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Health & Beauty

do this safely at home. And unlike over-the-counter products, our professional teeth whitening services will not compromise your enamel.

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

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 build-up 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
- 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.

Why tummy fat is not your friend

When it comes to excess weight around your waist, it is fat stored in this particular location on your body that has the most impact on your overall health. Over time, abdominal fat becomes metabolically active, meaning it creates its own hormones independent of your endocrine system.

Think of it like you are carrying your very own pet animal around

your waist, except it is a 'metabolic animal' with some very serious health implications.

Truncal adiposity, as it is termed, creates inflammatory chemicals that disrupt normal cell function, which in the long term can lead to elevated insulin levels amongst other things. Having elevated insulin long term, can trigger a cascade of other hormones and chemicals that can predispose us to a range of serious health conditions such as insulin resistance and prediabetes, diabetes type 2, cardiovascular disease, cancer and more.

If you are carrying a 'spare tyre' around your waist, you may wish to consider losing weight. Not only will you feel better, have more energy and better mental clarity, but you will improve your health outcomes for both the short and long term.

Author: Rebecca Stenbeck (Medical Herbalist & Naturopath)

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

Kumeu Chiropractic – Meet our chiropractors

We love to check and adjust spines here at Kumeu Chiropractic, and have over fifty years combined experience in caring for our people of all ages, and backgrounds.


Chris McMaster has been a Chiropractor for over thirty-five years and has practised in West and Nor-West Auckland most

of that time. He also managed practices in Ireland and the Middle East while away from New Zealand for nine years in the early 2000's.

Chris loves his sport and has been lucky enough to provide Chiropractic care to many representative and amateur sports enthusiasts over the years. He enjoys the preventative and performance aspect of how Chiropractic care can assist people to achieve their individual goals.

Nolene McMaster graduated in the very first class of the New Zealand College of Chiropractic in 1999 and has been in practice with husband Chris ever since. She is an avid artist and paints whenever she can, florals being a favourite subject. She was born and raised in Taupaki and went to Massey High School before careers as both a nurse and Police officer, in West Auckland.

Jake McEntee is the newest member of the team and is also a New Zealand College of Chiropractic graduate. Jake is originally from Matamata but has decided to make Nor-West Auckland his home.

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Jake is interested in how regular Chiropractic care, along with proper exercise and nutrition, can add years to your life and make for a healthier happier you.

All our Chiropractors would love to be able to assist you with any Chiropractic concerns you may have.

Call us for an appointment. Kumeu Chiropractic - phone 09 412 5536.

Live Chiropractic

Here at Live Chiropractic we understand that the recent lockdowns over the last few months may have brought up emotions and tensions especially with all the changes taking place to your usual schedules and routines.

As your local health care providers we want to take this opportunity to remind you to take care of yourself, allow time to process what you may be feeling and experiencing and if necessary install some boundaries.

Stress on our body (be that physical, emotional or chemical) is a completely normal and natural part of being human. It is when stress becomes a prolonged or ongoing experience that our bodies can start to be negatively affected. If you feel your body creeping into that constant state of stress it may be empowering for you to know that research has shown the best way we can personally switch our body out of that stressed- "fight or flight" state into the "rest and digest" state is by performing deep diaphragmatic breathing. So take a minute; let your jaw relax, your shoulders drop and focus on



nice deep breaths in through your nose that fill up your belly so that you see it expanding then slowly release it out your mouth. Do this as often as necessary.

Live Chiropractic is here in Huapai, Kumeu. We love supporting your body's performance and function whatever you may be experiencing. Booking can be made online at www.livechiropractic.co.nz or by emailing reception@livechiropractic.co.nz.

Revolutionary spectacle lens for preventing short-sightedness

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



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

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

Hardware Vs Software problems

I love this Hardware Vs Software analogy. In our bodies, hardware is the joints. Can they move like they are supposed to? The software on the other hand is the control of those joints.

If you are having back pain or headaches or sore feet, you need to ask is the problem a hardware issue? A software issue? Or maybe a combination of both?

If you only focus on one aspect you may not get the results you are after, or they may be short lived. When someone comes to see me in practice, I like to look at things from both aspects. My goal is to

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improve the hardware and then update the software. How is your hardware and software going?

Anxiety

Many people are experiencing anxiety due to the lack of certainty about life at the moment. Practical things you can do to reduce anxiety include:

- Increase Exercise - walk, dance, swim, take the stairs, park the car further from work - basically JUST MOVE!
- Touch - stroke pets, hug people, massage, have sex
- Diet - reduce caffeine & sugar, eat regularly, eat good fats - nuts/seeds, avocado, olive oil, oily fish
- Listen to uplifting music that makes you feel good
- Get outside in daylight
- Laughter and play - watch comedies, do fun things that you enjoy, smile a lot (even when you don't feel like it as smiling releases serotonin)
- Praise yourself every day, acknowledge good things about yourself and your achievements
- Express your feelings out loud to yourself at least and reach out if you feel lonely or sad
- Know it is not permanent and you can recover - read stories of people who have overcome anxiety, talk to people like me who have been where you have and come through it

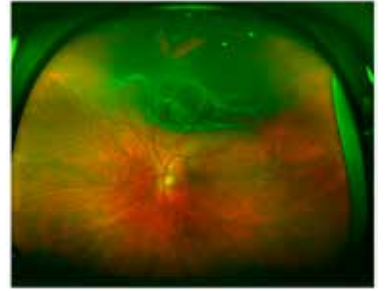
Don't wait to feel better to take action - take the action and you'll feel better!

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www.lorrainemaguire.com.

What's a Retinal Detachment?

You know those little specks that move around your field of vision sometimes? They're called visual floaters and, while they're relatively common, a sudden increase in the number of floaters you see could be a sign of a retinal tear or detachment (!) especially if you've been seeing flashes of light in your vision in the days prior or other changes to your vision.



Matthew and Molly Whittington at For Eyes in the Kumeu Village can assess your retina and check if it is sitting flat as it normally should. Their ultra wide-field Optos scanner can literally see around corners to image the peripheral retina behind your iris.

Phone 09 412 8172 to book your appointment, or book your own with the For Eyes Optometrists.

The illustration shows an Optos scan of a retinal detachment.

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New Hobsonville village named in honour of Sir Keith Park

Ryman Healthcare recently named its new Hobsonville retirement village in honour of one of New Zealand's finest military leaders and strategists, Sir Keith Park (GCB, KBE, MC & Bar, DFC, Croix de Guerre, MA (hon.)).



Ryman Healthcare Chief Executive Gordon MacLeod said it was an honour to name the village after Sir Keith.

"Sir Keith Park was an astonishing man - easily one of the brightest, bravest and best individuals this country has ever produced.

"It is an honour for us to name our Hobsonville village after someone with such an incredible legacy and something we do not take for granted."

Brian Park, Sir Keith's great nephew, described 'a great and good man' of whom the family were incredibly proud.

"We as a family were in awe of him; after all he was a hero," Brian said.

"He was interested in what we were doing, what our interests were and where we were working. So he was held with much affection in the Park family.

He said: "This naming opportunity with Ryman offers the chance to raise the prominence of his legacy."

Sir Keith Park (1892-1975) was best known for his leadership during the Royal Air Force's (RAF's) air defence of London and South-east England during the Battle of Britain in 1940. He was knighted in 1942 for his role in the air defence of Malta.

Sir Keith's service during the battle was just one part of a long and distinguished military career that began in World War 1. He also fought at Gallipoli and on the Somme during World War 1, before learning to fly and shooting down 20 enemy aircraft as an ace in the Royal Flying Corps.

After a long and distinguished career in the RAF he returned to New Zealand and later served three terms as an Auckland City Councillor. He was the driving force on several strategic Auckland projects, including the construction of the airport at Mangere.

Sir Keith and his wife Dorothy, known as 'Dol' were tireless fundraisers for charity, working hard for medical causes and the

restoration of St Matthews in the City Anglican church. They worked with the New Zealand Foundation for the Blind, the New Zealand Epilepsy Association, and the King George V Children's Health Camp in Pakuranga.

Sir Keith Park School in Favona, South Auckland is a special school for children and young people who have intellectual disabilities or complex special needs, and was named in his honour and with his endorsement.

He retained an active interest in aviation, regularly flying or being flown, and his beloved sailing.

He is also the namesake for the aviation collection at the Auckland Museum of Transport and Technology (MOTAT). More recently, his achievements and contributions have been memorialised in Thames, his birthplace, by statue and replica Hurricane OK1 at Thames airfield.

Photo Caption: Ryman Healthcare Chief Executive Gordon MacLeod with Keith Park, great-nephew of Sir Keith Park at the naming event in Hobsonville.

Director of Pacific Health

Waitematā DHB appoints former Secretary for Te Marae Ora Cook Islands Ministry of Health as Director of Pacific Health



Growing up in the Cook Islands, it was at 11 years old that Dr Josephine Herman decided to work in healthcare. A public health physician and general practitioner, Dr Herman also holds a PhD in epidemiology from the University of Auckland. She is a past recipient of the Pasifika Medical Association Service Award for her contribution to Pacific Health and was a Medical Officer of Health with Auckland Regional Public Health Service from 2017 to 2018, where she helped lead the response to the wider region's mumps outbreak.

As Secretary for Te Marae Ora, she helped lead the national emergency health response to COVID-19. The Cook Islands are one of a select few countries that has not reported a single COVID-19 case.

"A healthier future for our Pacific population can be achieved when our people know what to expect from the health system and they understand their role in contributing to designing a health system that best addresses their needs," Dr Herman says.

Waitematā DHB serves a population of almost 650,000 people, with around seven percent Pacific. Dr Herman says better health

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Area Columnists

outcomes for Pacific people are the responsibility of all, not just the Pacific health team.

Mobit tech support

In this modern information age, everyone has a phone in their pocket many times more powerful than the average computer was just a few decades ago. It is a wonder there is still a market for expensive IT support. Surely now, everyone must have someone they know, or know themselves, who can solve their technical woes? Probably. Unfortunately, the grandson is too busy with school, and the eldest daughter is always occupied with work. There's just no time for mum and dad.



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

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

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

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

Changing the lives of Pacific youth

Waitemata DHB's community alcohol and drug service (CADS) is leading the way with a specialised programme for Pacific youth who

experience alcohol and/or drug issues.

Niu Tupu is targeted at young people from 13-years and up, and uses an interactive, peer group approach. Run in collaboration with schools, the newly expanded programme offers group workshops and one-on-one counselling for more at-risk youth.

"Alcohol and drug use affects all parts of a young person's life - family, spirituality, education, work and relationships - so we take an holistic approach," says Niu Tupu counsellor, Michael Tapu.

The only programme of its kind in the northern region, Niu Tupu originated from a gap identified by team leader Dwaine Faletanoai.

"It's about early intervention," says Dwaine. "Although drug and alcohol use is relatively common across ethnic groups, rates of harmful uptake are more prominent in communities like Pacific peoples. We don't come to inform but to transform."

A key factor in the group's success is its relationship with schools. Workshops are interactive with a Pacific lens, and provide practical tools that participants can apply to their daily lives.

Referrals for the programme are made through participating schools.

Increased strain on communities

At Citizens Advice our service to clients means we have real time insights into what's happening in communities. Following are some of our reflections on what's been happening.

The ongoing impact of Covid-19 and changes in Alert Levels are placing increased strain on communities, particularly in Auckland. Many of the people coming to Citizens Advice for help are very distressed and hurting, and want better support from the Government. Our CABs report a general mood of anger and impatience among their clients, which reflects a fraying of nerves with the continuing challenges over time.

The cost of food, rent and bills were already causing significant stress for clients we help, some of whom have lost jobs or had their hours reduced, and this was made worse by the latest increase in Alert Levels. We are continuing to see repeated breaches of employment law, with clients coming to us having had their hours, pay or conditions unilaterally changed. These clients are often in a position where they feel they have no choice but to agree to these changes, regardless of their legal rights, because they are afraid of losing their jobs. Others have been made redundant without a fair process.

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We are also seeing the flow-on impacts of these cuts to people's pay, and job losses through enquiries from people who need urgent access to food and who can't pay their rent or power bill.

From the frontline experience of CABs in communities, there is real concern about the impact of digital exclusion. The Government is relying heavily on digital channels, which we know simply don't reach some of the most vulnerable members of our community. Not only does this add to the problem that people don't know their rights and obligations, it also conveys a lack of understanding and care for these communities by the Government. This is worsened by the lack of accessibility of other ways of reaching government support, with very long wait times for the limited phone services provided by government agencies.

What we also see is that the impact of digital exclusion is being amplified by inadequate information and support for people who don't have English as a first language. This problem is made worse by a lack of government support for language capacity within social services so that those important community-based organisations can do their work effectively.

The ongoing impact of Covid-19 is resulting in communities starting to lose their natural resilience. Through our service to clients, we can see the ways that people are struggling and some of the ways things can be improved. We hope that the Government is listening and that we can work together to ensure that people are getting the help they need in the ways they need it.

If you have problems caused by Covid or anything else feel free to contact us at CAB at Te Manawa, 11 Kohuhu Lane, Westgate 09 833 5775 Monday - Friday 9am - 4.30pm.

Safety around mobile plant

Mobile plant is one of the greatest risks in most work places, both for the worker and also visitors and contractors.

Very recently Vinz (Vehicle Inspection New Zealand Ltd) were fined over \$500000 following an incident in February 2019 when a customer was struck by a vehicle driven by a Vince staff member at their Hamilton testing site. The customer died of traumatic brain injuries in hospital.

Vinz had identified policies in their hazard and risk register, and safe operating procedures around the safety of people and moving plant however were not actively enforcing their own requirements.

Worksafe have published a very good guide on their website that offers practical advice on how you can manage the risks of reversing vehicles and mobile plant.

Under the Health and Safety at Work Act 2015 (HSWA) PCBU's (the

company or organisation you work for) has a duty to make sure the health and safety of workers, contractors, visitors and members of the public are not put at risk as a result of the work that they do. This includes a duty to make sure people are safe around vehicles and mobile plant while at work.

Workers also have a duty to take reasonable care for their own health and safety and make sure their actions do not cause harm to others.

Work site areas that are at risk include; Inwards/outwards goods zone, Postal/courier depots, Construction sites, Farms, Forestry sites, Waste transfer sites, Vehicle sale sites, Vehicle repair areas, Vehicles/mobile plant examples include, Trucks, Vans/buses, Tractors, Forklifts, Excavators, Bulldozers and Rollers.

Reversing vehicles present the most risks, so eliminating the need to reverse is one way to minimise risk around mobile plant. Improving visibility and awareness both for the driver and the pedestrian is also important. Does your forklift driver wear a Hi-Viz vest when he/she is using the forklift? On larger sites does your office staff when they walking across the yard wear Hi-Viz vests or use dedicated pedestrian walkways?

Do you use spotters to assist drivers who are reversing vehicles?

In many cases a number of businesses share their yards with other PCBU's. It is important to consult with the other PCBU's and in fact there is a requirement to consult with other PCBU's around common health and safety issues. Discussing mobile plant safety issues with staff is also important. For further information on mobile plant or other health and safety issues contact John Riddell from Securo, email securo4@securo.co.nz or checkout the Securo website www.securo.co.nz.

Start the financial year with a plan

It is the start of the financial year for many. It is surprising how many businesses start the year without a financial plan (otherwise known as a budget).

Why create a budget? A budget puts into a document a statement of where you want your business to be at the end of the 12 months, taking into account all changes and improvements you plan to make this year. The budget process forces you to look forward in your business. A budget allows you to see where there are cashflow holes throughout the year, either due to tax payments, capital purchases, or quieter trading periods. With this knowledge you can plan ahead, for example arrange temporary finance, or shift the timing of a significant purchase. A budget allows you to track your progress throughout the year. Are you ahead or behind? Where

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Area Columnists

are you making savings or gains? What do need to change to get back on track? A budget is often required by the bank or lending institutions, either to assess eligibility for funding, or to ensure you are not breaching any lending covenants.

What needs to go into a budget? All your sources of revenue. All your expenses –cost of sales, overheads and wages. Any fixed asset purchases (over \$1000) that you plan to make during the year. Any owners' drawings (yes this should be budgeted too). Any loan or financing payments. Any income tax payments due (Provisional or Final).

How do I create a budget? A budget can be done on an Excel spreadsheet, or you could make use of a variety of online tools that pull information from your accounting system. Don't fall into the trap of taking last years' actuals and adding a percentage on to it. Take some time to consider prior year trends, but then adjust for your plans for the next 12 months.

If you are not comfortable creating your budget, get some help. This could be from a bookkeeper, accountant, business consultant or some other trusted advisor. Even if you do create your own budget, it is useful to share it with someone else to sense check it.

I have a budget, now what? A budget done at the start of the year and then forgotten is not worth the time. Each month track your actual results against your budget. What are the variances? Can you explain those variances? Is there any action to be taken as a result?

Use the learnings from this process to create a better budget for next year.

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

E-waste drop-off events coming to local neighbourhoods

Auckland-based company Computer Recycling is hosting 30+ e-waste drop-off days around the city in 2021, providing opportunities for locals to divert their e-waste from ending up in local landfills.



Computer Recycling is working with neighbourhood groups to

facilitate over 30 collection days – dubbed "CR E-days". Local community centres across the super city have volunteered their spaces to facilitate the events, allowing Kiwis dispose of their e-waste responsibly.

The company will also be using the collection events to fundraise for Variety – The Children's Charity. All charity donations made by the public during the CR E-days will be matched by Computer Recycling.

The company has already run four successful events in 2021, with the schedule for the remainder of the year rolling out over the coming months.

The next local collection will be on the 15th May at Massey University Gate 1, University Avenue, Albany. We will publicise any future planned collections in West Auckland.

During CR E-Days in 2020, Computer Recycling was able to collect and divert over 18,000kg of dis-carded electronic waste otherwise destined for landfill. In total, over 400 households came through the events to drop-off their unwanted electronics.

"Our goal for the CR E-day events is to collect and divert over 300,000kgs of e-waste from landfill in 2021," says Computer Recycling owner and director Patrick Moynahan.

"There is no New Zealand-based framework or legislation as to how Kiwis dispose of their unwanted e-waste, but so far it has been really encouraging to see how much people are looking to do the right thing when it comes to disposing of their old tech."

All e-waste collected from the events is brought back to Computer Recycling's site in Onehunga. From there, the waste is sorted, graded, and split into two categories: reuse or recycling.

Reuse: any items that still may have a second life. Computer Recycling's team of technicians will delete any data still left on the device and remove any markings. The items will then be refurbished to a usable condition and sold back into the community.

Recycle: items that can no longer be re-used are dismantled by Recycling Technicians. The different components are separated and graded as either general scrap metals or e-scrap. All e-scrap is exported under Environmental Protection Agency permits to facilities in Asia and Europe to be return into base elements to be used again.

Currently, the average Kiwi produces more than 20 kilograms of e-waste per year - one of the highest per capita amounts globally - and New Zealand is the only country in the OECD without a national e-waste scheme. Of the 80,000 tonnes of e-waste created each year, it is estimated less than 2 per cent of the total is recycled.

See www.computerrecycling.co.nz.



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